Hey Lean Muscle Builder:

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

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

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

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

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, deli style</li> <li>1 Orange</li> <li>4 cups Lettuce, romaine</li> <li>1 cup Mushrooms</li> <li>1 cup Celery</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 slice Whole grain bread</li> </ul>	8.00 P 2.00 C .40 C .50 C .50 C .50 C 5.00 F 4.00 C Calories: 647	Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 7.00 P 1.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Apples 9 Walnuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheddar-Apple Galette 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 sprinkl with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!

Day:	2
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>3 oz Mozzarella cheese, light/low fat</li> <li>2/3 cup Fruit cocktail</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>6 Egg whites</li> <li>2 slice Whole grain bread</li> </ul>	Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
<ul><li>1/2 cup Cottage cheese, light/low fat</li><li>14 grams Protein powder</li><li>1 cup Grapes</li><li>1 tbsp Barley</li><li>3/5 oz Sunflower seeds</li></ul>	Portions 2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, deli style</li> <li>1 cup Onions</li> <li>1 cup Zucchini</li> <li>1 Pepper (bell or cubanelle)</li> <li>2 Tomatoes</li> <li>2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:6 C:6 F: 0 1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 Tangerines	Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Whitefish 2 oz Hard cheeses, light/low fat 2 cups Baked beans 5 Macadamia nuts	6.00 P 2.00 P 8.00 C 5.00 F Calories: 647	Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some sa and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337	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!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Day:	3
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat	Portions 1.00 PC 4.00 P 3.00 P	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle)	1.00 C 2.00 C 1.00 C 1.00 C	
1 2/3 tsp Olive or monounsaturated oil 1 slice Whole grain bread	5.00 F 2.00 C Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries	1.00 PC 3.00 P 1.00 C	PRE - Protein Shake + Energy Sustaining Growth Carbs
1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	3.00 F 2.00 C Calories: 337	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>7 1/2 oz Chicken breast, deli style</li> <li>1 oz Cheese, low or non fat</li> <li>1 cup Lettuce, romaine</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 cup Mushrooms</li> <li>2 Tomatoes</li> <li>1/2 cup Kidney beans</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 slice Whole grain bread</li> </ul>	2.00 PC 5.00 P 1.00 P .10 C .50 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647	Deli Salad with Cheese 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!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	5.00 P 3.00 P .50 C .25 C 1.00 C	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add bee to oil along with desired seasonings and pan fry unti cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
<ul> <li>1/2 Tomato</li> <li>1 Apple</li> <li>2 whole Pita</li> <li>9 Almonds, whole</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	.25 C 2.00 C 4.00 C 3.00 F 2.00 F	
	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:

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		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 3 tbsp Almonds, slivered 2/3 cup Oatmeal	Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Pasta	Item Portions 8.00 P 2.00 C 4.00 C 5.00 F 2.00 C Calories: 647 Item	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:6 C:6 F: 0 28 grams Protein powder 1 cup Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647	<b>Preparation Suggestions:</b> Soup with crumbled crackers and cheese on top. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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.
Breakfast - Meal Portions: P:8 C:8 F:5 2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered	Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>1 cup Pineapple</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/2 cup Blueberries</li><li>1 tsp Olive or monounsaturated oil</li><li>2/3 cup Oatmeal</li></ul>	1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	8.00 P .63 C 4.00 C 1.00 C 2.00 C .40 C 5.00 F Calories: 647	Chicken Salad Mexicana 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.
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 8.00 P 1.00 C 6.00 C 5.00 F 1.00 C Calories: 647	<b>Preparation Suggestions:</b> Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
	: 38 Carbohyd	rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories:	<ul><li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li><li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li></ul>
Snack - Meal Portions: P:6 C:6 F:0	337 Item	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	Portions 6.00 P 6.00 C Calories: 384	POST - Protein Shake Put all ingredients in blender over ice and blend.
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 2.00 F 1.00 C Calories: 647	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Dinner - Meal Portions: P:8 C:8 F:5 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 Pice	Item Portions 6.00 P 2.00 PC 1.00 C 1.00 C 2.00 C 2.00 C	<b>Preparation Suggestions:</b> Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.
2/3 cup Rice 1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Oranges 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Orange and Peanuts. A quick snack to keep you going!
Total Daily Portions: Prote ** Remember to drink b	ein: 38 Carbohyd	trates: 38 Fat: 21 Calories: 2999

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Day:	7
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories:	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:4 C:4 F:3	647 Item Portions	Preparation Suggestions:
<ol> <li>cup Yogurt, plain, low fat</li> <li>oz Cheese, low or non fat</li> <li>2/3 cup Applesauce</li> <li>Almonds, whole</li> </ol>	2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	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.
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, skinless</li> <li>1 cup Lettuce, romaine</li> <li>1 cup Grapes</li> <li>2 Tomatoes</li> <li>1 cup Onions</li> <li>2 cups Mushrooms</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>3 tsp Mayonnaise</li> <li>1 whole Pita</li> <li>2 oz Mozzarella cheese, light/low fat</li> </ul>	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	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.
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	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.

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Oatmeal</li> </ol>	Portions 3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 2.00 C 3.00 F 2.00 F Calories: 647	<b>Preparation Suggestions:</b> Chicken Salad Sandwich 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.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:4 F:3 4 cups Milk, low fat (1%) 18 Peanuts	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P	Eggs with yogurt and fruit. Enjoy!
2 slice Whole grain bread	4.00 C Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Cottage cheese, light/low fat</li><li>14 grams Protein powder</li><li>1 cup Grapes</li><li>1 tbsp Barley</li><li>3/5 oz Sunflower seeds</li></ul>	2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts	5.00 P 3.00 A 4.00 C 1.00 C 2.00 F Calories: 647	A tasty bowl of soup with crackers. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Tomato, puree	8.00 P 1.00 C	Steaks with Vegetables
2 cups Celery 3 cups Carrots 1 2/3 tsp Olive or monounsaturated oil 1 cup Rice	1.00 C 3.00 C 5.00 F 3.00 C Calories: 647	You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 1/3 Bananas	4.00 P 4.00 C	Protein Shake with Bananas If you have access to a blender, blend fruit, protein
18 Peanuts	3.00 F Calories: 337	remaining ingredients on the side. If desired add sweetener to taste.
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Day:	10
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	
4 Eggs, whole	4.00 P	
1 1/2 cups Beans, green or yellow	1.00 C	
1/2 cup Kidney beans	2.00 C	
1/4 cup Onions	.50 C	
2 cups Spinach, cooked	.50 C	
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 2/3 tsp Olive of monoulisaturated on	Calories:	
	647	
	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	PRE - Protein Shake + Energy Sustaining Growth
21 grams Protein powder	3.00 P	Carbs
1 tsp Olive or monounsaturated oil	3.00 F	
2/3 cup Oatmeal	2.00 C	Put all ingredients in a blender over ice and blend to
1/2 cup Blueberries	1.00 C	desired consistency. Enjoy!
	Calories:	
	337	
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
Shack - Meal Fortions. F.O C.O F.U	Portions	Freparation Suggestions.
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	384	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Maal Maal Dartiana: D:9 C:9 E: 5	Item	Proposition Suggestions
Mid Meal - Meal Portions: P:8 C:8 F: 5	Portions	Preparation Suggestions:
56 grams Protein powder	8.00 P	Salad & Protein Drink
1 cup Fruit cocktail	3.00 C	Prepare salad using ingredients listed. Prepare
2 Tomatoes	1.00 C	dressing using oil, vinegar, salt, pepper and basil.
1 cup Mushrooms	.50 C	Serve protein drink on the side.
1 cup Lettuce, romaine	.10 C	
2 cups Cucumber	.50 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 1/2 whole Pita	3.00 C	
	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Chicken breast, skinless	7.00 P	Spicy Stirfry: you might want to adjust the amount of
1 cup Milk, low fat (1%)	1.00 PC	jalapeno peppers you're using, depending on their
1 cup Cabbage	.33 C	strength and what you can handle!
1 cup Onions	2.00 C	
1 Pepper (bell or cubanelle)	.50 C	
	.25 C	
1/2 cup Jalapeno peppers		
1/2 cup Jalapeno peppers 1 1/3 cups Rice	4.00 C	
1/2 cup Jalapeno peppers	5.00 F	
1/2 cup Jalapeno peppers 1 1/3 cups Rice	5.00 F Calories:	
1/2 cup Jalapeno peppers 1 1/3 cups Rice	5.00 F Calories: 647	
1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647 Item	Preparation Suggestions:
1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3	5.00 F Calories: 647 Item Portions	
1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat	5.00 F Calories: 647 Item Portions 4.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3	5.00 F Calories: 647 Item Portions	

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

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 6.00 P 3.00 C 5.00 F 3.00 C Calories: 647	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 2/3 cup Applesauce	1.00 PC 3.00 P 3.00 F 1.00 C 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 3.00 C Calories: 647	Chicken Stew 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.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P .50 C .67 C .29 C .50 C 6.00 C 5.00 F Calories: 647	Preparation Suggestions: 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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 18 Peanuts	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
	in: 38 Carbohyd	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%)	4.00 P 2.00 P 2.00 PC	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
2 cups Milk, low lat (1%) 2 cups Cereal, cold 2 cups Strawberries	4.00 C 2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories:	
Snack - Meal Portions: P:4 C:4 F:3	647 Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries	Portions 1.00 PC 3.00 P 2.00 C	PRE - Protein Shake + Energy Sustaining Growth Carbs
1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	3.00 F 1.00 C Calories: 337	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 1 cup Milk, low fat (1%)	Item Portions 1.00 PC	Preparation Suggestions: Roast Beef Sandwich
7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread	7.00 P 2.00 C 4.00 C	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.
9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	3.00 F 2.00 F 1.00 C Calories: 647	
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 2.00 PC 1.00 C 2.00 C 2.00 C 5.00 F	Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.
	Calories: 647 Item	
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat	Portions 4.00 P	Preparation Suggestions: Cheese, Apple and Almonds
2 Apples 9 Almonds, whole	4.00 C 3.00 F Calories: 337	A nice, quick snack to satisfy those cravings!
Total Daily Portions: Prote ** Remember to drink b	ein: 38 Carbohyd	trates: 38 Fat: 21 Calories: 2999

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

14 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Bran cereal, all varieties	2.00 PC 6.00 C	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch!
5 tbsp Almonds, slivered	5.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE - Protein Shake + Energy Sustaining Growth
1 tbsp Barley 2 cups Strawberries	2.00 C 2.00 C	Carbs
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend to
	Calories: 337	desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories: 384	Add water to create desired consistency. We recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Triple Decker Deli Meat Sandwich
3 oz Cheese, low or non fat	3.00 P	Use ingredients to make a sandwich. Add onion and
6 oz Turkey breast, deli style	4.00 P	a leaf of lettuce for flavour.
1/2 cup Grapes 3 slice Whole grain bread	1.00 C 6.00 C	
18 Peanuts	3.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories: 647	
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with sautéed vegetables: an easy meal to
2 cups Mushrooms	1.00 C	prepare. Try seasoning the vegetables with salt and
1 cup Onions	2.00 C	pepper to taste, plus some basil and oregano.
3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil	2.00 C 5.00 F	
1 cup Rice	3.00 C	
	Calories:	
	647 Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Applesauce & Peanuts Enjoy this quick snack.
1 1/3 cups Applesauce 18 Peanuts	4.00 C 3.00 F	
	Calories:	
Total Daily Portions: Protei	337 in: 38 Carbobyc	drates: 38 Fat: 21 Calories: 2999
		2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
6 Egg whites	3.00 P	A simple breakfast. Enjoy fruit on the side.
2 1/2 cups Peaches, canned	5.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 cup Oatmeal	3.00 C	
5 Eggs, whole	5.00 P	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great on the ge analyl
1 1/3 cups Fruit cocktail	4.00 P 4.00 C	Another great, on-the-go snack!
18 Peanuts	4.00 C 3.00 F	
10 Featurs	Calories:	
	337	
Mid Maral Maral Dautian as D-0.000 E-5	Item	Bran and in a Dunne diama
Mid Meal - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Beef and vegetable pasta. Enjoy!
1 cup Celery	.50 C	
1/2 cup Onions	1.00 C	
1/4 cup Tomato, puree	.50 C	
1 1/2 cups Pasta	6.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
1 cup Oatmeal	3.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
r cup ollawbernes	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
	004	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	· · · · · · · · · · · · · · · · · · ·
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken with Seasoned Beans
2 1/4 cups Beans, green or yellow	1.50 C	Let beans and vegetables marinate in olive oil,
2 1/4 cups Beans, green or yellow 1/4 cup Beans, black	1.50 C 1.00 C	Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple
2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas	1.50 C 1.00 C 2.00 C	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
2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 1/2 cup Chickpeas 1/2 cup Cucumber	1.50 C 1.00 C 2.00 C .13 C	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
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)	1.50 C 1.00 C 2.00 C .13 C .50 C	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
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	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C	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
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)	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F	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
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	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories:	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
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	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647	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
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	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item	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
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 Snack - Meal Portions: P:4 C:4 F:3	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions	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! Preparation Suggestions:
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%)	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC	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! Preparation Suggestions: Protein Shake
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 P 3.00 F	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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C	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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C	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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories:	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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
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 <b>Snack - Meal Portions: P:4 C:4 F:3</b> 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal	1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 2/3 cups Mandarin orange, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 Eggs, whole</li> <li>1 cup Fruit juice</li> </ul>	4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley	2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Tuna, canned in water</li> <li>1 cup Celery</li> <li>1 cup Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 cup Tomatoes</li> <li>1 cup Grapes</li> <li>2 whole Pita</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>18 Peanuts</li> </ul>	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	Tuna and Vegetable Salad 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! Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

Day:	1	8
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Toasted egg sandwich with fruit.
2 cups Peaches, canned	4.00 C	
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	Yogurt & Slivered Almonds
3 tbsp Almonds, slivered	3.00 F	Mix them together or eat them separately. Either
•	Calories:	way, you're on your way to a healthy lifestyle!
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
6 oz Chicken breast, deli style	Portions 4.00 P	Tomato Cucumber Salad
4 oz Cheese, low or non fat	4.00 P	Mix ingredients with 1 clove of minced garlic and 1/3
2 cups Cucumber	.50 C	tbsp of chopped fresh basil leaves. Add balsamic
1 Tomato	.50 C	vinegar, salt & pepper to taste.
2 Apples	4.00 C	
1 1/2 whole Pita	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories:	
	647	
	Item	Bran and in a Dunne diama
Snack - Meal Portions: P:6 C:6 F: 0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Blueberry Surprise
2 cups Blueberries	4.00 C	Blend powder, tofu, blueberries and olive oil
2/3 cup Oatmeal	2.00 C Calories:	together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodnes
	384	I hate tofu.
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
10 2/3 oz Whitefish	8.00 P 3.00 C	Sweet and Sour Whitefish
3 cups Carrots 2 cups Celery	3.00 C	Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar.
2 Lemons	2.00 C	Place fish on a pan and pour mixture on top, cover
1 2/3 tsp Olive or monounsaturated oil	5.00 F	with foil and bake at 350 for 20 minutes.
1/2 cup Pasta	2.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in blender over ice and blend.
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy!
1/3 cup Oatmeal	1.00 C	
1 cup Strawberries	1.00 C Calories:	
	337	
Total Daily Portions: Protein ** Remember to drink bei	n: 38 Carbohyd	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Total Daily Portions: Protein:	38 Carbohyd	drates: 38 Fat: 21 Calories: 2999
2 cups Yogurt, plain, low fat 9 Almonds, whole	4.00 PC 3.00 F Calories: 337	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Snack - Meal Portions: P:4 C:4 F:3	647 Item Portions	Preparation Suggestions:
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories:	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Mid Meal - Meal Portions: P:8 C:8 F: 5 2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise	Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> </ul>
Breakfast - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 2.00 C 5.00 F Calories: 647	Preparation Suggestions: Eggs with sautéed vegetables.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647	Preparation Suggestions: Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 Apples 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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1 tsp Olive or monounsaturated oil Total Daily Portions: Protein: 3	3.00 F Calories: 337 8 Carbohyd	mix it all together, then eat the fruit on the side. Enjoy! drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
1 tsp Olive or monounsaturated oil	3.00 F Calories: 337	mix it all together, then eat the fruit on the side. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C	<b>Preparation Suggestions:</b> 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
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647	Preparation Suggestions: Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce	Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647	Preparation Suggestions: Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese and Grape Snack Enjoy items separately!
Breakfast - Meal Portions: P:8 C:8 F:5 2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil	8.00 P 6.00 C 2.00 C 5.00 F Calories:	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:4 F:3	647 Item	Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647	Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		Results. http://empowerednutrition.com/critical-bencl

