

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Hey Lean Muscle Builder:

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

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

Jeff Smith, Real Estate Agent, Burlington, Ontario

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

John Jackson, University Student, Miami, Florida

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

David Ellsworth, Officer, Halton Police, Ontario

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>12 oz Chicken breast, deli style 1 Orange 4 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 2.00 C .40 C .50 C .50 C .50 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC 1.00 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad</p> <p>In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheddar-Apple Galette</p> <p>In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 2

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 6 Egg whites 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Chicken breast, deli style 1 cup Onions 1 cup Zucchini 1 Pepper (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 Tangerines</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Whitefish 2 oz Hard cheeses, light/low fat 2 cups Baked beans 5 Macadamia nuts</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Have a Protein Smoothie, be Empowered

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 1 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 cup Mushrooms 2 Tomatoes 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 P .10 C .50 C .50 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Salad with Cheese</p> <p>Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/4 cup Onions 1/2 Pepper (bell or cubanelle) 1/2 cup Salsa 1/2 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .50 C .25 C 1.00 C .25 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap</p> <p>Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p>	<p>Item Portions</p>	<p>Preparation Suggestions:</p>

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Day: 4

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>2 2/3 cups Beef and vegetable soup 4 Crackers 1 1/2 oz Pretzels 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>28 grams Protein powder 1 cup Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 3 tbsp Almonds, slivered 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</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>

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Notes:

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Day: 5

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/4 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .63 C 4.00 C 1.00 C 2.00 C .40 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Mexicana</p> <p>Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 1.00 C 6.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice</p> <p>Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts</p> <p>Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

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Notes:

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Day: 6

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts.</p> <p>A quick snack to keep you going!</p>

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Day: 7

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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.</p>

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Day: 8

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich</p> <p>Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil 1 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad</p> <p>Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 cups Milk, low fat (1%) 18 Peanuts</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts</p> <p>A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

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Day: 9

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts</p>	<p>Item Portions 5.00 P 3.00 A 4.00 C 1.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables</p> <p>You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 1/3 Bananas 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 10

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Egg whites 4 Eggs, whole 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 1.00 C 2.00 C .50 C .57 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive or monounsaturated oil 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .50 C .10 C .50 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC .33 C 2.00 C .50 C .25 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts</p> <p>A nice, quick snack to satisfy those cravings!</p>

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Day: 11

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>42 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 PC 1.00 PC 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 2/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 1.00 F 4.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .10 C 2.00 C 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 12

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil 1 cup Fruit juice</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 2/3 cup Applesauce</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Stew</p> <p>Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .67 C .29 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tasty Turkey Pasta</p> <p>Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 13

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 14

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 cups Cherry tomatoes 2 cups Zucchini 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 3.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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.</p>

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Day: 15

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Notes:

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Day: 16

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

**** 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!

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 17

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap</p> <p>Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 18

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 19

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 20

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew</p> <p>Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 21

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 22

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 23

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPRISE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 24

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbspc Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish</p> <p>Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 25

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 26

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 27

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 28

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 29

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil 1 cup Fruit juice</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 30

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts</p>	<p>Item Portions 5.00 P 3.00 A 4.00 C 1.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC 1.00 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 31

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Whitefish 2 oz Hard cheeses, light/low fat 2 cups Baked beans 5 Macadamia nuts</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Macadamia Baked Whitefish</p> <p>Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 32

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>2 2/3 cups Beef and vegetable soup 4 Crackers 1 1/2 oz Pretzels 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 33

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew</p> <p>Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 cups Milk, low fat (1%) 18 Peanuts</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts</p> <p>A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 34

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap</p> <p>Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Meal Plans That Work Are Empowered www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 35

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 36

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 2/3 cup Applesauce</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 1 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 cup Mushrooms 2 Tomatoes 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 P .10 C .50 C .50 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Salad with Cheese</p> <p>Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .10 C 2.00 C 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos</p> <p>Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts.</p> <p>A quick snack to keep you going!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 37

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Chicken breast, deli style 1 cup Onions 1 cup Zucchini 1 Pepper (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 38

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 cups Milk, low fat (1%) 18 Peanuts</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts</p> <p>A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 39

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 Tangerines</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil 1 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 1/3 Bananas 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** 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 - 2999 Calories

Day: 40

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/4 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .63 C 4.00 C 1.00 C 2.00 C .40 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Mexicana</p> <p>Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/4 cup Onions 1/2 Pepper (bell or cubanelle) 1/2 cup Salsa 1/2 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .50 C .25 C 1.00 C .25 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap</p> <p>Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 41