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>2 cups Mushrooms</li> <li>1 1/2 cups Onions</li> <li>2 cups Jalapeno peppers</li> <li>1/2 cup Salsa</li> <li>3 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 1.00 C 3.00 C 1.00 C 2.00 C 5.00 F Calories: 647	Eggs with sautéed vegetables.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, deli style</li> <li>4 oz Cheese, low or non fat</li> <li>2 cups Cucumber</li> <li>1 Tomato</li> <li>2 Apples</li> <li>1 1/2 whole Pita</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	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 goodnese I hate tofu.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/3 cup Oatmeal	2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	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!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>2 cups Peaches, canned</li> <li>2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 4.00 C 4.00 C 5.00 F Calories: 647	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	Preparation Suggestions: Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, 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! Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 Apples 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!
	in: 38 Carbohyc	rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 1/2 cups Yogurt, plain, low fat</li><li>1 cup Peaches, canned</li><li>1/3 cup Oatmeal</li></ul>	3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	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!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1/2 cup Peaches, canned</li> <li>1/2 tbsp Barley</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	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!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		be Empowered

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 2/3 cups Mandarin orange, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 Eggs, whole</li> <li>1 cup Fruit juice</li> </ul>	Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
<b>Aid Meal - Meal Portions: P:8 C:8 F: 5</b> 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	Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		trates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
+ energized	+ transformed	+ empowered +

14 grams Protein powder       2.00 P         2 cups Milk, low fat (1%)       3.00 P         3 cups Bran cereal, all varieties       6.00 C         5 tbsp Almonds, slivered       6.00 P         4 oz Cheddar cheese, light/low fat       6.00 P         2 data set of the state set	Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cips Milk, low fat (1%)       2.00 PC       cheese on the side. You can add the nuts to your careal all varieses         3 cips Fan cereal, all varieses       6.00 C         4 oz Cheddar cheese, light/low fat       6.00 P         Calories:       647         5 mack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         2 cips Strawberries       2.00 C         1 tsp Dilve or monounsaturated oil       3.00 F         2 graps Frotein powder       2.00 C         1 tsp Dilve or monounsaturated oil       Calories:         2 graps Frotein powder       6.00 P         2 cups Frotein powder       6.00 P         2 cups Frotein powder       6.00 P         2 cups Von ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         4 oz Tuna, canned in water       4.00 P         2 holo Pita       1.00 F         2 uops Wont ton soup       1.00 F         2 uops Wont tha stal seasoning in the side.       5.00 C         2 uops Cup Chickpeas       2.00 C         2 1/4 cup Beans, skinless	14 grome Brotein nowder	Portions	
3 cups Bran cereal: all varieties       6.00 C         5 tisp Almonds, slivered       5.00 F         4 oz Cheddar cheese, light/low fat       6.00 C         26 grams Protein powder       6.00 C         1 tisp Barley       2.00 C         2 cups Strawberries       2.00 C         1 top Barley       2.00 C         2 cups Strawberries       3.00 F         2 grams Protein powder       5.00 F         4 oz Chedal or monounsaturated oil       3.00 F         2 grams Protein powder       6.00 C         2 grams Protein powder       6.00 C         2 grams Protein powder       6.00 C         2 cups Strawberries       3.00 F         2 grams Protein powder       6.00 C         2 cups Fruit juice       Calories:         4 grams Protein powder       6.00 C         2 cups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pita       1.00 F         Calories:       Calories:         3 dup Protions       8.00 P         2 true Beans, green or yellow       1.50 C         1 tap Mayonnaise       1.00 F         2 cup Cucumber       1.30 F         2 tup Cicupase       1.00 F			
5 tbip Almonds, silvered 4 oz Cheddar cheese, light/low fat       5.00 F 4 oz Cheddar cheese, light/low fat       5.00 F 4 oz Cheddar cheese, light/low fat         647       Franck - Meal Portions: P:4 C:4 F:3       Preparation Suggestions: Part bap Barley       Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbos         2 cups Strawberries       2.00 C       Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!         337       Preparation Suggestions: Calories:       Preparation Suggestions: POST - Protein Shake         42 grans Protein powder       6.00 P 2 cups Fruit juice       Portions 6.00 P         2 cups Fruit juice       6.00 C         2 cups Fruit juice       8.00 C         2 cups Won ton soup 4 oz Tuna, canned in water       100 A 4 oz Tuna, canned in water         2 whole Pita       1.00 F 1.00 F         2 roup Won ton soup 4 oz Chicken breast, skinless       8.00 P 2.1/4 cups Beans, green or yellow         5 00 C       Portions 647         2 roup Cucumber       1.30 C 1.20 Chickpeas         2 roup Cucumber       1.30 C 1.20 Calories:         647       Preparation Suggestions: Calories: 647         7       100 C 1.20 Chickpeas       1.00 C 1.00 C 1.20 Chickpeas         1/2 cup Chickpeas       2.00 C 2.00 C 1.20 Stap Olive or monounsaturated oil       5.00 C Calories: 647         647	2 cups livilik, low lat (1%)		
4 oz Cheddar cheese, light/low fat       4.00 P         Garianseria       Garianseria         28 grams Protein powder       4.00 P         1 tsp Barley       2.00 C         2 cups Strawberries       2.00 C         1 tsp Darley       2.00 C         2 grams Protein powder       2.00 C         1 tsp Darley       2.00 C         2 grams Protein powder       3.00 F         4 grams Protein powder       6.00 P         2 cups Fruit juice       Preparation Suggestions:         9 cups Fruit juice       Portions         2 cups Won ton soup       4.00 A         4 do z Tuna, canned in water       4.00 P         2 whole Pita       1.00 F         1 tsp Mayonnaise       1.00 F         2 rups Chicken breast, skinless       8.00 P         2 rup Cucumber       6.47         Portions       8.00 P         2 rup Cucumber       1.30 C         1 tsp Mayonnaise       8.00 P         2 rup Cucumber       1.30 C         2 rup Cucumber       1.30 C      <			
Calories: 647         Snack - Meal Portions: P:4 C:4 F:3         28 grams Protein powder       4.00 P         1 tsp Barley       2.00 C         2 cups Xirwberries       2.00 C         337       2.00 C         337       Perparation Suggestions:         9 cups Xirwberries       2.00 C         337       2.00 C         337       Perparation Suggestions:         9 cups Xirwberries       2.00 C         337       Perparation Suggestions:         9 cups Xirwberries       8.00 P         2 cups Fruit juice       6.00 C         2 cups Fruit juice       6.00 C         2 cups Von ton soup       4.00 P         4 oz Tuna, canned In water       4.00 P         2 whole Pita       4.00 C         1 tsp Mayonnaise       1.00 F         Calories:       647         Portions:       P:8 C:8 F:5         Dinner - Meal Portions: P:8 C:8 F:5       Item Portions         2 // cup Beans, green or yellow       1.00 F         1/2 cup Chickpeas       1.00 F         2/14 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       2.00 C         1/2 cup Chickpeas       3.00 F <tr< td=""><td></td><td></td><td></td></tr<>			
647         Snack - Meal Portions: P:4 C:4 F:3         28 grams Protein powder       4.00 P         1 tsp Barley       2.00 C         2 cups Strawberries       2.00 C         1 tsp Dilve or monounsaturated oil       3.00 F         Snack - Meal Portions: P:6 C:6 F:0       Put all ingredients in a blender over ice and blend to Calories:         42 grams Protein powder       6.00 P         2 cups Fruit juice       6.00 P         2 cups Fruit juice       Calories:         384       Portions:         2 cups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pita       1.00 F         1 tsp Mayonnaise       1.00 F         2 full deans, black       1.00 F         2 ups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pita       1.00 F         1 tsp Mayonnaise       1.00 F         2 for the suble and the chore or on outsaturated oil       1.00 F         14 cup Beans, green or yellow       1.50 C         1/2 cup Chickpeas       2.00 C         2 1/3 to Up Caumetr       1.30 C         12 sp Olive or monounsaturated oil       5.00 F         12 cup Chickpeas       3.	4 02 Cheddal cheese, light/low lat		
Snack - Meal Portions: P:4 C:4 F:3       Item       Preparation Suggestions:         28 grams Protein powder       4.00 P         1 tsp Barley       2.00 C         2 cups Strawberries       2.00 C         337       300 F         Snack - Meal Portions: P:6 C:6 F:0       0.00 F         2 cups Fruit juice       1 tem         2 cups Fruit juice       6.00 C         2 cups Fruit juice       6.00 C         2 cups Von ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 cups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 cup Stration Signes, green or yellow       1.00 F         1/4 cup Beans, green or yellow       1.50 C         1/4 cup Chickpeas       2.00 C         1/2 cup Curaber       3.00 C         5.00 F       5.00 C         Calories:       6.00 P         6.47       Preparation Suggestions:         9.100 C       1.50 C         1/2 cup Cuckenser       1.50 C         1.40 cup Beans, green or yellow <td></td> <td></td> <td></td>			
28 grams Protein powder       1 tisp Barley       2.00 C         2 cups Strawberries       2.00 C         1 tsp Olive or monounsaturated oil       2.00 C         337       337         Snack - Meal Portions: P:6 C:6 F:0       Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!         2 cups Strawberries       700 P         2 grams Protein powder       6.00 C         2 cups Fruit juice       Portions         42 grams Protein powder       6.00 C         2 cups Vint function       Post all ingredients in blender over ice and blend.         400 A       400 P         2 cups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pila       1.00 C         1 tsp Mayonnaise       1.00 F         2 cups Won ton soup       4.00 P         2 tup Chickpeas       1.00 F         2 tup Cuber breast, skinless       2.00 C         2 1 tsp Mayonnaise       1.00 F         2 cups Cucumber       1.30 C         1 2 cup Cucumber       1.30 C         1 2 cup Cucumber       1.30 C         2 1/4 cups Beans, black       2.00 C         3 4 cup Pasta       3.00 C         3 4 cup Pasta       3.00 C	Prock Meel Dertiener Did Crd Fr2	-	Properties Suggestienes
1       tisp Barley       2.00 C       Carbs			
2 cups Strawberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 table of the second strain of the second			
1       tsp Olive or monounsaturated oil       3.00 F       Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!         Snack - Meal Portions: P:6 C:6 F:0       Item       Portions         42 grams Protein powder       6.00 P         2 cups Fruit juice       6.00 P         42 grams protein powder       2.00 F         2 cups Fruit juice       8.00 P         40 ar Una, canned in water       4.00 A         4 oz Tuna, canned in water       4.00 A         2 whole Pita       1.00 F         1 tsp Mayonnaise       1.00 F         2 fuld weal - breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/2 cup Clucumber       1.50 C         1/2 cup Clekit peasta       2.00 C         1/2 cup Clucumber       1.50 C         1/3 cups Applesauce       3.00 F         2/3 tup P pata       3.00 F         1/3 cups Applesauce       3.00 F         1/3 cups Applesauce       3.00 F         1/3 cups Applesauce       4.00 P         1/3 cu			Carbs
Calories:       desired consistency. Enjoy!         337       337         Snack - Meal Portions: P:6 C:6 F:0       Item         2 grams Protein powder       6.00 P         2 cups Fruit juice       6.00 P         334       POST - Protein Shake         905T - Protein Shake       POST - Protein Shake         92 ups Fruit juice       934         Wid Meal - Meal Portions: P:8 C:8 F: 5       Item         2 cups Won ton soup       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pita       4.00 F         1 tsp Mayonnaise       1.00 F         Calories:       647         Preparation Suggestions:       6rolle Chicken with Seasoned Beans         2 1/2 cup Chickpeas       2.00 C         1/2 cup Chickpeas       3.00 C         1/3 cups			
337       Preparation Suggestions:         42 grams Protein powder       2 cups Fruit juice       POTIONS         2 cups Fruit juice       6.00 P         2 cups Fruit juice       6.00 P         384       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!         Wid Meal - Meal Portions: P:8 C:8 F:5       Portions         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 P         2 whole Pita       4.00 P         1 tsp Mayonnaise       1.00 F         Calories:       647         Dinner - Meal Portions: P:8 C:8 F:5       South consense on yellow         1/4 cup Beans, back       1.00 F         1/4 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Deans, black       .50 C         1/2 cup Deans, black       .50 C         1/2 cup Cucumber       .50 C         1/2 cup Cucumber       .50 C         1/2 cup Chickpeas       .50 C         1/2 cup Cucubarelle)       .50 C         3/4 cup Pasta       .50 C         1/3 cups App	1 tsp Olive or monounsaturated oil		
Snack - Meal Portions: P:6 C:6 F:0       Item       Preparation Suggestions:         42 grams Protein powder       6.00 C       POST - Protein Shake         2 cups Fruit juice       84       POST - Protein Shake         9 2 sups Fruit juice       90ST - Protein Shake         2 cups Fruit juice       11 ingredients in blender over ice and blend.         Ad water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!         Mid Meal - Meal Portions: P:8 C:8 F: 5       Item         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 F         2 whole Pita       4.00 F         1 tsp Mayonnaise       1.00 F         Calories:       647         Portions       8.00 P         2 14 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       1.00 C         1/2 cup Cheans, green or yellow       1.3 C         1/2 cup Cheans, green or upelow       1.50 C         1/2 cup Cheans       3.00 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         9       1/3 cups Applesauce         4 oz Cheese, low or non fat       4.00 P			desired consistency. Enjoy!
42 grams Protein powder       2 cups Fruit juice       For the stake         2 cups Fruit juice       6.00 C       Calories:         384       384       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!         Wid Meal - Meal Portions: P:8 C:8 F: 5       Item Portions         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 P         2 whole Pita       4.00 P         1 tsp Mayonnaise       1.00 F         Calories:       647         9 zi // cup Beans, green or yellow       1.50 C         1/4 cup Beans, plack       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       1.30 C         1/2 cup Cucumber       1.30 C         1/2 cup Cucumber       1.30 C         1 Pepper (bell or cubanelle)       3.00 C         3/4 cup Pasta       3.00 C         1 // cups Applesauce       6.00 F         1 // cup Cucumber       5.00 F         Calories:       647         9 notions       9.01 cucumber         1 Pepper (bell or cubanelle)       5.00 F         2 do tice or monounsaturated oil       5.00 F<			
2 cups Fruit juice       6.00 C         2 cups Fruit juice       6.00 C         2 cups Fruit juice       9         384       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!         Wid Meal - Meal Portions: P:8 C:8 F: 5       Item Portions 4 oz Tuna, canned in water       Preparation Suggestions: A bowl of soup with a tuna sandwich on the side. Enjoy!         2 whole Pita       4.00 P         1 tsp Mayonnaise       1.00 F         Calories: 647       Freparation Suggestions: Galories: 647         9 true pasta       8.00 P         1 /4 cup Beans, green or yellow 1/2 cup Chickpeas       1.50 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .130 C         1 Pepper (bell or cubanelle)       .500 F         2/3 tup Pasta       3.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories: 647       Sources         9       Freparation Suggestions: Calories: 647         1 Pepper (bell or cubanelle)       .500 F         2.1/4 cup Pasta       .300 C         1 Properation Suggestions: Calories: 647         1 Properation Suggestions: Calories: 647         1 Propearation Suggestions: Calories: 647 <td>Snack - Meal Portions: P:6 C:6 F:0</td> <td></td> <td>Preparation Suggestions:</td>	Snack - Meal Portions: P:6 C:6 F:0		Preparation Suggestions:
Calories:       Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!         Wid Meal - Meal Portions: P:8 C:8 F: 5       Preparation Suggestions:         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 P         2 whole Pita       4.00 P         1 tsp Mayonnaise       1.00 F         Calories:       647         Pinner - Meal Portions: P:8 C:8 F:5       Item Portions         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/2 cup Cucumber       1.30 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .50 C         1 Pepper (bell or cubanelle)       .50 C         1/2 cup Cucumber       .50 C         1 Pepper (bell or cubanelle)       .50 C         2 4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         4 oz Cheese, low or non fat       .00 P         1 /3 cups Applesauce       4.00 P         1 /3 cups Applesauce       4.00 P			
384       recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!         Wid Meal - Meal Portions: P:8 C:8 F: 5       Item Portions: 4.00 A         2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita       4.00 P         1 tsp Mayonnaise       4.00 F         Calories: 647       Item Portions: P:8 C:8 F:5         647       Preparation Suggestions:         Dinner - Meal Portions: P:8 C:8 F:5       Portions         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       1.00 C         1/2 cup Cucumber       1.3 C         1/2 cup Cucumber       .13 C         2/3/4 cup Pasta       3.00 C         1/2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         4 oz Cheese, low or non fat       4.00 P         1/3 cups Applesauce       4.00 F         1/3 cups Applesauce       4.00 C         1/3 cups Applesauce       4.00 C         1/3 cups Applesauce       4.00 P         1/3 cups Applesauce       4.00 P         1/3 cups Applesauce       4.00 C         1/3 cups Applesauce       4.00 C <td>2 cups Fruit juice</td> <td></td> <td></td>	2 cups Fruit juice		
wid Meal - Meal Portions: P:8 C:8 F:5       Item         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 A         2 whole Pita       4.00 P         1 tsp Mayonnaise       4.00 P         2 whole Pita       4.00 P         1 tsp Mayonnaise       647         Dinner - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         647       Roticken breast, skinless         8 oz Chicken breast, skinless       8.00 P         1/4 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       1.3 C         1/2 cup Cucumber       .13 C         1/2 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 C         18 Peanuts       2.00 F         Calories:       .337			
Viid Meal - Meal Portions: P:8 C:8 F: 5       Item       Preparation Suggestions:         2 cups Won ton soup       4.00 A       4.00 P         4 oz Tuna, canned in water       4.00 P         2 whole Pita       1.00 F         1 tsp Mayonnaise       1.00 F         Calories:       647         Dinner - Meal Portions: P:8 C:8 F:5       Breparation Suggestions:         So z Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Chickpeas       3.00 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 F         1 1/3 cups Applesauce       3.00 F         Calories:       337         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **		384	
Wind Meal - Meal Portions: P:8 C:8 F:5       Portions         2 cups Won ton soup       4.00 A         4 oz Tuna, canned in water       4.00 P         2 whole Pita       4.00 P         1 tsp Mayonnaise       1.00 F         Calories:       647         Preparation Suggestions:       A bowl of soup with a tuna sandwich on the side.         Enjoy!       Preparation Suggestions:         A bowl of soup with a tuna sandwich on the side.       Enjoy!         Portions       Portions         8 oz Chicken breast, skinless       1.00 F         2 cup Chickpeas       8.00 P         1/2 cup Chickpeas       1.00 C         1/2 cup Cucumber       1.3 C         1/2 cup Cucumber       .50 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 P         1 1/3 cups Applesauce       3.00 F         Calories:       3.00 F			juice for max recuperation. Enjoy!
2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita       4.00 A 4.00 A 4.00 C       A bowl of soup with a tuna sandwich on the side. Enjoy!         2 whole Pita 1 tsp Mayonnaise       4.00 A 4.00 C       A bowl of soup with a tuna sandwich on the side. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Item Portions         8 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 1/2 cup Chickpeas       Item Portions         1/2 cup Cucumber       1.50 C         1/2 cup Cucumber       1.30 C         1/2 cup Pasta       3.00 C         3/4 cup Pasta       3.00 C         1/2/3 tsp Olive or monounsaturated oil       5.00 P         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         4 oz Cheese, low or non fat 1/3 cups Applesauce       4.00 P         1/3 Cups Applesauce       3.00 F         1/3 Pepanuts       3.00 F         Calories: 337       Sact Arbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **	Mid Moal - Moal Portions: D:8 C:8 E: 5	Item	Proparation Suggestions:
4 oz Tuna, canned in water       4.00 P       Enjoy!         2 whole Pita       4.00 C       Enjoy!         1 tsp Mayonnaise       1.00 F       Calories:         647       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Stilled Chicken with Seasoned Beans         2 1/4 cups Beans, green or yellow       1.50 C       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         1/2 cup Chickpeas       2.00 C       seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!         3/4 cup Pasta       3.00 C       5.00 F         1/2 dog Cheese, low or non fat       4.00 P       4.00 P         4 oz Cheese, low or non fat       4.00 P       4.00 P         1/3 cups Applesauce       4.00 F       3.00 F         1/3 Repanuts       3.00 F       Calories: 337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999       ** Remember to drink between 10 and 12 glasses of water per day. **	vilu meai - meai Portions. P.o C.o P. 5	Portions	Freparation Suggestions.
2 whole Pita       4.00 C         1 tsp Mayonnaise       4.00 C         1 tsp Mayonnaise       1.00 F         Calories:       647         Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Caumber       .13 C         1/2 cup Pasta       3.00 C         1/2 typ Portions: P:4 C:4 F:3       3.00 C         3/4 cup Pasta       3.00 F         Calories:       647         647       Preparation Suggestions:         647       Sonack - Meal Portions: P:4 C:4 F:3         1/3 cups Applesauce       1.00 F         1/3 cups Applesauce       4.00 P         1 1/3 cups Applesauce       4.00 F         1 1/3 cups Applesauce       3.00 F         Calories:       3.37         337       Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **		4.00 A	A bowl of soup with a tuna sandwich on the side.
1 tsp Mayonnaise       1.00 F         Calories:       647         Dinner - Meal Portions: P:8 C:8 F:5       Item         Portions       Portions         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/2 cup Chickpeas       1.00 C         1/2 cup Cucumber       1.30 C         1/2 cup Cucumber       .13 C         1/2 cup Pasta       3.00 C         3/4 cup Pasta       3.00 C         1/2 dus Applesauce       1.00 T         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item         Portions       4 oz Cheese, low or non fat       4.00 P         1/3 cups Applesauce       3.00 F         Calories:       3.00 F         3.307       Cheese, Applesauce & Peanuts         11/3 cups Applesauce       3.00 F         Calories:       3.37         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	4 oz Tuna, canned in water	4.00 P	Enjoy!
Calories:       647         Dinner - Meal Portions: P:8 C:8 F:5       Item Portions         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .50 C         1/2 cup Pasta       3.00 C         1/2 cup Chickpeas       .50 C         3/4 cup Pasta       3.00 C         1/2 cup Custor       .50 C         3/4 cup Pasta       3.00 C         1/2 cup Seance       .647         Branck - Meal Portions: P:4 C:4 F:3       Item Portions         4 oz Cheese, low or non fat       4.00 P         1/3 cups Applesauce       4.00 P         1/3 cups Applesauce       3.00 F         Calories:       .337         337       .337          .300 F         Calori	2 whole Pita		
647         Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         3/4 cup Pasta       3.00 C         1/2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:         647         1/3 cups Applesauce       4.00 P         1/3 cups Applesauce       4.00 P         1/3 repanuts       3.00 F         Calories:         647         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	1 tsp Mayonnaise	1.00 F	
Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Chicken breast, skinless       8.00 P         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         1/2 cup Pasta       3.00 C         1/2 ty Pasta       3.00 C         1/2 ty Pasta       3.00 C         1/2 ty S Polive or monounsaturated oil       500 F         Chaories:       647         Snack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 P         1 1/3 cups Applesauce       3.00 F         18 Peanuts       3.00 F         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
Dinner - Meal Portions: P:8 C:8 F:5       Portions         8 oz Chicken breast, skinless       Portions         2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       1.00 C         2.00 C       2.00 C         1/2 cup Cucumber       1.13 C         1/2 cup Cucumber       1.3 C         3/4 cup Pasta       3.00 C         1/2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Portions         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 F         18 Peanuts       3.00 F         Calories:       3.00 F         3.00 F       3.00 F         Calories:       647         Portions       4.00 P         1 1/3 cups Applesauce       4.00 P         1 1/3 cups Applesauce       3.00 F         Calories:       337         337       337			
8 oz Chicken breast, skinless       8.00 P       Grilled Chicken with Seasoned Beans         2 1/4 cups Beans, green or yellow       1.50 C       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         1/2 cup Chickpeas       2.00 C       balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a         1/2 cup Cucumber       .13 C       seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!         3/4 cup Pasta       3.00 C       5.00 F         1/2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         647       Calories:         647       647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       3.00 F         18 Peanuts       3.00 F         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	Dinner - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
2 1/4 cups Beans, green or yellow       1.50 C         1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       .13 C         1/2 cup Cucumber       .13 C         1 Pepper (bell or cubanelle)       .50 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         647       Calories:         647       647         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       3.00 F         Calories:       3.00 F         Calories:       3.00 F         Calories:       647         Preparation Suggestions:       Cheese, Applesauce & Peanuts         1 1/3 cups Applesauce       3.00 F         Calories:       3.00 F         Calories:       3.00 F         Calories:       3.00 F         Calories:       3.00 F         2 seasoning or non fat       4.00 P         1 1/3 cups Applesauce       3.00 F         Calories:       3.37         State Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 </td <td>8 oz Chicken breast, skinless</td> <td></td> <td>Grilled Chicken with Seasoned Beans</td>	8 oz Chicken breast, skinless		Grilled Chicken with Seasoned Beans
1/4 cup Beans, black       1.00 C         1/2 cup Chickpeas       2.00 C         1/2 cup Cucumber       1.3 C         1/2 cup Cucumber       1.3 C         1 Pepper (bell or cubanelle)       .50 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         647       Preparation Suggestions:         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       3.00 F         18 Peanuts       3.00 F         Calories:       3.00 F         3/37       Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
1/2 cup Chickpeas       2.00 C       hours. Grill the chicken, rubbing first with a         1/2 cup Cucumber       .13 C       seasoning mixture of salt, lemon pepper, and         1 Pepper (bell or cubanelle)       .50 C       source         3/4 cup Pasta       3.00 C       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F       calories:         647       647         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 P         18 Peanuts       3.00 F         Calories:       3.00 F         Calories:       3.00 F         3.00 F       Sing Vision Suggestions:         1/3 cups Applesauce       4.00 P         18 Peanuts       3.00 F         Calories:       3.37         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
1/2 cup Cucumber       .13 C       seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy!         3/4 cup Pasta       3.00 C       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F       Calories: 647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions       Preparation Suggestions:         4 oz Cheese, low or non fat       4.00 P       4.00 C         1 1/3 cups Applesauce       3.00 F       Calories: 337         18 Peanuts       3.00 F       Calories: 337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
1 Pepper (bell or cubanelle)       .50 C       rosemary (optional). Enjoy!         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         647       Preparation Suggestions:         647       Portions         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 C         18 Peanuts       3.00 F         Calories:       337			
3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 C         18 Peanuts       3.00 C         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Item         4 oz Cheese, low or non fat       4.00 P         1 1/3 cups Applesauce       4.00 C         18 Peanuts       3.00 F         Calories:       337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: 647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions       Preparation Suggestions:         4 oz Cheese, low or non fat 1 1/3 cups Applesauce       4.00 P       Cheese, Applesauce & Peanuts         18 Peanuts       3.00 F       Calories: 337       Enjoy this quick snack.			
647         Snack - Meal Portions: P:4 C:4 F:3         4 oz Cheese, low or non fat         1 1/3 cups Applesauce         8 Peanuts         3.00 F         Calories:         337    Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts       Portions 4.00 P       Preparation Suggestions: Cheese, Applesauce & Peanuts         3.00 F       3.00 F         Calories: 337       3.00 F         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
4 oz Cheese, low or non fat       4.00 P       Cheese, Applesauce & Peanuts         1 1/3 cups Applesauce       4.00 C       Enjoy this quick snack.         18 Peanuts       3.00 F       Calories:         337       337    Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999  ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P:4 C:4 F:3		Preparation Suggestions:
1 1/3 cups Applesauce       4.00 C       Enjoy this quick snack.         18 Peanuts       3.00 F       Calories:         337       337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	4 oz Cheese, low or non fat		Cheese, Applesauce & Peanuts
18 Peanuts       3.00 F         Calories:       337         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: 337 <b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
337 <b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
** Remember to drink between 10 and 12 glasses of water per day. **			
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	Enter the challenge	e and WIN! + <u>wwv</u>	v.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>2 1/2 cups Peaches, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Oatmeal</li> <li>5 Eggs, whole</li> </ul>	3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647	A simple breakfast. Enjoy fruit on the side.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise 2/3 cup Applesauce	Item Portions 8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647	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.
<ul> <li>Snack - Meal Portions: P:4 C:4 F:3</li> <li>2 cups Milk, low fat (1%)</li> <li>14 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1/3 cup Oatmeal</li> <li>1 cup Strawberries</li> </ul>	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	38 Carbohyo	drates: 38 Fat: 21 Calories: 2999
Remember to arink betwe	en io ano 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 6.00 P 3.00 C 5.00 F 3.00 C Calories: 647	A simple, wholesome breakfast.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1 tbsp Barley</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Applesauce & Peanuts Enjoy this quick snack.
		rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil	Portions 8.00 P 6.00 C 2.00 C 5.00 F Calories: 647	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts	Item Portions 5.00 P 3.00 A 4.00 C 1.00 C 2.00 F Calories: 647	<b>Preparation Suggestions:</b> A tasty bowl of soup with crackers. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:6 F: 0 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 6.00 P 4.00 C 2.00 C Calories: 384	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 7.00 P 1.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	in: 38 Carbohyd	Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		- Training + Supplements