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts</p> <p>Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 42

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Applesauce 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 1.00 F 4.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>28 grams Protein powder 1 cup Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 43

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 2/3 cup Applesauce</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 1.00 C 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 44

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 2/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 45

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish</p> <p>Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 46

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Chicken breast, deli style 1 cup Onions 1 cup Zucchini 1 Pepper (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive or monounsaturated oil 1 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 47

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive or monounsaturated oil 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .50 C .10 C .50 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 48

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>42 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 PC 1.00 PC 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Stew</p> <p>Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC .33 C 2.00 C .50 C .25 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 49

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil 1 cup Fruit juice</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 1/3 Bananas 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 50

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich</p> <p>Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 51

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 3 tbsp Almonds, slivered 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Day: 52

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>42 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 PC 1.00 PC 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tsp Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich</p> <p>Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad</p> <p>Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheddar-Apple Galette</p> <p>In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Day: 53

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

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Day: 54

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/4 cup Onions 1/2 Pepper (bell or cubanelle) 1/2 cup Salsa 1/2 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .50 C .25 C 1.00 C .25 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak Wrap</p> <p>Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

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Day: 55

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Stew</p> <p>Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish</p> <p>Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 56

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 6 Egg whites 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 57

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap</p> <p>Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 58

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 59

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 1.00 C 6.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice</p> <p>Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts</p> <p>Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

** 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 - 2999 Calories

Day: 60

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C</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>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 61

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 6 Egg whites 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 62

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 1 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 cup Mushrooms 2 Tomatoes 1/2 cup Kidney beans 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 5.00 P 1.00 P .10 C .50 C .50 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Salad with Cheese</p> <p>Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 1.00 C 6.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice</p> <p>Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 63

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</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: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 64

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheddar cheese, light/low fat 4 Pickles 9 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</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: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 65

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 cups Cherry tomatoes 2 cups Zucchini 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 3.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 66

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>12 oz Chicken breast, deli style 1 Orange 4 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 2.00 C .40 C .50 C .50 C .50 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 67

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 68

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P .10 C 2.00 C 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 69

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Egg whites 4 Eggs, whole 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 1.00 C 2.00 C .50 C .57 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive or monounsaturated oil 1 1/2 whole Pita</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C .50 C .10 C .50 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables</p> <p>You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 70

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 cups Cherry tomatoes 2 cups Zucchini 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 3.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>2 2/3 cups Beef and vegetable soup 4 Crackers 1 1/2 oz Pretzels 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soup with crumbled crackers and cheese on top. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanella) 2 whole Pita 1 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 71

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 30 Peanuts 21 grams Protein powder 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/4 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .63 C 4.00 C 1.00 C 2.00 C .40 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Mexicana</p> <p>Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad</p> <p>Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
*** Remember to drink between 10 and 12 glasses of water per day. ***

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 72

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Egg whites 4 Eggs, whole 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 1.00 C 2.00 C .50 C .57 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce</p>	<p>Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich - Triple Decker Baby! 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. Bang back applesauce for desert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered</p>	<p>Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 73

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomatoe, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .67 C .29 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tasty Turkey Pasta</p> <p>Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Fruit Cocktail and Peanuts</p> <p>A nice, quick snack to satisfy those cravings!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 74

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 cup Grapes 2/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Cucumber 1 Tomato 2 Apples 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C .67 C .29 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 3 tbsp Almonds, slivered 2/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 75

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 2/3 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 4 Eggs, whole 1 cup Fruit juice</p>	<p>Item Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Milk, low fat (1%) 1 cup Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>12 oz Ground beef (< 10% fat) 1/3 cup Chickpeas 1/3 cup Kidney beans 2/3 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef Stew</p> <p>Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheddar cheese, light/low fat 4 Pickles 9 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</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: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 76

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Mushrooms 1 1/2 cups Onions 2 cups Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal 1/2 cup Blueberries</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 6 oz Turkey breast, deli style 1/2 cup Grapes 3 slice Whole grain bread 18 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Deli Meat Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>9 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Pan-Fried Haddock</p> <p>Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Blueberries & Almonds</p> <p>A quick snack to fend off those cravings.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 77

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</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>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive or monounsaturated oil 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat</p>	<p>Item Portions 6.00 P .10 C 2.00 C 1.00 C 2.00 C 1.00 C 2.00 F 3.00 F 2.00 C 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>28 grams Protein powder 1 cup Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC .33 C 2.00 C .50 C .25 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 78

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread</p>	<p>Item Portions 1.00 PC 4.00 P 3.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise</p>	<p>Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a tuna sandwich on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber 1 Pepper (bell or cubanelle) 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Oranges 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 79

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1/2 cup Cottage cheese, light/low fat 14 grams Protein powder 1 cup Grapes 1 tbsp Barley 3/5 oz Sunflower seeds</p>	<p>Item Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts</p>	<p>Item Portions 5.00 P 3.00 A 4.00 C 1.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A tasty bowl of soup with crackers. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 Tangerines</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle) 1/4 cup Baked beans</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

*** 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 - 2999 Calories

Day: 80

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>6 Egg whites 2 1/2 cups Peaches, canned 1 2/3 tsp Olive or monounsaturated oil 1 cup Oatmeal 5 Eggs, whole</p>	<p>Item Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>12 oz Chicken breast, deli style 1 Orange 4 cups Lettuce, romaine 1 cup Mushrooms 1 cup Celery 1 Pepper (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 2.00 C .40 C .50 C .50 C .50 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 81

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 1.00 F 4.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 3.00 C 5.00 F 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 82

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>1 cup Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich</p> <p>Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Whitefish 2 oz Hard cheeses, light/low fat 2 cups Baked beans 5 Macadamia nuts</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Macadamia Baked Whitefish</p> <p>Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 9 Walnuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheddar-Apple Galette</p> <p>In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 83

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>8 oz Tuna, canned in water 1 cup Celery 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Tomatoes 1 cup Grapes 2 whole Pita 2/3 tsp Olive or monounsaturated oil 18 Peanuts</p>	<p>Item Portions 8.00 P .50 C .25 C .50 C .67 C 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tuna and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating!</p> <p>Enjoy the fruit for dessert.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>7 oz Chicken breast, skinless 1/2 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 PC 1.00 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad</p> <p>In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 Apples 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2999 Calories

Day: 84

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1 1/2 cups Pasta 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>10 2/3 oz Whitefish 3 cups Carrots 2 cups Celery 2 Lemons 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes.</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Take your vitamins. Be empowered

Notes:

Grocery List

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

Protein	Carbohydrates	Fats	Other
553 grams Protein powder	6 cups Cereal, cold	28 2/3 tsp Olive or monounsaturated oil	25 cups Milk, low fat (1%)
31 1/2 oz Chicken breast, deli style	3 cups Grapes	18 Walnuts	6 cups Yogurt, plain, low fat
29 oz Chicken breast, skinless	2 cups Peaches, canned	3/5 oz Sunflower seeds	2 2/3 cups Beef and vegetable soup
32 oz Cheese, low or non fat	2 2/3 cups Oatmeal	5 Macadamia nuts	
5 oz Mozzarella cheese, light/low fat	8 2/3 cups Fruit juice	27 Almonds, whole	
14 Egg whites	5 Oranges	18 tbsp Almonds, slivered	
1/2 cup Cottage cheese, light/low fat	10 cups Lettuce, romaine	66 Peanuts	
8 oz Whitefish	8 1/2 cups Mushrooms	5 tsp Mayonnaise	
2 oz Hard cheeses, light/low fat	2 1/4 cups Celery		
20 oz Beef, lean cuts	5 1/2 Peppers (bell or cubanelle)		
8 oz Cheddar cheese, light/low fat	12 slice Whole grain bread		
9 oz Haddock	3 cups Cabbage		
8 oz Turkey breast, skinless	2 1/2 cups Salsa		
	3 2/3 cups Rice		
	3 Apples		
	2/3 cup Fruit cocktail		
	1 1/2 tbsp Barley		
	4 cups Onions		
	1 cup Zucchini		
	8 1/2 Tomatoes		
	1 1/2 Tangerines		
	2 cups Baked beans		
	7 cups Raspberries		
	3 1/2 cups Spinach		
	8 cups Strawberries		
	3/4 cup Kidney beans		
	3 whole Pita		
	4 Pickles		
	2 1/2 cups Blueberries		
	1/2 cup Beans, black		
	4 Crackers		
	1 1/2 oz Pretzels		
	1 Banana		
	2 cups Carrots		
	1 cup Corn, canned		
	1/2 cup Pasta		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	2 1/2 cups Chickpeas		
	4 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	1 1/3 cups Applesauce		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	7 1/2 cups Grapes	28 2/3 tsp Olive or monounsaturated oil	5 cups Yogurt, plain, low fat
581 grams Protein powder	6 cups Oatmeal	12 tsp Mayonnaise	25 cups Milk, low fat (1%)
50 oz Chicken breast, skinless	3 1/2 cups Blueberries	114 Peanuts	3 cups Vegetable soup
7 Eggs, whole	9 1/3 cups Fruit juice	3/5 oz Sunflower seeds	
3 1/2 cups Cottage cheese, light/low fat	14 slice Whole grain bread	24 Almonds, whole	
19 oz Cheese, low or non fat	6 1/2 cups Mushrooms	11 tbsp Almonds, slivered	
15 oz Beef, lean cuts	3 cups Zucchini	15 Olives	
8 oz Turkey, dark meat, skinless	8 1/4 cups Beans, green or yellow		
4 oz Hard cheeses, light/low fat	7 whole Pita		
9 oz Haddock	2 1/2 cups Pineapple		
2 oz Mozzarella cheese, light/low fat	3 tbsp Barley		
8 oz Turkey breast, skinless	12 Crackers		
	4 cups Raspberries		
	8 cups Strawberries		
	1 cup Tomato, puree		
	2 cups Celery		
	4 cups Carrots		
	3 cups Rice		
	2 Bananas		
	1/2 cup Kidney beans		
	2 5/6 cups Onions		
	3 cups Spinach, cooked		
	2 1/3 cups Fruit cocktail		
	4 Tomatoes		
	3 cups Lettuce, romaine		
	2 cups Cucumber		
	1 cup Cabbage		
	1 Pepper (bell or cubanelle)		
	1/2 cup Jalapeno peppers		
	1 cup Salsa		
	1 1/3 cups Applesauce		
	1 1/2 cups Turnip		
	1 Tomato, sun dried		
	1 1/2 cups Pasta		
	2 Pickles		
	2 cups Cereal, cold		
	2 Oranges		
	12 spears Asparagus		
	2 Apples		
	7 1/2 cups Cherry tomatoes		
	1 1/2 cups Chickpeas		
	1/2 head Lettuce, iceberg		
	1 cup Peaches, canned		