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
8 Eggs, whole	8.00 P 1.00 C	Eggs with sautéed vegetables.
2 cups Mushrooms 1 1/2 cups Onions	3.00 C	
2 cups Jalapeno peppers	1.00 C	
1/2 cup Salsa	1.00 C	
3 cups Tomatoes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	PRE - Protein Shake + Energy Sustaining Growth
21 grams Protein powder	3.00 P	Carbs
1 cup Blueberries	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend to
1/3 cup Oatmeal	1.00 C	desired consistency. Enjoy!
	Calories:	
	337 Item	
Snack - Meal Portions: P:6 C:6 F:0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	384	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Triple Decker Deli Meat Sandwich
3 oz Cheese, low or non fat	3.00 P	Use ingredients to make a sandwich. Add onion and
6 oz Turkey breast, deli style	4.00 P	a leaf of lettuce for flavour.
1/2 cup Grapes	1.00 C	
3 slice Whole grain bread	6.00 C	
18 Peanuts	3.00 F 2.00 F	
2 tsp Mayonnaise	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Whitefish 2 oz Hard cheeses, light/low fat	6.00 P 2.00 P	Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients
2 cups Baked beans	8.00 C	with a little flour or breadcrumbs along with some sa
5 Macadamia nuts	5.00 F	and pepper. Coat whitefish in mixture and bake at
	Calories:	350 for about 20 minutes.
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	Yogurt & Almonds
9 Almonds, whole	3.00 F	Mix them together or eat them separately. Either
	Calories:	way, you're on your way to a healthy lifestyle!
	337	
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		_ g
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Day:	ა∠

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:4 C:4 F:3 1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Applesauce 9 Almonds, whole	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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.
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647	<b>Preparation Suggestions:</b> Soup with crumbled crackers and cheese on top. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, Iow fat (1%) 21 grams Protein powder 3 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/2 cup Blueberries</li><li>1 tsp Olive or monounsaturated oil</li><li>2/3 cup Oatmeal</li></ul>	1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.33 C 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647	Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 cups Milk, Iow fat (1%) 18 Peanuts	4.00 PC 3.00 F Calories: 337	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Take your vitamins, be acti	ve & eat well.	www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 14 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries	4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
1 2/3 tsp Olive or monounsaturated oil	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	4.00 P 2.00 C 3.00 F 2.00 C	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
	Calories: 337	desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	1.00 PC 7.00 P 2.00 C 4.00 C 3.00 F 2.00 F 1.00 C Calories: 647	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
6 oz Chicken breast, skinless	6.00 P	Chicken Wrap
2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle)	2.00 P 1.00 C	Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan
2 whole Pita	4.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa	2.00 C	them raw. Mix all ingredients into pita and enjoy.
1/2 cup Onions	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Blueberries & Almonds
2 cups Blueberries	4.00 C	A quick snack to fend off those cravings.
9 Almonds, whole	3.00 F Calories: 337	
	38 Carbohyo	rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