Grocery List

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

Protein	Carbohydrates	Fats	Other
455 grams Protein powder	6 cups Bran cereal, all varieties	8 tbsp Almonds, slivered	15 cups Milk, low fat (1%)
4 oz Cheddar cheese, light/low fat	2 tbsp Barley	33 1/3 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
29 oz Cheese, low or non fat	10 cups Strawberries	108 Peanuts	2 cups Won ton soup
6 oz Turkey breast, deli style	9 cups Fruit juice	7 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
38 oz Chicken breast, skinless	3 1/2 cups Grapes	18 Almonds, whole	
6 Egg whites	8 slice Whole grain bread		
25 Eggs, whole	4 cups Mushrooms		
3 cups Cottage cheese, light/low fat	4 1/6 cups Onions		
16 oz Beef, lean cuts	10 cups Tomatoes		
12 oz Tuna, canned in water	2 cups Rice		
6 oz Chicken breast, deli style	3 cups Applesauce		
10 2/3 oz Whitefish	6 cups Peaches, canned		
12 oz Ground beef (< 10% fat)	6 2/3 cups Oatmeal		
	2 cups Fruit cocktail		
	4 cups Celery		
	1/4 cup Tomato, puree		
	3 1/4 cups Pasta		
	2 1/4 cups Beans, green or yellow		
	1/4 cup Beans, black		
	5/6 cup Chickpeas		
	3 1/2 cups Cucumber		
	6 Peppers (bell or cubanelle)		
	2 2/3 cups Mandarin orange, canned		
	7 1/2 whole Pita		
	1 1/2 cups Salsa		
	4 cups Blueberries		
	1 Tomato		
	4 Apples		
	3 cups Carrots		
	2 Lemons		
	2 cups Jalapeno peppers		
	1/3 cup Kidney beans		
	2 cups Potato		
	1/4 cup Baked beans		