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

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

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, deli style</li> <li>1 cup Onions</li> <li>1 cup Zucchini</li> <li>1 Pepper (bell or cubanelle)</li> <li>2 Tomatoes</li> <li>2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 1/2 cups Yogurt, plain, low fat</li><li>1 cup Peaches, canned</li><li>1/3 cup Oatmeal</li></ul>	3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	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!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	in: 38 Carbohyd	Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 2/3 cups Mandarin orange, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 Eggs, whole</li> <li>1 cup Fruit juice</li> </ul>	Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:4 C:4 F:3 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	Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	Preparation Suggestions: Tuna and Vegetable Salad 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! Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647 Item Portions	Preparation Suggestions: Chicken with fruit and applesauce on the side. Preparation Suggestions:
4 cups Milk, low fat (1%) 18 Peanuts	4.00 PC 3.00 F Calories: 337	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
	our vitamins. Be	

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Oatmeal</li> </ol>	3.00 PC 5.00 P 2.00 C 5.00 F 3.00 C Calories: 647	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0 1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 Tangerines	Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 1/3 Bananas 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: 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.
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Today's checklist: 1	.Protein 2. Multi	3. Eat 4. Train 5. GROW!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Toasted egg sandwich with fruit.
2 cups Peaches, canned	4.00 C	
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Strawberries	2.00 C	Carbs
1 tsp Olive or monounsaturated oil	3.00 F	
2/3 cup Oatmeal	2.00 C	Put all ingredients in a blender over ice and blend to
	Calories:	desired consistency. Enjoy!
	337	
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	384	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
	Item	
Mid Meal - Meal Portions: P:8 C:8 F: 5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Mexicana
1 1/4 cups Celery	.63 C	Cook chicken, celery, 1/8 tsp chili powder, 1 clove of
1 cup Chickpeas	4.00 C	garlic minced and 1/8 tsp Worcestershire sauce.
1/4 cup Kidney beans	1.00 C	Cook until chicken is brown, then add chickpeas,
1 cup Salsa 4 cups Lettuce, romaine	2.00 C .40 C	kidney beans and salsa. Simmer for 5-10 minutes and plate.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	and plate.
	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Beef, lean cuts	5.00 P	Steak Wrap
3 oz Cheese, low or non fat	3.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add bee
1/4 cup Onions	.50 C	to oil along with desired seasonings and pan fry unti
1/2 Pepper (bell or cubanelle)	.25 C	cooked. You can pan fry vegetables or have them
1/2 cup Salsa	1.00 C	raw. Mix all ingredients into pita or tortilla and serve.
1/2 Tomato	.25 C	
1 Apple 2 whole Pita	2.00 C 4.00 C	
9 Almonds, whole	4.00 C 3.00 F	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
4 oz Cheese, low or non fat	Portions 4.00 P	Cheese, Apple and Almonds
2 Apples	4.00 P	A nice, quick snack to satisfy those cravings!
9 Almonds, whole	3.00 F	
	Calories:	
	337	
	ein: 38 Carbohyo	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil	8.00 P 6.00 C 2.00 C 5.00 F Calories: 647	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 6.00 P 2.00 PC 1.00 C 2.00 C 2.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
	in: 38 Carbohyd	Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		ww.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
8 Eggs, whole	Portions 8.00 P	Eggs with sautéed vegetables.
2 cups Mushrooms	1.00 C	
1 1/2 cups Onions	3.00 C	
2 cups Jalapeno peppers	1.00 C	
1/2 cup Salsa	1.00 C	
3 cups Tomatoes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Grate the cheese and mix with the rest of the
2 oz Cheese, low or non fat	2.00 P	ingredients for a quick snack that's easy to pop into a
2/3 cup Applesauce	2.00 C 3.00 F	container and take along to work or elsewhere.
9 Almonds, whole	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Triple Decker Chicken Salad Sandwich
1 cup Grapes	2.00 C	Make a basic chicken salad adding a little celery and
3 slice Whole grain bread	6.00 C	onion if desired, and salt and pepper to taste.
1/3 tsp Olive or monounsaturated oil	1.00 F	
4 tsp Mayonnaise	4.00 F	
	Calories:	
	647 Item	
Snack - Meal Portions: P:6 C:6 F: 0	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake
1 cup Yogurt, plain, low fat	2.00 PC	Put all ingredients in blender over ice and blend.
1/2 tbsp Barley	1.00 C	Add water to create desired consistency. Enjoy!
1 Banana	3.00 C	
	Calories: 384	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken with fruit and applesauce on the side.
1 cup Applesauce 2/3 cup Fruit cocktail	3.00 C 2.00 C	
1 cup Rice	2.00 C 3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1/3 cup Oatmeal	1.00 C	up the remaining ingredients in a closed container to
	Calories: 337	mix it all together, then eat the fruit on the side. Enjoy!
	n: 38 Carbohyd	drates: 38 Fat: 21 Calories: 2999
** Remember to drink be	tween 10 and 1	2 glasses of water per day. **
	<b>-</b> ()	.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 2/3 cups Mandarin orange, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 Eggs, whole</li> <li>1 cup Fruit juice</li> </ul>	Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C Calories: 647	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 2/3 cup Applesauce	1.00 PC 3.00 P 3.00 F 1.00 C 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	1.00 PC 3.00 P 4.00 P 1.00 C 6.00 C 3.00 F 2.00 F Calories: 647	Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647	<b>Preparation Suggestions:</b> Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Apples 9 Almonds, whole	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
	38 Carbohyo	rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Fight Fat www		

Day:	44
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries	8.00 P 6.00 C 2.00 C	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Mix the grapes and oatmeal in with the cottage
1 cup Grapes	2.00 C	cheese for a new taste sensation. Try topping with
2/3 cup Oatmeal 3 tbsp Almonds, slivered	2.00 C 3.00 F	the almonds!
5 lbsp Airionas, silvered	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich - Triple Decker Baby!
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1/3 tsp Olive or monounsaturated oil	1.00 F	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise 2/3 cup Applesauce	4.00 F 2.00 C	top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert
2/3 cup Applesauce	Calories:	lettuce for cruticit. Bang back applesauce for deser
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
1 cup Oatmeal	3.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
	Calories: 384	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	4.00 C 5.00 F	degrees for about 20 minutes, or until there's no pinl left inside the chicken breast). To boost the flavour,
1/2 cup Pasta	2.00 C	add a dash of low-fat, low-sugar barbecue sauce, or
	Calories:	coat with some crushed fresh herbs, salt and peppe
	647	Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1 cup Strawberries 1/3 cup Oatmeal	1.00 C 1.00 C	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
		Enjoy! drates: 38 Fat: 21 Calories: 2999
		2 glasses of water per day. **
Your best body ever	in 12 weeks! http	o://empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise	Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup with a tuna sandwich on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Blueberries & Almonds A quick snack to fend off those cravings.
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Meal plans work. Personalized Nutrition Delivers P	owerful Proven <u>nutrition</u>	Results. http://empowerednutrition.com/critical-bench

Day:	46
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 2.00 C .50 C 1.00 C 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C .50 C 1.50 C 3.00 C 5.00 F 2.00 C Calories: 647	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.
<ul> <li>Snack - Meal Portions: P:4 C:4 F:3</li> <li>2 cups Milk, low fat (1%)</li> <li>14 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	38 Carbohyd	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Remember to unink betwe		z giasses of water per day.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>2 cups Peaches, canned</li> <li>2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 4.00 C 4.00 C 5.00 F Calories: 647	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647	Preparation Suggestions: Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
	n: 38 Carbohyd	rates: 38 Fat: 21 Calories: 2999 2 <i>glasses of water per day.</i> **
Have you ha	d your Protein \$	Smoothie today?

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>42 grams Protein powder</li> <li>1 cup Milk, low fat (1%)</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>2 cups Strawberries</li> <li>2 tbsp Barley</li> <li>6 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	6.00 P 1.00 PC 1.00 PC 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1 tbsp Barley</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.00 C 1.00 C 5.00 F 3.00 C Calories: 647	Chicken Stew 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.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 PC .33 C 2.00 C .50 C .25 C 4.00 C 5.00 F Calories: 647	Spicy Stirfry: you might want to adjust the amount o jalapeno peppers you're using, depending on their strength and what you can handle!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 6.00 P 3.00 C 5.00 F	A simple, wholesome breakfast.
1 cup Fruit juice	3.00 C Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	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	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:6 C:6 F: 0 1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.33 C 1.33 C 2.00 C 5.00 F 2.00 C Calories: 647	Preparation Suggestions: Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 1/3 Bananas 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	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.

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

Day: 50 Item Breakfast - Meal Portions: P:8 C:8 F:5 **Preparation Suggestions:** Portions 2 cups Milk, low fat (1%) 2.00 PC A classic cereal breakfast with nuts and fruit added 42 grams Protein powder 6.00 P for crunch and flavor. Enjoy! 1 cup Blueberries 2.00 C 2 cups Cereal, cold 4.00 C 5 tbsp Almonds, slivered 5.00 F Calories: 647 Item Snack - Meal Portions: P:4 C:4 F:3 **Preparation Suggestions:** Portions 2.00 PC PRE - Protein Shake + Energy Sustaining Growth 1 cup Yogurt, plain, low fat 14 grams Protein powder 2.00 P Carbs 1 tsp Olive or monounsaturated oil 3.00 F 2/3 cup Oatmeal 2.00 C Put all ingredients in a blender over ice and blend to Calories: desired consistency. Enjoy! 337 Item Snack - Meal Portions: P:6 C:6 F:0 **Preparation Suggestions:** Portions 42 grams Protein powder 6.00 P POST - Protein Shake 2 cups Fruit juice 6.00 C Put all ingredients in blender over ice and blend. Calories: Add water to create desired consistency. We recommend using a high glycemic juice like grape 384 juice for max recuperation. Enjoy! Item Mid Meal - Meal Portions: P:8 C:8 F: 5 **Preparation Suggestions:** Portions 8.00 P 8 oz Chicken breast, skinless Chicken Salad Sandwich 3 slice Whole grain bread 6.00 C Make a basic chicken salad adding a little celery, 1 cup Blueberries 2.00 C onion and green pepper if desired, and salt and 3 tsp Mavonnaise 3.00 F pepper to taste, make this one a triple decker and 2/3 tsp Olive or monounsaturated oil 2.00 F enjoy. Calories: 647 Item Dinner - Meal Portions: P:8 C:8 F:5 **Preparation Suggestions:** Portions 9 oz Haddock 6.00 P Pan-Fried Haddock 2 cups Milk, low fat (1%) 2.00 PC Pan fry the haddock and vegetables in olive-oil. Add 12 spears Asparagus 1.00 C seasoning to taste. Enjoy the applesauce on the 1 1/2 cups Beans, green or yellow 1.00 C side. 2/3 cup Applesauce 2.00 C 2/3 cup Rice 2.00 C 1 2/3 tsp Olive or monounsaturated oil 5.00 F Calories: 647 Item Snack - Meal Portions: P:4 C:4 F:3 **Preparation Suggestions:** Portions 4.00 PC 2 cups Yogurt, plain, low fat Yogurt & Almonds 9 Almonds, whole 3.00 F Mix them together or eat them separately. Either Calories: way, you're on your way to a healthy lifestyle! 337 Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\* Enter the challenge and WIN! + www.empowerednutrition.net

Notes:

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>2 1/2 cups Peaches, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Oatmeal</li> <li>5 Eggs, whole</li> </ul>	Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647	A simple breakfast. Enjoy fruit on the side.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Cottage cheese, light/low fat</li><li>14 grams Protein powder</li><li>1 cup Grapes</li><li>1 tbsp Barley</li><li>3/5 oz Sunflower seeds</li></ul>	2.00 P 2.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Nid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple	Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 3 tbsp Almonds, slivered 2/3 cup Oatmeal	1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	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.
	n: 38 Carbohyd	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Proposition Suggestions
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	Portions 6.00 P 1.00 PC 1.00 PC 2.00 C 4.00 C 2.00 F 3.00 F Calories: 647	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley	2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	<ul><li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li><li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li></ul>
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 2.00 C 3.00 F 2.00 F Calories: 647	<b>Preparation Suggestions:</b> Chicken Salad Sandwich 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.
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 8.00 P 6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Apples 9 Walnuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheddar-Apple Galette 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 sprinkl with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!

Breakfast - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	A healthy breakfast with plenty of fibre. Enjoy the
2 cups Milk, low fat (1%)	2.00 PC	cheese on the side. You can add the nuts to your
3 cups Bran cereal, all varieties	6.00 C	cereal for a bit of crunch!
5 tbsp Almonds, slivered	5.00 C	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddal cheese, light/low lat	Calories:	
	647	
mack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	
18 Peanuts	3.00 F	
	Calories: 337	
	Item	
Iid Meal - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
6 oz Chicken breast, deli style	4.00 P	Tomato Cucumber Salad
4 oz Cheese, low or non fat	4.00 P	Mix ingredients with 1 clove of minced garlic and 1/3
2 cups Cucumber	.50 C	tbsp of chopped fresh basil leaves. Add balsamic
1 Tomato	.50 C	vinegar, salt & pepper to taste.
2 Apples	4.00 C	
1 1/2 whole Pita	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
nack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
40 grama Bratain navydar	Portions	
42 grams Protein powder	6.00 P	Blueberry Surprise
2 cups Blueberries	4.00 C	Blend powder, tofu, blueberries and olive oil
2/3 cup Oatmeal	2.00 C	together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodnes
	Calories: 384	I hate tofu.
	Item	
Dinner - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
10 2/3 oz Whitefish	8.00 P	Sweet and Sour Whitefish
3 cups Carrots	3.00 C	Saute chopped vegetables until tender. Add tomato
2 cups Celery	1.00 C	sauce, lemon juice, and a little bit of brown sugar.
2 Lemons	2.00 C	Place fish on a pan and pour mixture on top, cover
1 2/3 tsp Olive or monounsaturated oil	5.00 F	with foil and bake at 350 for 20 minutes.
1/2 cup Pasta	2.00 C	
1/2 oup 1 dota	Calories:	
	647	
nack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	337	mix it all together, then eat the fruit on the side.
Total Daily Portions: Protein: 3	8 Carbohyo	Enjoy! drates: 38 Fat: 21 Calories: 2999
		2 glasses of water per day. **
		+ Training + Supplements

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>3 oz Cheese, low or non fat</li> <li>1 Orange</li> <li>30 Peanuts</li> <li>21 grams Protein powder</li> <li>2 slice Whole grain bread</li> </ul>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Simple and healthful, this breakfast will give you a needed energy boost!
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> </ul>
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Tuna, canned in water</li> <li>1 cup Celery</li> <li>1 cup Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 cup Tomatoes</li> <li>1 cup Grapes</li> <li>2 whole Pita</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>18 Peanuts</li> </ul>	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	Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, 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! Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	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	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add bee to oil along with desired seasonings and pan fry unti cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 Apples 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Yogurt, plain, low fat</li> <li>Egg whites</li> <li>cup Pineapple</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>Eggs, whole</li> <li>slice Whole grain bread</li> </ol>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley	2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Nid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F 3.00 C Calories: 647	Chicken Stew 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.
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Apples 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Apples & Peanuts A quick snack to keep you going through the day!
		drates: 38 Fat: 21 Calories: 2999

Day:	56
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2  outpo Milk low fot (1%)	Portions 2.00 PC	
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat	3.00 PC	A refreshing breakfast.
2/3 cup Fruit cocktail	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
6 Egg whites	3.00 P	
2 slice Whole grain bread	4.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	
18 Peanuts	3.00 F	
	Calories:	
	337 Item	
Mid Meal - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich - Triple Decker Baby!
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1/3 tsp Olive or monounsaturated oil	1.00 F	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise	4.00 F	top with mayonnaise. You may also wish to add
2/3 cup Applesauce	2.00 C	lettuce for crunch. Bang back applesauce for deser
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
1 cup Oatmeal	3.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
0 an Dalaf Jaco auto	Portions	
8 oz Beef, lean cuts	8.00 P	Steak and Potatoes
2 cups Potato	6.00 C 5.00 F	Cube the potatoes and toss in olive oil, salt, pepper,
1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle)	1.00 C	a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees
1/4 cup Baked beans	1.00 C	for about half an hour or until done. Grill the steak,
1/4 cup bakeu bealls	Calories:	seasoning with your favourite steak spice (Montreal
	647	steak spice is a great choice!)
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories: 337	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	337	Enjoy!
Total Daily Portions: Prote	ein: 38 Carbohvo	drates: 38 Fat: 21 Calories: 2999
		2 glasses of water per day. **
		1
Take your vitamins, be a	active & eat well.	www.empowerednutrition.net

Meal Plans That Work A	Are Empowered	www.empowerednutrition.net
		rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Applesauce & Peanuts Enjoy this quick snack.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
Dinner - Meal Portions: P:8 C:8 F:5 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	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	<b>Preparation Suggestions:</b> 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.
Mid Meal - Meal Portions: P:8 C:8 F: 5 2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise	Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup with a tuna sandwich on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 1.00 PC 3.00 P 1.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
<ul> <li>35 grams Protein powder</li> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>1 cup Pineapple</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	Chop the fruit and mix with the remaining ingredients. Enjoy!
Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:

Day:	58
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 4.00 P 4.00 P .50 C .50 C 4.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F 3.00 C Calories: 647	Preparation Suggestions: Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
<ul> <li>Snack - Meal Portions: P:4 C:4 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>3 cups Raspberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 3.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Notes

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	4.00 P 2.00 P 2.00 PC 4.00 C 2.00 C 5.00 F Calories: 647	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337	<ul><li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li><li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li></ul>
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise	4.00 A 4.00 P 4.00 C 1.00 F Calories: 647	A bowl of soup with a tuna sandwich on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	8.00 P 1.00 C 6.00 C 5.00 F 1.00 C Calories: 647	Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 18 Peanuts	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		w.empowerednutrition.net
	<u></u>	

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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.
Mid Meal - Meal Portions: P:8 C:8 F:5 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	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	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:6 C:6 F: 0 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple	Item Portions 3.00 PC 3.00 P 3.00 C Calories: 384	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	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	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	
2/3 cup Fruit cocktail	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
6 Egg whites 2 slice Whole grain bread	3.00 P 4.00 C	
2 Slice whole grain bread	Calories:	
	647	
	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	PRE - Protein Shake + Energy Sustaining Growth
21 grams Protein powder	3.00 P	Carbs
1 cup Strawberries	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend to
2/3 cup Oatmeal	2.00 C	desired consistency. Enjoy!
	Calories:	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
	337	
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	384	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
	Item	
Mid Meal - Meal Portions: P:8 C:8 F: 5	Portions	Preparation Suggestions:
8 oz Tuna, canned in water	8.00 P	Tuna and Vegetable Salad
1 cup Celery	.50 C	Roughly chop the vegetables and mix with olive oil,
1 cup Cucumber	.25 C	dash of balsamic vinegar and salt, pepper and
1 Pepper (bell or cubanelle)	.50 C	thyme. Put the tuna on top (dashing with a little
1 cup Tomatoes	.67 C	lemon juice if you want) and start eating!
1 cup Grapes	2.00 C	
2 whole Pita	4.00 C	Enjoy the fruit for dessert.
2/3 tsp Olive or monounsaturated oil	2.00 F	
18 Peanuts	3.00 F	
	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
9 oz Haddock	6.00 P	Pan-Fried Haddock
2 cups Milk, low fat (1%)	2.00 PC	Pan fry the haddock and vegetables in olive-oil. Add
12 spears Asparagus	1.00 C	seasoning to taste. Enjoy the applesauce on the
1 1/2 cups Beans, green or yellow	1.00 C	side.
2/3 cup Applesauce	2.00 C	
2/3 cup Rice	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
4 oz Hard chaosas light/law fat	Portions	
4 oz Hard cheeses, light/low fat	4.00 P	Slice the pickles and the cheese and serve on
2 Pickles	2.00 C	crackers. Enjoy the nuts separately.
8 Crackers	2.00 C	
18 Peanuts	3.00 F	
	Calories: 337	
	001	

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

8       Eggs, whole       Fortionis         2       cups Mushrooms       1.00 C         11/2 cups Jalapeno peppers       1.00 C         12/2 cups Salsa       1.00 C         3 cups Tomatees       2.00 C         12/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         2 cups Yogurt, plain, low fat       4.00 PC         3 tbsp Almonds, slivered       3.00 C         3 tbsp Almonds, slivered       3.00 F         Calories:       647         Mid Meal - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         8 oz Chicken breast, skinless       8.00 P         4 tsp Mayonnaise       2.00 C         2/3 cup Applesauce       2.00 C         2 grams Protein powder       2.00 C         2 cups Blueberries       2.00 C         2/3 cup Oatmeal       1.00 F         2 cups Potato       2.00 C         2 rams Protein powder       2.00 C         2 cups Potato       2.00 C         2 cup Solive or monounsaturated oil       5.00 P         2 cups Blueberries       4.00 F	Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F:3       Portions         2 cups Yogurt, plain, low fat       4.00 PC         3 thsp Almonds, slivered       3.00 PC         3 thsp Almonds, slivered       3.00 PC         Mid Meal - Meal Portions: P:8 C:8 F:5       Item         8 oz Chicken breast, skinless       3.00 PC         3 slice Whole grain bread       6.00 C         1/3 tsp Olive or monounsaturated oil       1.00 F         4 tsp Mayonnaise       2.00 C         2/3 cup Applesauce       2.00 C         2/3 cup Applesauce       2.00 C         2/3 cup Slueberries       2.00 C         2/3 cup Oatmeal       1.00 F         4 2 grams Protein powder       2.00 C         2/3 cup Oatmeal       0.00 P         2 cups Blueberries       4.00 P         2/3 cup Oatmeal       0.00 P         2 ups Potato       2.00 C         1 //2 //2 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1 //2 tap Baked beans       8.00 P         2 //2 tap Dive or monounsaturated oil       5.00 F         2 //	<ul> <li>8 Eggs, whole</li> <li>2 cups Mushrooms</li> <li>1 1/2 cups Onions</li> <li>2 cups Jalapeno peppers</li> <li>1/2 cup Salsa</li> <li>3 cups Tomatoes</li> </ul>	1.00 C 3.00 C 1.00 C 2.00 C 5.00 F Calories: 647	
3 tbsp Almonds, slivered       3.00 F       Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!         3 tbsp Almonds, slivered       3.00 F       Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!         Mid Meal - Meal Portions: P:8 C:8 F:5       Item Portions       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 F       Chicken Breast Sandwich - Triple Decker Baby!         1/3 tsp Olive or monounsaturated oil       1.00 F       Chicken breast. Cook chicken throughly. Slice and the portions:         2/3 cup Applesauce       2.00 C       Calories:       Calories:         647       Item Portions       Preparation Suggestions:       Blueberrise and olive oil         2/3 cup Slueberries       4.00 F       Litem Portions       Preparation Suggestions:         2/3 cup Oatmeal       6.00 P       Blueberry Surprise       Blueberries and olive oil         2/3 tsp Olive or monounsaturated oil       2.00 F       Cube the potatoes       Color Heal         Dinner - Meal Portions: P:8 C:8 F:5       Item Portions       Preparation Suggestions:       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 F       Steak and Potatoes       Color Cube the potatoes and toss in olive oil, salt, peppi         2 Poppers (bell or cubanelle)       1.00 C       You file 'em spicy,	Snack - Meal Portions: P:4 C:4 F:3		Preparation Suggestions:
Mideal - Meal Portions: P:8 C:8 F:3       Portions         8 oz Chicken breast, skinless       8.00 P         3 slice Whole grain bread       6.00 C         1/3 tsp Olive or monounsaturated oil       1.00 F         4 tsp Mayonnaise       2.00 C         2/3 cup Applesauce       Calories:         6.00 P       1.00 F         2/3 cup Applesauce       Preparation Suggestions:         42 grams Protein powder       2.00 C         2 cups Blueberries       6.00 P         2/3 cup Oatmeal       Bind powder, tofu, blueberries and olive oil         2/3 cup Structure       2.00 C         Calories:       Bind powder, tofu, blueberries and olive oil         2/3 cup Structure       2.00 C         2/3 cup Structure       2.00 C         2 cups Blueberries       2.00 C         2 cups Potato       2.00 C         2 cups Potato       2.00 C         2 cups Potato       8.00 P         2 cups Potato       8.00 P         1/3 tsp Olive or monounsaturated oil       5.00 F         2 reppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       5.00 F         1 cup Yogurt, plain, low fat       2.00 PC         1 cup Yogurt, plain, low fat       2.00 PC		3.00 F Calories: 337	Mix them together or eat them separately. Either
8 oz Chicken breast, skinless       8.00 P         3 slice Whole grain bread       6.00 P         1/3 tsp Olive or monounsaturated oil       1.00 F         4 tsp Mayonnaise       4.00 F         2/3 cup Applesauce       2.00 C         Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Item         42 grams Protein powder       6.00 P         2 cups Blueberries       4.00 F         2/3 cup Oatmeal       1.00 F         2/3 cup Oatmeal       1.00 F         2 cups Blueberries       2.00 C         2/3 cup Oatmeal       1.00 F         2 cups Blueberries       2.00 C         2/3 cup Oatmeal       Calories:         0 colume or monounsaturated oil       2.00 C         2 cups Dilve or monounsaturated oil       2.00 C         1/4 cup Baked beans       1.00 F         1/4 cup Baked beans       1.00 C         1/4 grams Protein powder       2.00 PC         1/4 tsp Olive or monounsaturated oil       2.00 PC         1/4 tsp Olive or monounsaturated oil       2.00 PC         1/4 cup Baked beans       Calories:         1 cup Yogurt, plain, low fat       2.00 PC         1 cup Yogurt, plain, low fat       2.00 PC         1 ts	Mid Meal - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
Shack - Meal Portions: P:6 C:6 F: 0       Portions         42 grams Protein powder       2 cups Blueberries         2 cups Blueberries       6.00 P         2/3 cup Oatmeal       Blueberry Surprise         Dinner - Meal Portions: P:8 C:8 F:5       Blend powder, tofu, blueberries and olive oil         0 colories:       384         1 hate tofu.       Item         Portions       Peparation Suggestions:         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       6.00 P         1 cup Yogurt, plain, low fat       2.00 P         1 cup Yogurt, plain, low fat       2.00 P         2/3 Banana       2.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2/3 Banana       2.00 P         1 tsp Olive or monounsaturated oil       3.00 F         3.00 F       Blend all ingredients together and add ice cubes to calories:         3.00 F       3.00 F         3.00 F       Blend all ingredients together and add ice cubes to calories:         3.00 F       3.00 F         3.00 F       Blend all ingredients together and add ice cubes to	3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 6.00 C 1.00 F 4.00 F 2.00 C Calories: 647	Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and
Dinner - Meal Portions: P:8 C:8 F:5PortionsPreparation Suggestions:8 oz Beef, lean cuts8.00 PSteak and Potatoes2 cups Potato6.00 CCube the potatoes and toss in olive oil, salt, pepper1 2/3 tsp Olive or monounsaturated oil5.00 Fa dash of chili powder and some cayenne pepper2 Peppers (bell or cubanelle)1.00 Cyou like 'em spicy, then roast them at 350 degrees1/4 cup Baked beans1.00 Cfor about half an hour or until done. Grill the steal2 cups Yogurt, plain, low fat1.00 Cseasoning with your favourite steak spice (Montre1 cup Yogurt, plain, low fat2.00 PCProtein Shake with Fruit1 sp Olive or monounsaturated oil3.00 Favailable mix protein powder with cold water and have remaining ingredients on the side. Enjoy!337Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999	42 grams Protein powder 2 cups Blueberries	Portions 6.00 P 4.00 C 2.00 C Calories:	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
8 oz Beef, lean cuts8.00 PSteak and Potatoes2 cups Potato1.2/3 tsp Olive or monounsaturated oil5.00 Fa dash of chili powder and some cayenne pepper2 Peppers (bell or cubanelle)1.00 Cyou like 'em spicy, then roast them at 350 degrees1/4 cup Baked beans1.00 Cfor about half an hour or until done. Grill the steal1/4 cup Yogurt, plain, low fat647steak spice is a great choice!)1 cup Yogurt, plain, low fat2.00 PCPreparation Suggestions:1 tsp Olive or monounsaturated oil2.00 PCSteak and Potatoes2/3 Banana2.00 C3.00 Fa dash of chili powder with cold water and have remaining ingredients on the side. Enjoy!Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999	Dinner - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F:3       Portions         1 cup Yogurt, plain, low fat       Portions         14 grams Protein powder       2.00 PC         2/3 Banana       Polive or monounsaturated oil         1 tsp Olive or monounsaturated oil       3.00 F         3.00 F       available mix protein powder with cold water and Calories:         3.37       337	2 cups Potato 1 2/3 tsp Olive or monounsaturated oil 2 Peppers (bell or cubanelle)	8.00 P 6.00 C 5.00 F 1.00 C 1.00 C Calories: 647	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
1 cup Yogurt, plain, low fat       2.00 PC       Protein Shake with Fruit         14 grams Protein powder       2.00 P       Blend all ingredients together and add ice cubes u         2/3 Banana       2.00 C       desired consistency is reached. If a blender is no         1 tsp Olive or monounsaturated oil       3.00 F       available mix protein powder with cold water and         Calories:       337         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999	Snack - Meal Portions: P:4 C:4 F:3		Preparation Suggestions:
	14 grams Protein powder 2/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Remember to anime between the and the glabered of mater per day.			
Burn Fat Build MUSCLE www.empowerednutrition.net			

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

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Toasted egg sandwich with fruit.
2 cups Peaches, canned	4.00 C	roacted egg canamen mannala
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Tomato-Zucchini Nibbles
6 cups Cherry tomatoes	3.00 C	In a pan cook zucchini with water until tender. Cut
2 cups Zucchini	1.00 C	tomatoes in half and scoop out the seeds. In a
3 tbsp Almonds, slivered	3.00 F	blender, combine cottage cheese, cooked zucchini,
	Calories:	tomato pulp, nuts, garlic salt and chives. Fill
	337	tomatoes with mixture and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
9 of Poof Joon outo	Portions 8.00 P	
8 oz Beef, lean cuts		Beef and vegetable pasta. Enjoy!
1 cup Celery	.50 C	
1/2 cup Onions	1.00 C	
1/4 cup Tomato, puree	.50 C	
1 1/2 cups Pasta	6.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
One of a Martha Reading and Read And Read	Item	Bren enstien Orennestiener
Snack - Meal Portions: P:6 C:6 F: 0	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Smoothie
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1/3 cup Oatmeal	1.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Dinner - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Beef Stew
1/3 cup Chickpeas	1.33 C	Brown beef quickly and place in a pot with the
1/3 cup Kidney beans	1.33 C	vegetables and pasta. Stew everything together for
2/3 cup Onions	1.33 C	this highly nutritious dinner.
3 cups Tomatoes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1/2 cup Pasta	2.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
2  outpo Mills low fat (19()	Portions	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	337	mix it all together, then eat the fruit on the side. Enjoy!
		drates: 38 Fat: 21 Calories: 2999
** Remember to drink bet	ween 10 and 1	2 glasses of water per day. **