Grocery List

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

Protein	Carbohydrates	Fats	Other
3 cups Cottage cheese, light/low fat	6 cups Bran cereal, all varieties	33 1/3 tsp Olive or monounsaturated oil	15 cups Milk, low fat (1%)
455 grams Protein powder	10 cups Strawberries	108 Peanuts	7 1/2 cups Yogurt, plain, low fat
29 oz Cheese, low or non fat	6 2/3 cups Oatmeal	7 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
6 oz Turkey breast, deli style	9 cups Fruit juice	18 Almonds, whole	2 cups Won ton soup
16 oz Beef, lean cuts	3 1/2 cups Grapes	8 tbsp Almonds, slivered	
25 Eggs, whole	8 slice Whole grain bread		
6 oz Chicken breast, deli style	2 cups Potato		
38 oz Chicken breast, skinless	6 Peppers (bell or cubanelle)		
12 oz Tuna, canned in water	1/4 cup Baked beans		
10 2/3 oz Whitefish	4 cups Blueberries		
12 oz Ground beef (< 10% fat)	4 cups Mushrooms		
4 oz Cheddar cheese, light/low fat	4 1/6 cups Onions		
6 Egg whites	2 cups Jalapeno peppers		
	1 1/2 cups Salsa		
	10 cups Tomatoes		
	3 1/2 cups Cucumber		
	1 Tomato		
	4 Apples		
	7 1/2 whole Pita		
	2 cups Rice		
	6 cups Peaches, canned		
	2 tbsp Barley		
	4 cups Celery		
	3 cups Carrots		
	2 Lemons		
	3 1/4 cups Pasta		
	2 2/3 cups Mandarin orange, canned		
	1/4 cup Tomato, puree		
	5/6 cup Chickpeas		
	1/3 cup Kidney beans		
	3 cups Applesauce		
	2 cups Fruit cocktail		
	2 1/4 cups Beans, green or yellow		
	1/4 cup Beans, black		

Grocery List

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

Protein	Carbohydrates	Fats	Other
532 grams Protein powder	5 2/3 cups Oatmeal	26 tsp Olive or monounsaturated oil	27 cups Milk, low fat (1%)
14 oz Beef, lean cuts	9 2/3 cups Fruit juice	45 Almonds, whole	3 cups Vegetable soup
29 oz Chicken breast, skinless	2 1/2 tbsp Barley	6 tsp Mayonnaise	6 cups Yogurt, plain, low fat
39 oz Cheese, low or non fat	13 cups Strawberries	114 Peanuts	5 1/3 cups Beef and vegetable soup
2 1/2 cups Cottage cheese, light/low fat	3 Oranges	5 Macadamia nuts	
8 Eggs, whole	9 slice Whole grain bread	10 tbsp Almonds, slivered	
6 oz Turkey breast, deli style	2 1/4 cups Beans, green or yellow	3/5 oz Sunflower seeds	
8 oz Whitefish	1/4 cup Beans, black		
2 oz Hard cheeses, light/low fat	2 1/3 cups Chickpeas		
8 oz Cheddar cheese, light/low fat	2 1/2 cups Cucumber		
12 oz Ground beef (< 10% fat)	3 Peppers (bell or cubanelle)		
6 oz Chicken breast, deli style	1 1/4 cups Pasta		
8 oz Turkey breast, skinless	3 cups Applesauce		
	6 cups Bran cereal, all varieties		
	3 1/2 cups Grapes		
	8 Crackers		
	5 1/2 cups Blueberries		
	3 cups Cabbage		
	4 1/2 cups Mushrooms		
	2 1/2 cups Salsa		
	2 cups Rice		
	2/3 Banana		
	2 11/12 cups Onions		
	2 cups Jalapeno peppers		
	6 cups Tomatoes		
	2 cups Baked beans		
	1 1/2 oz Pretzels		
	2/3 cup Fruit cocktail		
	5 cups Raspberries		
	1/3 cup Kidney beans		
	4 cups Cereal, cold		
	3 1/2 whole Pita		
	1 Tomato		
	2 Apples		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	1/2 cup Peaches, canned		

Grocery List

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

Protein	Carbohydrates	Fats	Other
26 Egg whites	5 1/2 cups Peaches, canned	36 tsp Olive or monounsaturated oil	14 cups Milk, low fat (1%)
25 Eggs, whole	6 1/3 cups Oatmeal	108 Peanuts	10 1/2 cups Yogurt, plain, low fat
392 grams Protein powder	4 cups Applesauce	3 tbsp Almonds, slivered	
19 1/2 oz Chicken breast, deli style	9 1/3 cups Fruit juice	36 Almonds, whole	
31 oz Cheese, low or non fat	6 cups Lettuce, romaine	6 tsp Mayonnaise	
51 oz Chicken breast, skinless	5 1/2 Peppers (bell or cubanelle)		
8 oz Tuna, canned in water	5 cups Mushrooms		
20 oz Beef, lean cuts	4 1/2 Tomatoes		
2 cups Cottage cheese, light/low fat	3/4 cup Kidney beans		
9 oz Haddock	10 slice Whole grain bread		
	4 cups Salsa		
	8 1/2 cups Grapes		
	9 whole Pita		
	3 Oranges		
	3 3/4 cups Onions		
	2 cups Zucchini		
	10 cups Strawberries		
	1 2/3 cups Mandarin orange, canned		
	1/2 cup Blueberries		
	3 1/4 cups Celery		
	1 cup Cucumber		
	4 cups Tomatoes		
	1 1/3 cups Fruit cocktail		
	2 2/3 cups Rice		
	1/4 cup Tomato, puree		
	1 1/2 cups Pasta		
	1 1/2 Tangerines		
	3 3/4 cups Beans, green or yellow		
	2 1/3 Bananas		
	1 cup Chickpeas		
	3 Apples		
	3 cups Bran cereal, all varieties		
	12 spears Asparagus		
	2 cups Raspberries		
	2 cups Jalapeno peppers		
	1/2 tbsp Barley		