Day: (	66
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>3 cups Bran cereal, all varieties</li> <li>5 tbsp Almonds, slivered</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337	<ul> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> </ul>
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, deli style</li> <li>1 Orange</li> <li>4 cups Lettuce, romaine</li> <li>1 cup Mushrooms</li> <li>1 cup Celery</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 slice Whole grain bread</li> </ul>	8.00 P 2.00 C .40 C .50 C .50 C 5.00 F 4.00 C Calories: 647	Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.50 C 1.00 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Eggs with yogurt and fruit. Enjoy!
6 Egg whites	3.00 PC	Eggs with yogun and nut. Enjoy:
1 cup Pineapple	2.00 F	
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
3 Eggs, whole	3.00 P	
2 slice Whole grain bread	4.00 C	
2 Silce Whole grain blead	Calories:	
	647	
	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese and Grape Snack
2 cups Grapes	4.00 C	Enjoy items separately!
18 Peanuts	3.00 F	
	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
6 oz Chicken breast, skinless	6.00 P	Chicken and Greek Salad
1 cup Lettuce, romaine	.10 C	Grill or broil chicken season as desired. Toss salad
1 cup Grapes	2.00 C	in with oil and vinegar and if desired add 1 clove of
2 Tomatoes	1.00 C	minced garlic. Cube chicken breast and add to salad
1 cup Onions	2.00 C	Top with low fat or feta cheese.
2 cups Mushrooms	1.00 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
3 tsp Mayonnaise	3.00 F	
1 whole Pita	2.00 C	
2 oz Mozzarella cheese, light/low fat	2.00 P	
	Calories: 647	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Proposition Suggestions
Shack - Mear Portions: P:6 C:6 F: 0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Blueberry Surprise
2 cups Blueberries	4.00 C	Blend powder, tofu, blueberries and olive oil
2/3 cup Oatmeal	2.00 C	together. Throw into the fridge overnight for a nice,
	Calories:	cool meal! SURPIRSE no tofu, wow thank goodness
	384	I hate tofu.
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
8 oz Chicken breast, skinless	Portions 8.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 cup Corn, canned	4.00 C	degrees for about 20 minutes, or until there's no pink
1 2/3 tsp Olive or monounsaturated oil	5.00 F	left inside the chicken breast). To boost the flavour,
1/2 cup Pasta	2.00 C	add a dash of low-fat, low-sugar barbecue sauce, or
1/2 cup i asta	Calories:	coat with some crushed fresh herbs, salt and pepper
	647	Steam the vegetables and enjoy on the side.
Speek Meel Dertiener D.4 C.4 F.C	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake
14 grams Protein powder	2.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1/3 cup Oatmeal	1.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	337	Enjoy! drates: 38 Fat: 21 Calories: 2999

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Day: 68		
Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Milk, low fat (1%)</li> <li>Egg whites</li> <li>oz Cheese, low or non fat</li> <li>cups Mushrooms</li> <li>cup Onions</li> <li>1/2 cups Spinach</li> <li>Peppers (bell or cubanelle)</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>slice Whole grain bread</li> </ol>	1.00 PC 4.00 P 3.00 P 1.00 C 2.00 C 1.00 C 5.00 F 2.00 C Calories: 647	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	<ul><li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li><li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li></ul>
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	Portions 6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 5.00 P 3.00 P .10 C 2.00 C 2.00 C 4.00 C 5.00 F Calories: 647	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

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

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
8 Egg whites	Portions 4.00 P	
4 Eggs, whole	4.00 P	
	4.00 P 1.00 C	
1 1/2 cups Beans, green or yellow	2.00 C	
1/2 cup Kidney beans		
1/4 cup Onions	.50 C .57 C	
2 cups Spinach, cooked	.57 C 4.00 C	
2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	4.00 C 5.00 F	
1 2/3 isp Olive of monounsaturated of		
	Calories: 647	
	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	PRE - Protein Shake + Energy Sustaining Growth
21 grams Protein powder	3.00 P	Carbs
1 cup Blueberries	2.00 C	Calba
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend to
1/3 cup Oatmeal	1.00 C	desired consistency. Enjoy!
no cup odinical	Calories:	
	337	
Snack - Meal Portions: P:6 C:6 F:0	Item	Proposition Compactioner
Shack - Meal Portions: P:6 C:6 F:0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice and blend.
	Calories:	
	384	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item	Preparation Suggestions:
	Portions	
56 grams Protein powder	8.00 P	Salad & Protein Drink
1 cup Fruit cocktail	3.00 C	Prepare salad using ingredients listed. Prepare
2 Tomatoes	1.00 C	dressing using oil, vinegar, salt, pepper and basil.
1 cup Mushrooms	.50 C	Serve protein drink on the side.
1 cup Lettuce, romaine	.10 C	
2 cups Cucumber	.50 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 1/2 whole Pita	3.00 C	
	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Steaks with Vegetables
1/2 cup Tomato, puree	1.00 C	
2 cups Celery	1.00 C	You can season your vegetables with a little salt,
3 cups Carrots	3.00 C	pepper, and basil, if you like.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 cup Rice	3.00 C	
	Calories: 647	
	ltem	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Apples & Peanuts
2 Apples	4.00 T	A quick snack to keep you going through the day!
18 Peanuts	3.00 F	A denor outdor to reep you doing intrough the day!
	Calories:	
	Galories.	

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

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 2/3 cups Mandarin orange, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>4 Eggs, whole</li> <li>1 cup Fruit juice</li> </ul>	Portions 4.00 P 5.00 C 5.00 F 4.00 P 3.00 C	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
<ol> <li>cup Cottage cheese, light/low fat</li> <li>cups Cherry tomatoes</li> <li>cups Zucchini</li> <li>tbsp Almonds, slivered</li> </ol>	4.00 P 3.00 C 1.00 C 3.00 F Calories: 337	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!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 2/3 cups Beef and vegetable soup</li> <li>4 Crackers</li> <li>1 1/2 oz Pretzels</li> <li>1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	4.00 A 1.00 C 3.00 C 1.00 F 4.00 P Calories: 647	Soup with crumbled crackers and cheese on top. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
<ul><li>21 grams Protein powder</li><li>1 1/2 cups Yogurt, plain, low fat</li><li>1 cup Peaches, canned</li><li>1/3 cup Oatmeal</li></ul>	3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	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!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P 2.00 P 1.00 C 4.00 C 2.00 C 1.00 C 5.00 F Calories: 647	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 2.00 C 3.00 F Calories: 337	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!
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Day:	71	

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange	Portions 2.00 PC 3.00 P 2.00 C	Simple and healthful, this breakfast will give you a needed energy boost!
30 Peanuts 21 grams Protein powder 2 slice Whole grain bread	5.00 F 3.00 P 4.00 C Calories:	
Snack - Meal Portions: P:4 C:4 F:3	647 Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 3.00 F	PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 cup Oatmeal 1/2 cup Blueberries	2.00 C 1.00 C Calories: 337	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
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	8.00 P .63 C 4.00 C 1.00 C 2.00 C .40 C 5.00 F Calories: 647	Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove or 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.
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Turkey breast, skinless	Item Portions 8.00 P	Preparation Suggestions: Turkey and Salad
<ol> <li>1 1/2 cups Chickpeas</li> <li>1/2 cup Mushrooms</li> <li>1/4 cup Onions</li> <li>1/2 head Lettuce, iceberg</li> <li>1 1/2 cups Cherry tomatoes</li> <li>5 tbsp Almonds, slivered</li> </ol>	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories:	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	647 Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 9 Almonds, whole	4.00 PC 3.00 F Calories: 337	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		drates: 38 Fat: 21 Calories: 2999

Day:	72
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	
4 Eggs, whole	4.00 P	
1 1/2 cups Beans, green or yellow	1.00 C	
1/2 cup Kidney beans	2.00 C	
1/4 cup Onions	.50 C	
2 cups Spinach, cooked	.50 C	
2 slice Whole grain bread	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Cottage cheese, light/low fat	2.00 P 2.00 P	Cottage Cheese, Grapes & Sunflower Seeds
14 grams Protein powder	2.00 P 2.00 C	Mix them together or eat them separately. Either
1 cup Grapes	2.00 C 2.00 C	way, you're on your way to a healthy lifestyle!
1 tbsp Barley 3/5 oz Sunflower seeds	2.00 C 3.00 F	
3/3 OZ SUTITOWET SEEUS	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
8 oz Chicken breast, skinless	Portions 8.00 P	Chicken Breast Sandwich - Triple Decker Baby!
3 slice Whole grain bread	6.00 P	Mix your favourite seasonings with oil and brush on
1/3 tsp Olive or monounsaturated oil	1.00 C	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise	4.00 F	top with mayonnaise. You may also wish to add
2/3 cup Applesauce	2.00 F	lettuce for crunch. Bang back applesauce for desert
2/3 cup Applesauce	Calories:	lettuce for cruticit. Daily back applesauce for deser
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	2.00 C	adding water to create desired consistency. If a
2 cups Strawberries	2.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Turkey breast, skinless		Turkey and Calad
	8.00 P	Turkey and Salad
	8.00 P 6.00 C	Turkey and Salad Grilled or roast turkey is great with this meal. Throw
1 1/2 cups Chickpeas 1/2 cup Mushrooms		Grilled or roast turkey is great with this meal. Throw
1 1/2 cups Chickpeas 1/2 cup Mushrooms	6.00 C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
1 1/2 cups Chickpeas	6.00 C .25 C	Grilled or roast turkey is great with this meal. Throw
1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions	6.00 C .25 C .50 C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg	6.00 C .25 C .50 C .25 C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories:	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
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	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647 Item	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle
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 Snack - Meal Portions: P:4 C:4 F:3	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647 Item Portions	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! Preparation Suggestions:
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 Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647 Item Portions 2.00 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! Preparation Suggestions: Protein Shake
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 Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%)	6.00 C .25 C .50 C .75 C 5.00 F Calories: 647 Item Portions 2.00 P 2.00 PC	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend,
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 Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned	6.00 C .25 C .50 C .25 C .75 C 5.00 F Calories: 647 Item Portions 2.00 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! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
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 Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned 1/2 tbsp Barley	6.00 C .25 C .50 C .75 C 5.00 F Calories: 647 Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
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 Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Peaches, canned	6.00 C .25 C .50 C .75 C 5.00 F Calories: 647 Item Portions 2.00 P 2.00 PC 1.00 C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered	Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 3.00 F	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs
2/3 cup Oatmeal	2.00 C Calories: 337	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	Item Portions 2.00 PC 2.00 PC 4.00 A 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P .50 C .67 C .29 C .50 C 6.00 C 5.00 F Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Enter the challenge a	nd WIN! + <u>wwv</u>	v.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
6 Egg whites	3.00 P	A simple breakfast. Enjoy fruit on the side.
2 1/2 cups Peaches, canned	5.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1 cup Oatmeal	3.00 C	
5 Eggs, whole	5.00 P	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Mix the grapes and oatmeal in with the cottage
1 cup Grapes	2.00 C	cheese for a new taste sensation. Try topping with
2/3 cup Oatmeal	2.00 C	the almonds!
3 tbsp Almonds, slivered	3.00 F	
o toop Almonas, silvered	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
6 oz Chicken breast, deli style	4.00 P	Tomato Cucumber Salad
4 oz Cheese, low or non fat	4.00 P	Mix ingredients with 1 clove of minced garlic and 1/3
2 cups Cucumber	.50 C	tbsp of chopped fresh basil leaves. Add balsamic
1 Tomato	.50 C	vinegar, salt & pepper to taste.
2 Apples	4.00 C	
1 1/2 whole Pita	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647 Item	
Snack - Meal Portions: P:6 C:6 F: 0	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Smoothie
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1/3 cup Oatmeal	1.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
	001	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Turkey, dark meat, skinless	8.00 P	Tasty Turkey Pasta
1 cup Mushrooms	.50 C	Chop tomatoes finely and set aside. Cut up meat
1/3 cup Onions	.50 C	and cook over medium-high heat til almost done,
1 cup Spinach	.07 C .29 C	then add chopped vegetables, salt, pepper, garlic,
1 Tomatoe, sun dried	.29 C .50 C	basil and crushed chili peppers to taste. Add
1 1/2 cups Pasta	6.00 C	tomatoes, then mix with pasta and enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 C	ionaloes, men nik wili pasia anu enjuy:
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Propagation Suggestions:
	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients, except nuts together and add
1 cup Strawberries	1.00 C	ice cubes until desired consistency is reached.
3 tbsp Almonds, slivered	3.00 F	Blender not available? Mix protein powder with cold
2/3 cup Oatmeal	2.00 C	water and have remaining ingredients on the side.
	Calories:	Eat nuts separately.
Total Daily Partianas Drata	337	drates: 38 Fat: 21 Calories: 2999
LOTAL DAILY PORTIONS: PROTE	น. งด เปลเบอทVC	II ALES. JO FAL. ZI UAIUILES. ZYYY

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Simple, balanced, and fast, this breakfast is perfect
1 2/3 cups Mandarin orange, canned	5.00 C	for those with busy lifestyles.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
4 Eggs, whole	4.00 P	
1 cup Fruit juice	3.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	PRE - Protein Shake + Energy Sustaining Growth
14 grams Protein powder	2.00 P	Carbs
1 tsp Olive or monounsaturated oil	3.00 F	
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend to
1/2 tbsp Barley	1.00 C	desired consistency. Enjoy!
	Calories:	
	337	
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 P	Put all ingredients in blender over ice and blend.
2 cups Fruit juice		
	Calories:	Add water to create desired consistency. We
	384	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
	Item	
Mid Meal - Meal Portions: P:8 C:8 F: 5	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A bowl of soup and a glass of milk with yogurt for
1 cup Yogurt, plain, low fat	2.00 PC	desert: it doesn't get much easier to prepare than
2 2/3 cups Beef and vegetable soup	4.00 A	that!
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	647	
Dinner - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	Freparation Suggestions.
12 oz Ground beef (< 10% fat)	8.00 P	Beef Stew
1/3 cup Chickpeas	1.33 C	Brown beef quickly and place in a pot with the
1/3 cup Kidney beans	1.33 C	vegetables and pasta. Stew everything together for
2/3 cup Onions	1.33 C	this highly nutritious dinner.
3 cups Tomatoes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
1/2 cup Pasta	2.00 C	
172 00p 1 d3td	Calories:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Propagation Suggestions
	Portions	Preparation Suggestions:
4 oz Cheddar cheese, light/low fat	4.00 P	A simple crunchy snack to munch on when you have
4 Pickles	4.00 C	a spare moment can make all the difference during
9 Walnuts	3.00 F	your day.
	Calories:	
	337	
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Check your Vitals +	GPOW WWW	empowerednutrition.net
Check your vitals +		sinpowered nutrition. Het

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>2 cups Mushrooms</li> <li>1 1/2 cups Onions</li> <li>2 cups Jalapeno peppers</li> <li>1/2 cup Salsa</li> <li>3 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 1.00 C 3.00 C 1.00 C 1.00 C 2.00 C 5.00 F Calories: 647	Eggs with sautéed vegetables.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal 1/2 cup Blueberries	Item Portions 1.00 PC 3.00 P 3.00 F 2.00 C 1.00 C Calories: 337	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> </ul>
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:8 F:5 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	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	<b>Preparation Suggestions:</b> Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Blueberries 9 Almonds, whole	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Blueberries & Almonds A quick snack to fend off those cravings.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Eggs, whole 2 cups Peaches, canned 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil	8.00 P 4.00 C 4.00 C 5.00 F	Toasted egg sandwich with fruit.
	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	Yogurt & Slivered Almonds
3 tbsp Almonds, slivered	3.00 F Calories: 337	Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
6 oz Chicken breast, skinless	6.00 P	Chicken and Greek Salad
1 cup Lettuce, romaine	.10 C	Grill or broil chicken season as desired. Toss salad
1 cup Grapes 2 Tomatoes	2.00 C 1.00 C	in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad
1 cup Onions	2.00 C	Top with low fat or feta cheese.
2 cups Mushrooms	1.00 C	
2/3 tsp Olive or monounsaturated oil	2.00 F	
3 tsp Mayonnaise	3.00 F	
1 whole Pita	2.00 C	
2 oz Mozzarella cheese, light/low fat	2.00 P Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake
1 cup Yogurt, plain, low fat	2.00 PC	Put all ingredients in blender over ice and blend.
1/2 tbsp Barley	1.00 C	Add water to create desired consistency. Enjoy!
1 Banana	3.00 C Calories:	
	384	
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Spicy Stirfry: you might want to adjust the amount of
1 cup Milk, low fat (1%)	1.00 PC	jalapeno peppers you're using, depending on their
1 cup Cabbage	.33 C	strength and what you can handle!
1 cup Onions 1 Pepper (bell or cubanelle)	2.00 C .50 C	
1/2 cup Jalapeno peppers	.25 C	
1 1/3 cups Rice	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
14 grams Protein powder 2 cups Milk, low fat (1%)	2.00 P 2.00 PC	Protein Shake Put all ingredients in a blender over ice and blend,
1/2 cup Peaches, canned	2.00 PC 1.00 C	adding water to create desired consistency. If a
1/2 tbsp Barley	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	337	Enjoy! drates: 38 Fat: 21 Calories: 2999

Day:	78
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ol> <li>1 cup Milk, low fat (1%)</li> <li>8 Egg whites</li> <li>3 oz Cheese, low or non fat</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>3 1/2 cups Spinach</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 slice Whole grain bread</li> </ol>	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	Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Portions 1.00 PC 3.00 P 2.00 C 3.00 F 1.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 2 cups Won ton soup 4 oz Tuna, canned in water 2 whole Pita 1 tsp Mayonnaise	Item Portions 4.00 A 4.00 P 4.00 C 1.00 F Calories: 647	<b>Preparation Suggestions:</b> A bowl of soup with a tuna sandwich on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 1.50 C 2.00 C .13 C .50 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 Oranges 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Orange and Peanuts. A quick snack to keep you going!

35 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Pineapple5.00 P 3.00 PC 2.00 CChop the fruit and mix with the remaining ingredients. Enjoy!1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil3.00 PC 2.00 CChop the fruit and mix with the remaining ingredients. Enjoy!Snack - Meal Portions: P:4 C:4 F:3 1/2 cup Cottage cheese, light/low fat 1 d grams Protein powderItem Portions 2.00 P 2.00 PPreparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!1/2 cup Grapes 1 tup Grapes 3/5 oz Sunflower seeds2.00 P 2.00 F Calories: 337Preparation Suggestions: Portions 3.00 F5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 1 2 PeanutsPreparation Suggestions: A tasty bowl of soup with crackers. Enjoy the cheese on the side.1 1/2 peanuts2.00 F Calories: 3.00 F	Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat cup Pineapple       3.00 PC         1 cup Pineapple       2.00 C         1 1/2 cups Bran cereal, all varieties       3.00 FC         2/3 tsp Olive or monounsaturated oil       Calories: 647         Snack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions: Cotage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!         1/2 cup Cottage cheese, light/low fat 1 cup Grapes       2.00 C         3/5 oz Sunflower seeds       3.00 F         3/5 oz Sunflower seeds       3.00 F         5 oz Cheese, low or non fat 3 cups Vegetable soup       5.00 P         3 cups Vegetable soup       3.00 F         1/2 cups Oatmeal       4.00 C         1 /2 cups Oatmeal       4.00 C         2 forackers       2.00 F         2 forackers       2.00 F         2 forack - Meal Portions: P:6 C:6 F: 0       Portions         1 /2 cups Yogurt, plain, low fat       3.00 P         1 /2 cups Yogurt, plain, low fat       3.00 P         1 /2 cups Yogurt, plain, low fat       3.00 P         2 farmes Protein powder       3.00 P <td< td=""><td>05 manual Destain a surday</td><td></td><td></td></td<>	05 manual Destain a surday		
1 cup Pineapple       2.00 C         1 1/2 cup Stran cereal, all varieties       3.00 C         5 Nack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         1/2 cup Cottage cheese, light/low fat       2.00 P         1 dy grams Protein powder       2.00 C         3/5 oz Sunflower seeds       2.00 C         3/5 oz Sunflower seeds       3.00 F         5 oz Cheese, low or non fat       5.00 P         5 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/2 cups Yogurt, plain, low fat       2.00 C         2 carres       1.00 C         1 2 Peanuts       Calories:         Calories:       Calories:         647       Preparation Suggestions:         A tasty bowl of soup with crackers. Enjoy the chees         1 /2 cups Vegetable soup       3.00 P         2 Lop Cotteage cheese, low or non fat       5.00 P         2 Cups Yogurt, plain, low fat       2.00 F         2 Peanuts       Calories:         Calories:       647         Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 type state       8.00 P         2 uspe Notein powder       3.00 P			
1 1/2 cups Bran cereal, all varieties       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:4 F:3       Preparation Suggestions:         1/2 cup Cottage cheese, light/low fat       2.00 P         1 drams Protein powder       2.00 P         1 drams Protein powder       2.00 P         1 drams Protein powder       2.00 C         3/5 oz Sunflower seeds       3.00 F         Soac C cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/2 cups Odtmeal       4.00 C         1 1/2 cups Odtmeal       4.00 C         1 1/2 cups Odtmeal       4.00 C         1 1/2 cups Vogetable soup       3.00 P         2 peanuts       2.00 F         Calories:       647         7 trapartion Suggestions:       Preparation Suggestions:         1 1/2 cups Vogurt, plain, low fat       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         1 1/2 cups Potato       3.00 P         1 1/2 cups Potato       3.00 P         1 2/2 tap Dive or monounsaturated oil       5.00 P         2 cups Potato       3.00 P         1 2/2 tap Dive or monounsaturated oil       5.00 F         2 cups Potato			Ingredients. Enjoy!
1 2/3 tsp. Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:4 C:4 F:3       Portions         1/2 cup Cottage cheese, light/low fat       2.00 P         1 dyrams Protein powder       2.00 P         1 dyrams Protein powder       2.00 P         3/5 oz Sunflower seeds       3.00 F         So z Sunflower seeds       3.00 F         So z Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/3 cups Catmeal       4.00 C         1 2 Peanuts       2.00 P         Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Preparation Suggestions:         Factories       647         Snack - Meal Portions: P:6 C:6 F: 0       Protions         Calories:       647         Snack - Meal Portions: P:8 C:8 F:5       Protions         Calories:       647         Snack - Meal Portions: P:8 C:8 F:5       Protions         Snack - Meal Portions: P:8 C:8 F:5       Protions         Snack - Meal Portions: P:8 C:8 F:5       Stak and Portions:         Dinner - Meal Portions: P:8 C:8 F:5       Stak and Portions:         So z Beef, lean cuts       8.00 P         S z Beef, lean cuts			
Calories: 647         Frack - Meal Portions: P:4 C:4 F:3         1/2 cup Cottage cheese, light/low fat 1 cup Grapes       2.00 P         1 cup Grapes       2.00 C         3/5 oz Sunflower seeds       3.00 F         So Z Cheese, low or non fat 3 cups Vegetable soup       3.00 F         5 oz Cheese, low or non fat 1 1/3 cups Oatmeal       5.00 P         3 cups Vegetable soup       3.00 F         1 1/3 cups Oatmeal       4.00 C         2 calories:       3.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Item 11/3 cups Oatmeal         1 1/2 cups Yogurt, plain, low fat 2 rgrams Protein powder       3.00 F         1 1/2 cups Yogurt, plain, low fat 2 rgrams Protein powder       3.00 F         1 1/2 cups Yogurt, plain, low fat 2 rgrams Protein powder       3.00 F         1 1/2 cups Yogurt, plain, low fat 2 rgrams Protein powder       3.00 F         1 1/2 cups Yogurt, plain, low fat 2 rgrams Protein powder       3.00 F         2 reaperation       Stack and Portions: P:8 C:8 F:5         Portions:       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P         2 rups Potato       5.00 F         1 2/2 tsp Olive or monounsaturated oil       5.00 F         2 cups Mik, low fat (1%)       2.00 FC         1 cup St			
647     Item     Preparation Suggestions:       1/2 cup Cottage cheese, light/low fat 1 d grams Protein powder     2.00 P     Cottage Cheese, Grapes & Sunflower Seeds       1/2 cup Grapes     2.00 C     Witk them together or eat them separately. Either       1 tup Barley     2.00 C       3/5 oz Sunflower seeds     3.00 F       Soc Cheese, low or non fat     5.00 P       5 oz Cheese, low or non fat     5.00 P       3 cups Vegetable soup     3.00 A       1 1/3 cups Oatmeal     4.00 C       4 Crackers     1.00 C       12 Peanuts     Calories:       647     Preparation Suggestions:       1 1/2 cups Yogurt, plain, low fat     3.00 P       2 tup are Protein powder     3.00 P       1 1/2 cups Yogurt, plain, low fat     3.00 P       2 tup ares Protein powder     3.00 P       1 1/2 cups Yogurt, plain, low fat     3.00 P       2 tup ares Protein powder     3.00 P       1 1/2 cups Yogurt, plain, low fat     3.00 P       2 tup ares Protein powder     3.00 P       1 1/2 cups Yogurt, plain, low fat     3.00 P       2 cups Potato     6.00 C       1 2/3 tsp Olive or monounsaturated oil     5.00 F       2 cups Mik, low fat (1%)     2.00 F       2 cups Mik, low fat (1%)     2.00 F       2 cups Mik, low fat (1%)     2	1 2/3 tsp Olive or monounsaturated oil		
Snack - Meal Portions: P:4 C:4 F:3       Item       Preparation Suggestions:         1/2 cup Cottage cheese, light/low fat       2.00 P         1 cup Grapes       2.00 C         1 tbsp Barley       2.00 C         3/5 oz Sunflower seeds       3.00 F         5 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 F         3 cups Vegetable soup       3.00 F         3 cups Vegetable soup       3.00 F         1 1/2 cups Yogurt, plain, low fat       2.00 C         2 rankers       1.00 C         1 2 Peanuts       Calories:         647       Calories:         647       Soup Vegetable soup         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 forms Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 forms Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 forms Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 forms Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 cups Potato       6.00 C         2 cups Potato       6.00 C <t< td=""><td></td><td></td><td></td></t<>			
Shack - Meal Portions: P:4 C:4 P:3       Portions       Preparation SUggestions:         1/2 cup Cottage cheese, light/low fat 1 cup Grapes       2.00 P       Cottage Cheese, Grapes & Sunflower Seeds         1 tubs Barley       2.00 C       3/5 oz Sunflower seeds       Colories:         3/7       Calories:       Cottage Cheese, low or non fat       Soup Sunflower seeds         5 oz Cheese, low or non fat       5.00 P       A tasty bowl of soup with crackers. Enjoy the chees         3 cups Vegtable soup       3.00 A       A tasty bowl of soup with crackers. Enjoy the chees         1 1/3 cups Oatmeal       4.00 C       A tasty bowl of soup with crackers. Enjoy the chees         1 1/3 cups Oatmeal       4.00 C       Calories:         647       Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Portions       Preparation Suggestions:         1 1/2 cups Yogurt, plain, low fat       3.00 PC       Portial ingredients in blender over ice and blend.         1 1/2 Tangerines       3.00 P       Portians       Steak and Potatoes         2 cups Potato       6.00 C       Cube the potatoes and toss in olive oil, sait, pepper, 1 2/3 tip Olive or monounsaturated oil       5.00 F         2 reams Protein powder       1.00 C       1.00 C       1.00 C         1/4 cup Baked beans       1.00 C       1.00 C       <			
1/2 cup Cottage Cheese, light/low fat 1 cup Grapes       2.00 P         1 dry grams Protein powder       2.00 P         1 tbsp Barley       2.00 C         3/5 oz Sunflower seeds       3.00 F         Mid Meal - Meal Portions: P:8 C:8 F:5       Temperation Suggestions:         5 oz Cheese, low or non fat       3.00 F         3 cups Vegetable soup       3.00 F         1 1/3 cups Oatmeal       4.00 C         1 2 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Temperation Suggestions:         1 1/2 cups Yogurt, plain, low fat       3.00 PC         2 traperines       3.00 PC         3 2 cups Vegetable soup       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         2 togen Spectato       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         3 2 cups Potato       3.00 PC         2 cups Potato       5.00 P         2 cups Potato       5.00 P         1 2 spectato       5.00 P         2 cups Potato       3.00 PC         2 cups Potato       3.00 PC         2 cups Vible or monounsaturated oil       5.00 P         2 cups Mik, low fat (1%),       2.00 F         1 2 Peppero folel or cubanelle)       1.00 C	Snack - Meal Portions: P:4 C:4 F:3		Preparation Suggestions:
14 grams Protein powder       2.00 P         1 cup Grapes       2.00 C         3/5 oz Sunflower seeds       2.00 C         3/5 oz Sunflower seeds       3.00 F         Soz Cheese, low or non fat       5.00 P         3 cups Vegtable soup       3.00 A         1 1/3 cups Oatmeal       4.00 C         1 2 Peanuts       2.00 F         Calories:       3.00 A         1 2 regrams Protein powder       1.00 C         1 2 regrams Protein powder       1.00 C         1 2 regrams Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 1 grams Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 1 grams Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         2 tograms Protein powder       3.00 P         1 1/2 cups Potato       8.00 P         2 ups Potato       6.00 C         2 ups Potato       6.00 C         2 ups Potato       6.00 C         1 2/3 tsp Oive or monounsaturated oil       5.00 F         2 cups Potato       6.00 C         1 4 grams Protein powder       1.00 C         1 4 grams Protein powder       1.00 C	1/2 cup Cottage cheese light/low fat		Cottage Cheese, Grapes & Sunflower Seeds
1 cip Grapes       2.00 C         3/5 oz Suntlower seeds       2.00 C         3/5 oz Suntlower seeds       3.00 F         Calories:       337         Mid Meal - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         5 oz Cheese, low or non fat       5.00 P         3 (1) 73 cups Vegetable soup       3.00 A         1 1/3 cups Vogetable soup       3.00 C         2 Crackers       1.00 C         1 2 cups Yogurt, plain, low fat       2.00 F         2 rams Protein powder       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         2 t grams Protein powder       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         2 toges Potato       3.00 C         2 cups Potato       3.00 C         2 cups Potato       3.00 C         2 cups Potato       5.00 F         1 2 reppers (bell or cubanelle)       1.00 C         1 2 reppers (bell or cubanelle)       1.00 C </td <td></td> <td></td> <td></td>			
1 thisp Barley       2.00 C         3/5 oz Sunflower seeds       3.00 F         Calories:       337         Wid Meal - Meal Portions: P:8 C:8 F:5       Item         5 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/3 cups Oatmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Perparation Suggestions:         1 1/2 cups Yogurt, plain, low fat       3.00 P         21 grams Protein powder       3.00 P         1 1/2 cups Yogurt, plain, low fat       3.00 P         21 grams Protein powder       3.00 P         1 1/2 cups Pogurt, plain, low fat       3.00 P         2 ugs Potato       3.00 P         2 cups Potato       6.00 C         2 reps ro (bell or cubanelle)       5.00 F         1 1/2 cups Notik ( water to create desired consistency. Enjoy!         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 cups Nilk, low fat (1%)       2.00 F         2 cups Nilk, low fat (1%)       2.00 F         1/4 cup Baked beans       1.00 C         2 cups Nilk, low fat (1%)       2.00 F         1 4 grams Protein powder       2.00 P <td></td> <td></td> <td></td>			
3/5 oz Sunflower seeds       3.00 F         3/3 oz Sunflower seeds       3.00 F         3/3 oz Sunflower seeds       3.00 F         3/3 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/3 cups Zoatmeal       4.00 C         2 Crackers       1.00 C         1 1/3 cups Zoatmeal       4.00 C         2 Crackers       1.00 C         1 1/2 cups Yogurt, plain, low fat       3.00 PC         1 1/2 cups Yogurt, plain, low fat       3.00 PC         1 1/2 rangerines       3.00 PC         2 cups Potein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         3 cups Potein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         3 cups Potein powder       3.00 PC         1 1/2 tangerines       3.00 PC         2 cups Potato       3.00 PC         1 2/3 tsp Olive or monounsaturated oil       3.00 P         1 2/3 tsp Olive or monounsaturated oil       5.00 P         1 4 cup Baked beans       1.00 C         1/4 cup Baked beans       2.00 PC			way, you're on your way to a nealtry mestyle:
Calories: 337         Wid Meal - Meal Portions: P:8 C:8 F:5       Portions 5 oz Cheese, low or non fat 3 cups Vegetable soup       Preparation Suggestions: A tasty bowl of soup with crackers. Enjoy the chees on the side.         1 1/3 cups Oatmeal       4.00 C 4 Crackers       1.00 C 12 Peanuts       A tasty bowl of soup with crackers. Enjoy the chees on the side.         Snack - Meal Portions: P:6 C:6 F: 0       Item Portions       Preparation Suggestions: 647         1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder       3.00 PC 3.00 C       Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!         1 1/2 Tangerines       8.00 PC 2 cups Potato       Item Portions 8 oz Beef, lean cuts 2 Peppers (bell or cubanelle)       Preparation Suggestions: Steak and Potatoes Calories: Back - Meal Portions: P:4 C:4 F:3         Snack - Meal Portions: P:4 C:4 F:3       Them Portions 2 cups Milk, low fat (1%)       Preparation Suggestions: Protein Shake         2 cups Milk, low fat (1%) 1 4 grams Protein powder       1.00 C 1.00 C       Preparation Suggestions: Protein Shake         2 cups Milk, low fat (1%) 1 4 grams Protein powder       2.00 PC 2.00 PC       Preparation Suggestions: Protein Shake         2 cups Milk, low fat (1%) 1 4 grams Protein powder       1.00 C 1.00 C       Protein Shake         2 cups Milk, low fat (1%) 1 4 grams Protein powder       2.00 PC 1.00 C       Protein Shake         2 cups Milk, low fat (1%) 1 (3 cup Oatmeal			
337       Item         Portions       5 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 A         1 1/3 cups Oatmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Preparation Suggestions:         11/2 cups Yogurt, plain, low fat       3.00 P         1 1/2 rangerines       3.00 P         1 1/2 trangerines       3.00 P         2 cups Yogurt, plain, low fat       3.00 P         1 1/2 trangerines       3.00 P         2 cups Yogurt, plain, low fat       3.00 P         1 1/2 Tangerines       3.00 P         2 cups Potato       3.00 P         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 cups Potato       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 cups Nilk, low fat (1%)       1.00 C         2 cups Milk, low fat (1%)       2.00 F         1 4 grams Protein powder       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 cups Nilk, low fat (1%)       2.00 F         1 4 grams Protein powder       1.00 C         1	3/3 02 Sunnower seeus		
Wid Meal - Meal Portions: P:8 C:8 F:5       Item       Preparation Suggestions:         5 oz Cheese, low or non fat       3.00 A         1 1/3 cups Vegetable soup       3.00 A         1 1/3 cups Oatmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Item         1 1/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         2 or grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         2 or grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         2 or grams Protein powder       3.00 PC         1 2/2 tups Yogurt, plain, low fat       3.00 PC         2 or grams Protein powder       3.00 PC         1 2/2 Tangerines       3.00 PC         2 or grams Protein powder       3.00 PC         2 cups Potato       2 dash of chlip powder and some cayenne pepper if         2 Poppers (bell or cubanelle)       1.00 C         1/2 rups Baked beans       2.00 P         2 rups Milk, low fat (1%)       2.00 PC         14 cup Baked beans       2.00 P         2 rups Mil			