Grocery List

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

Protein	Carbohydrates	Fats	Other
19 oz Cheese, low or non fat	3 2/3 cups Mandarin orange, canned	33 tsp Olive or monounsaturated oil	15 cups Milk, low fat (1%)
12 Eggs, whole	10 cups Fruit juice	72 Peanuts	2 cups Won ton soup
658 grams Protein powder	8 cups Oatmeal	10 tsp Mayonnaise	3 1/2 cups Yogurt, plain, low fat
6 oz Turkey breast, deli style	1 1/3 cups Applesauce	33 Almonds, whole	
53 oz Chicken breast, skinless	4 cups Grapes	6 tbsp Almonds, slivered	
5 cups Cottage cheese, light/low fat	10 slice Whole grain bread	15 Olives	
4 oz Tuna, canned in water	7 cups Mushrooms		
10 2/3 oz Whitefish	4 2/3 cups Onions		
12 oz Chicken breast, deli style	6 cups Tomatoes		
8 oz Beef, lean cuts	2 1/3 cups Rice		
2 oz Mozzarella cheese, light/low fat	2 Apples		
12 oz Ground beef (< 10% fat)	3 cups Bran cereal, all varieties		
	13 cups Strawberries		
	6 cups Carrots		
	1 cup Corn, canned		
	1 1/2 cups Pasta		
	6 cups Blueberries		
	7 whole Pita		
	2 cups Celery		
	2 Lemons		
	2 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	6 Tomatoes		
	4 cups Raspberries		
	5 1/4 cups Beans, green or yellow		
	2 cups Peaches, canned		
	3 2/3 cups Fruit cocktail		
	2 cups Lettuce, romaine		
	2 cups Cucumber		
	2 cups Potato		
	1/4 cup Baked beans		
	3 tbsp Barley		
	1/2 cup Tomato, puree		
	1 1/2 cups Turnip		
	1 cup Cabbage		
	1/2 cup Jalapeno peppers		
	1/3 cup Chickpeas		
	1/3 cup Kidney beans		
	1 1/3 Bananas		

Grocery List

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

Protein	Carbohydrates	Fats	Other
504 grams Protein powder	5 cups Blueberries	18 tbsp Almonds, slivered	26 cups Milk, low fat (1%)
40 oz Chicken breast, skinless	2 cups Cereal, cold	26 2/3 tsp Olive or monounsaturated oil	4 1/2 cups Yogurt, plain, low fat
9 oz Haddock	4 1/3 cups Oatmeal	10 tsp Mayonnaise	
18 Egg whites	8 cups Fruit juice	24 Almonds, whole	
8 Eggs, whole	15 slice Whole grain bread	3/5 oz Sunflower seeds	
2 1/2 cups Cottage cheese, light/low fat	12 spears Asparagus	9 Walnuts	
21 oz Beef, lean cuts	4 1/2 cups Beans, green or yellow	120 Peanuts	
8 oz Turkey breast, skinless	1 1/3 cups Applesauce	15 Olives	
22 oz Cheese, low or non fat	1 2/3 cups Rice		
4 oz Cheddar cheese, light/low fat	5 1/2 cups Peaches, canned		
6 oz Chicken breast, deli style	2 cups Grapes		
21 1/3 oz Whitefish	4 tbsp Barley		
8 oz Tuna, canned in water	6 cups Celery		
3 oz Mozzarella cheese, light/low fat	2 cups Onions		
	3/4 cup Tomato, puree		
	2 1/2 cups Pasta		
	2 1/2 cups Pineapple		
	2 1/2 cups Mushrooms		
	4 cups Tomatoes		
	6 cups Strawberries		
	1 1/2 cups Chickpeas		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	9 Apples		
	3 cups Bran cereal, all varieties		
	3 1/3 cups Fruit cocktail		
	3 cups Cucumber		
	1 1/2 Tomatoes		
	7 whole Pita		
	7 cups Carrots		
	4 Lemons		
	1 Orange		
	3 1/2 Peppers (bell or cubanelle)		
	1/2 cup Salsa		
	1 1/2 cups Turnip		
	2 cups Potato		
	1/4 cup Baked beans		

Grocery List

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

Protein	Carbohydrates	Fats	Other
546 grams Protein powder	2 1/2 cups Pineapple	31 1/3 tsp Olive or monounsaturated oil	6 1/2 cups Yogurt, plain, low fat
16 oz Tuna, canned in water	1 1/2 cups Bran cereal, all varieties	9 tsp Mayonnaise	22 cups Milk, low fat (1%)
36 oz Chicken breast, skinless	9 cups Strawberries	138 Peanuts	4 cups Won ton soup
26 oz Cheese, low or non fat	5 1/3 cups Oatmeal	13 tbsp Almonds, slivered	
1 cup Cottage cheese, light/low fat	8 2/3 cups Fruit juice		
13 1/2 oz Chicken breast, deli style	10 1/2 whole Pita		
24 oz Beef, lean cuts	7 Peppers (bell or cubanelle)		
5 oz Mozzarella cheese, light/low fat	1 1/2 cups Salsa		
6 Egg whites	4 1/2 cups Onions		
9 oz Haddock	2 2/3 cups Applesauce		
8 oz Hard cheeses, light/low fat	1 cup Mandarin orange, canned		
8 Eggs, whole	2 cups Fruit cocktail		
	3 1/2 cups Cucumber		
	7 Tomatoes		
	2 Apples		
	7 cups Raspberries		
	7 cups Mushrooms		
	7 cups Tomatoes		
	5 2/3 cups Rice		
	4 cups Cereal, cold		
	8 cups Cauliflower		
	3 cups Grapes		
	3/4 cup Beans, black		
	2 cups Lettuce, romaine		
	3 3/4 cups Beans, green or yellow		
	1/2 cup Chickpeas		
	3/4 cup Pasta		
	8 slice Whole grain bread		
	1 cup Celery		
	12 spears Asparagus		
	4 Pickles		
	16 Crackers		
	1 Orange		
	1/2 cup Kidney beans		
	2 cups Jalapeno peppers		
	2 cups Blueberries		
	2 cups Potato		
	1/4 cup Baked beans		
	2/3 Banana		

Grocery List

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

Protein	Carbohydrates	Fats	Other
35 oz Cheese, low or non fat	2 cups Cereal, cold	35 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
476 grams Protein powder	7 cups Strawberries	9 Walnuts	5 cups Yogurt, plain, low fat
41 oz Chicken breast, skinless	2 tbsp Barley	11 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
12 oz Cheddar cheese, light/low fat	9 cups Fruit juice	90 Peanuts	
19 Eggs, whole	8 cups Mushrooms	5 tsp Mayonnaise	
2 cups Cottage cheese, light/low fat	4 11/12 cups Onions		
16 oz Beef, lean cuts	6 cups Tomatoes		
12 oz Ground beef (< 10% fat)	2 cups Rice		
12 oz Chicken breast, deli style	4 Pickles		
22 Egg whites	6 cups Peaches, canned		
2 oz Mozzarella cheese, light/low fat	12 slice Whole grain bread		
6 oz Turkey breast, deli style	12 cups Cherry tomatoes		
	4 cups Zucchini		
	4 cups Celery		
	3/4 cup Tomato, puree		
	3 1/4 cups Pasta		
	2 1/3 cups Oatmeal		
	5/6 cup Chickpeas		
	5/6 cup Kidney beans		
	3 cups Bran cereal, all varieties		
	4 cups Blueberries		
	1 Orange		
	7 cups Lettuce, romaine		
	6 Peppers (bell or cubanelle)		
	3 3/4 cups Beans, green or yellow		
	1/4 cup Beans, black		
	2 1/2 cups Cucumber		
	2 2/3 cups Applesauce		
	1 cup Pineapple		
	4 1/2 cups Grapes		
	4 Tomatoes		
	6 1/2 whole Pita		
	5 cups Carrots		
	1 cup Corn, canned		
	5 1/2 cups Spinach		
	2 cups Salsa		
	1 cup Fruit cocktail		
	2 Apples		
	1 2/3 cups Mandarin orange, canned		
	4 Crackers		
	1 1/2 oz Pretzels		

Grocery List

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

Protein	Carbohydrates	Fats	Other
18 oz Cheese, low or non fat	1 Orange	66 Peanuts	21 cups Milk, low fat (1%)
455 grams Protein powder	12 slice Whole grain bread	27 2/3 tsp Olive or monounsaturated oil	9 1/2 cups Yogurt, plain, low fat
29 oz Chicken breast, skinless	4 2/3 cups Oatmeal	24 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
16 oz Turkey breast, skinless	4 cups Blueberries	18 Almonds, whole	
14 Egg whites	9 cups Fruit juice	3/5 oz Sunflower seeds	
29 Eggs, whole	1 1/4 cups Celery	9 tsp Mayonnaise	
2 1/2 cups Cottage cheese, light/low fat	4 1/3 cups Chickpeas	9 Walnuts	
16 oz Turkey, dark meat, skinless	1 1/12 cups Kidney beans		
6 oz Chicken breast, deli style	1 1/2 cups Salsa		
12 oz Ground beef (< 10% fat)	5 cups Lettuce, romaine		
4 oz Cheddar cheese, light/low fat	7 cups Mushrooms		
6 oz Turkey breast, deli style	5 7/12 cups Onions		
9 oz Haddock	1 head Lettuce, iceberg		
2 oz Mozzarella cheese, light/low fat	3 cups Cherry tomatoes		
	3 cups Beans, green or yellow		
	4 cups Spinach, cooked		
	3 1/2 cups Grapes		
	3 tbsp Barley		
	1 1/3 cups Applesauce		
	2 cups Raspberries		
	6 cups Strawberries		
	6 1/2 cups Peaches, canned		
	2 cups Cereal, cold		
	2 Tomatoes, sun dried		
	3 1/2 cups Pasta		
	1 1/3 cups Fruit cocktail		
	2 cups Cucumber		
	3 Tomatoes		
	2 Apples		
	2 1/2 whole Pita		
	1 2/3 cups Mandarin orange, canned		
	6 cups Tomatoes		
	4 Pickles		
	2 1/2 cups Jalapeno peppers		
	12 spears Asparagus		
	2 cups Rice		
	1 Banana		
	1 cup Cabbage		
	1 Pepper (bell or cubanelle)		

Grocery List

Total items required to meet meal requirements from day 78 to day 84

Protein	Carbohydrates	Fats	Other
14 Egg whites	5 cups Mushrooms	32 1/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
28 oz Cheese, low or non fat	2 cups Onions	7 tsp Mayonnaise	2 cups Won ton soup
525 grams Protein powder	3 1/2 cups Spinach	84 Peanuts	6 1/2 cups Yogurt, plain, low fat
12 oz Tuna, canned in water	7 Peppers (bell or cubanelle)	3/5 oz Sunflower seeds	3 cups Vegetable soup
31 oz Chicken breast, skinless	8 slice Whole grain bread	18 Almonds, whole	
2 1/2 cups Cottage cheese, light/low fat	4 cups Peaches, canned	5 tbsp Almonds, slivered	
31 oz Beef, lean cuts	7 1/3 cups Oatmeal	5 Macadamia nuts	
5 Eggs, whole	8 1/3 cups Fruit juice	9 Walnuts	
12 oz Chicken breast, deli style	4 whole Pita		
4 oz Cheddar cheese, light/low fat	2 1/4 cups Beans, green or yellow		
18 2/3 oz Whitefish	3/4 cup Beans, black		
2 oz Hard cheeses, light/low fat	1/2 cup Chickpeas		
	1 1/2 cups Cucumber		
	2 3/4 cups Pasta		
	4 Oranges		
	1 cup Pineapple		
	7 1/2 cups Bran cereal, all varieties		
	6 cups Grapes		
	2 tbsp Barley		
	4 Crackers		
	1 1/2 Tangerines		
	2 cups Potato		
	2 1/4 cups Baked beans		
	8 cups Strawberries		
	4 cups Lettuce, romaine		
	7 cups Celery		
	1 cup Applesauce		
	2/3 cup Fruit cocktail		
	3 cups Rice		
	2 Tomatoes		
	2 cups Raspberries		
	3/4 cup Tomato, puree		
	6 cups Carrots		
	1 cup Mandarin orange, canned		
	1 cup Blueberries		
	4 Apples		
	2 cups Cereal, cold		
	1 cup Tomatoes		
	3 cups Cabbage		
	1 cup Salsa		
	2 Lemons		