5 oz Cheese, low or non fat       5.00 P         3 cups Vegetable soup       3.00 P         1 1/3 cups Datmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Portions         1 1/2 cups Yogurt, plain, low fat       3.00 PC         1 1/2 rangerines       3.00 PC         1 1/2 rangerines       3.00 PC         1 1/2 rangerines       3.00 PC         2 day and the solution of the solutin of the solution of the solution of the solutin the solution of	Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
3 cups Vegetable soup       3.00 A         1 1/3 cups Ozatmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Item Portions         1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder       3.00 P         1 1/2 Tangerines       3.00 PC         2 dealories:       384         Dinner - Meal Portions: P:8 C:8 F:5       Portions 8 oz Beef, lean cuts         8 oz Beef, lean cuts       8.00 P         2 cups Potato       5.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 C         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         1 spolive or monounsaturated oil       3.00 P         1/2 cup Strawberries       2.00 PC         1/4 cup Baked beans       1.00 C         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         1 cup Strawberries       1.00 C         1 cup S			
1 1/3 cups Oatmeal       4.00 C         4 Crackers       1.00 C         12 Peanuts       2.00 F         Snack - Meal Portions: P:6 C:6 F: 0       Portions         1 1/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 P         1 1/2 Tangerines       3.00 P         21 grams Protein powder       3.00 C         1 1/2 Tangerines       3.00 C         Calories:       3.00 C         2 cups Yogurt, plain, low fat       3.00 C         2 dwater to create desired consistency. Enjoy!       Protein Shake         Put all ingredients in blender over ice and blend.       Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         1 4 cup Baked beans       1.00 C         Calories:       647         647       you like 'em spicy, then roast them at 350 degrees         1/4 cup Baked beans       2.00 PC         1 4 grams Protein powder       2.00 PC         1 4 grams Protein powder       3.00 F		5.00 P	
4 Crackers       1.00 C         12 Peanuts       2.00 F         Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Portions         11/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 PC         11/2 Tangerines       3.00 PC         300 P       3.00 PC         21 grams Protein powder       3.00 PC         11/2 Tangerines       3.00 PC         Snack - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         So Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       Calories:         647       Item         Preparation Suggestions:       Steak and Potatoes         1/4 cup Baked beans       Calories:         647       900 Ike or monounsaturated oil       5.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cup Strawberries       2.00 PC         1 cup Strawberries       1.00 C         Calories: <td></td> <td></td> <td>on the side.</td>			on the side.
12 Peanuts       2.00 F         Calories:       647         Snack - Meal Portions: P:6 C:6 F: 0       Item         11/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 P         11/2 Tangerines       3.00 P         20 grams Protein powder       3.00 P         11/2 Tangerines       3.00 P         20 grams Protein powder       3.00 P         384       Put all ingredients in blender over ice and blend.         Add water to create desired consistency. Enjoy!       Add water to create desired consistency. Enjoy!         12/3 tsp Olive or monounsaturated oil       5.00 F         2 cups Potato       6.00 C         1/4 cup Baked beans       1.00 C         1/4 cup Baked beans       1.00 C         2 cups Milk, low fat (1%)       2.00 PR         2 cups Milk, low fat (1%)       2.00 PC         2 repretin powder       1.00 C         14 grams Protein powder       2.00 P         14 grams Protein powder       1.00 C         14 grams Protein powder       1.00 C         14 grams Protein powder       1.00 C         14 grams Protein powder       2.00 PC         14 grams Protein powder       1.00 C         1 cup Strawberries       2			
Calories: 647         Snack - Meal Portions: P:6 C:6 F: 0       Item Portions 3.00 PC       Preparation Suggestions:         1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder       3.00 PC       Potall ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Portions: 384       Preparation Suggestions:         Dinner - Meal Portions: P:8 C:8 F:5       Portions 8 oz Beef, lean cuts 2 cups Potato       Preparation Suggestions:         8 oz Beef, lean cuts 2 cups Potato       8.00 P       Steak and Potatoes 6.00 C       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 647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions 2 cups Milk, low fat (1%)       Preparation Suggestions: Protein Shake         1 tsp Olive or monounsaturated oil 1 cup Strawberries       3.00 F       Add water to create desired consistency. Enjoy!         1/2 cups Milk, low fat (1%)       2.00 PC       Preparation Suggestions: Protein Shake         1 tsp Olive or monounsaturated oil 1 cup Strawberries       3.00 F       Add water to create desired consistency. Enjoy!         1/3 cup Oatmeal       1.00 C       1.00 C       1.00 C       Add water to create desired consistency. Enjoy!         1/3 cup Oatmeal       <	4 Crackers	1.00 C	
647         647         Snack - Meal Portions: P:6 C:6 F: 0         1 1/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         Dinner - Meal Portions: P:8 C:8 F:5         8 oz Beef, lean cuts       8.00 P         2 cups Potato       8.00 P         2 // 3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 P         1 tsp Olive or monounsaturated oil       2.00 P         2 cups Milk, low fat (1%)       2.00 P         1 tsp Olive or monounsaturated oil       5.00 F         2 cups Milk, low fat (1%)       2.00 P         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       1.00 C         1 cup Strawberries       2.00 P         2 cups Milk, low fat (1%)       2.00 P         1 cup Strawberries       1.00 C	12 Peanuts	2.00 F	
Snack - Meal Portions: P:6 C:6 F: 0       Item       Preparation Suggestions:         1 1/2 cups Yogurt, plain, low fat       3.00 PC       3.00 PC         1 1/2 Tangerines       3.00 PC       3.00 C         Calories:       384       Put all ingredients in blender over ice and blend.         Add water to create desired consistency. Enjoy!       Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         1 drams Protein powder       1.00 C         1 drams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 drams Protein powder       1.00 C         1 drams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 sup Olive or monounsaturated oil       3.00 F         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C			
Shack - Meal Portions: P:6 C:6 F: 0       Portions         1 1/2 cups Yogurt, plain, low fat       3.00 PC         21 grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         21 grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         21 grams Protein powder       3.00 PC         1 1/2 Tangerines       3.00 PC         21 grams Protein powder       3.00 PC         21 grams Protein powder       3.00 P         3.00 P       Add water to create desired consistency. Enjoy!         Add water to create desired consistency. Enjoy!       Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         Calories:       647         647       seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F		647	
1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder       3.00 PC       Protein Shake         1 1/2 Tangerines       3.00 P       3.00 P         1 1/2 Tangerines       3.00 P       3.00 P         2 cups restance       3.00 P       Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Item       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P       Steak and Potatoes         2 cups Potato       6.00 C       Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 dag rams Protein powder       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P:6 C:6 F: 0		Preparation Suggestions:
21 grams Protein powder       3.00 P         1 1/2 Tangerines       3.00 P         3.00 C       Calories:         3.00 P       Add water to create desired consistency. Enjoy!         Dinner - Meal Portions: P:8 C:8 F:5       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 /2 tay Baked beans       5.00 F         1/4 cup Baked beans       1.00 C         1/4 cup Baked beans       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       <			
1 1/2 Tangerines       3.00 C       Add water to create desired consistency. Enjoy!         1 1/2 Tangerines       3.00 C       Calories:         384       Preparation Suggestions:       Steak and Potatoes         2 cups Potato       6.00 C       Cube the potatoes and toss in olive oil, salt, pepper, if 2.00 PC         1/4 cup Baked beans       1.00 C       Calories:       a dash of chili powder and some cayenne pepper if 1.00 C         1/4 cup Baked beans       1.00 C       Calories:       for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       Protein Shake         1/3 cup Oatmeal       1.00 C       1.00 C         1 cup Strawberries       1.00 C       Calories:         337       337       Protein Shake         1/3 cup Oatmeal       1.00 C       Calories:         1 cup Strawberries       1.00 C       Calories:         337       337       Steak spice : 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: 384         Dinner - Meal Portions: P:8 C:8 F:5       Item Portions       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P       Steak and Potatoes         2 cups Potato       6.00 C       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 1/4 cup Baked beans         1/4 cup Baked beans       1.00 C         1/4 cup Baked beans       1.00 C         Calories:       seasoning with your favourite steak spice (Montreal 647         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         2 rotal Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
384         Dinner - Meal Portions: P:8 C:8 F:5       Item         8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         1/3 cup Oatmeal       1.00 P         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	1 1/2 Tangerines		Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5       Item       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P       Steak and Potatoes       Steak and Potatoes         2 cups Potato       6.00 C       5.00 F       a dash of chili powder and some cayenne pepper if, a dash of chili powder and some cayenne pepper if, a dash of chili powder and some cayenne pepper if for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       2.00 PC       Preparation Suggestions:         1/3 cup Oatmeal       1.00 C       1.00 C       Preparation Suggestions:         1/3 cup Strawberries       1.00 C       1.00 C         1/3 cup Strawberries       1.00 C			
8 oz Beef, lean cuts       8.00 P         2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         1/4 cup Baked beans       1.00 C         Snack - Meal Portions: P:4 C:4 F:3       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       Potein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	Dinner - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
2 cups Potato       6.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 Peppers (bell or cubanelle)       1.00 C         1/4 cup Baked beans       1.00 C         1.00 C       1.00 C         2 cups Milk, low fat (1%)       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         1.00 C		Portions	
1 2/3 tsp Olive or monounsaturated oil       5.00 F       a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         2 monounsaturated oil       1.00 C         1 sp Olive or monounsaturated oil       1.00 C         1 cup Strawberries       1.00 C         2 member to drink between 10 and 12 glasses of water per day. **			
2 Peppers (bell or cubanelle)       1.00 C       you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
1/4 cup Baked beans       1.00 C       for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item       Portions         2 cups Milk, low fat (1%)       2.00 PC       Preparation Suggestions:         1/3 cup Oatmeal       3.00 F       Put all ingredients in blender over ice and blend.         1/3 cup Oatmeal       1.00 C       Calories:         3.7       3.7       Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: 647       seasoning with your favourite steak spice (Montreal steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Strawberries       1.00 C         1 cup Strawberries       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			
647       steak spice is a great choice!)         Snack - Meal Portions: P:4 C:4 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Strawberries       1.00 C         Calories:       337	1/4 cup Baked beans		
Item       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Strawberries       1.00 C         Calories:       337         Strawberries       1.00 C         Calories:       337         Strawberries       1.00 c         Calories:       327			
Shack - Meal Portions: P:4 C:4 F:3       Portions         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 P         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Strawberries       1.00 C         1 cup Strawberries		647	steak spice is a great choice!)
2 cups Milk, low fat (1%)       2.00 PC       Protein Shake         14 grams Protein powder       2.00 P       Put all ingredients in blender over ice and blend.         1 tsp Olive or monounsaturated oil       3.00 F       Add water to create desired consistency. Enjoy!         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Calories:       337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P·4 C·4 F·3		Prenaration Suggestions:
14 grams Protein powder       2.00 P       Put all ingredients in blender over ice and blend.         1 tsp Olive or monounsaturated oil       3.00 F       Add water to create desired consistency. Enjoy!         1/3 cup Oatmeal       1.00 C       I.00 C         1 cup Strawberries       1.00 C       Calories: 337         Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **		Portions	r reparation ouggestions.
1 tsp Olive or monounsaturated oil       3.00 F       Add water to create desired consistency. Enjoy!         1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Calories:       337 <b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999  ** Remember to drink between 10 and 12 glasses of water per day. **			
1/3 cup Oatmeal       1.00 C         1 cup Strawberries       1.00 C         Calories:       337         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day. **			0
1 cup Strawberries       1.00 C Calories: 337         Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999         ** Remember to drink between 10 and 12 glasses of water per day.			Add water to create desired consistency. Enjoy!
Calories: 337 <b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
337 <b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **	1 cup Strawberries		
<b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **			
** Remember to drink between 10 and 12 glasses of water per day. **			
Take your vitamins, be active & eat well. www.empowerednutrition.net			
	Take your vitamins, be a	active & eat well.	www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>2 1/2 cups Peaches, canned</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Oatmeal</li> <li>5 Eggs, whole</li> </ul>	Portions 3.00 P 5.00 C 5.00 F 3.00 C 5.00 P Calories: 647	A simple breakfast. Enjoy fruit on the side.
Snack - Meal Portions: P:4 C:4 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 2.00 PC 2.00 P 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	Item Portions 8.00 P 2.00 C .40 C .50 C .50 C .50 C 5.00 F 4.00 C Calories: 647	<ul> <li>Preparation Suggestions:</li> <li>Deli Chicken with a Tossed Salad.</li> <li>You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice.</li> <li>Enjoy the fruit for dessert.</li> </ul>
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>3 cups Bran cereal, all varieties</li> <li>5 tbsp Almonds, slivered</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	Portions 2.00 P 2.00 PC 6.00 C 5.00 F 4.00 P Calories: 647	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!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1/2 cup Onions 1/2 cup Beans, black 2 Tomatoes 1 tsp Olive or monounsaturated oil	4.00 P 1.00 C 2.00 C 1.00 C 3.00 F Calories: 337	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.
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	8.00 P 2.00 C 6.00 C 1.00 F 4.00 F Calories: 647	Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries	2.00 PC 4.00 P 2.00 C 2.00 C 2.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 1.00 C 3.00 C 5.00 F 3.00 C Calories: 647	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder	Item Portions 2.00 P	Preparation Suggestions: Protein Shake
2 cups Milk, low fat (1%) 1/2 cup Peaches, canned	2.00 PC 1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
<ul><li>1/2 tbsp Barley</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 C 3.00 F Calories: 337	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Total Daily Portions: Protein:	38 Carbohy	drates: 38 Fat: 21 Calories: 2999

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:8 F: 5 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	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	<b>Preparation Suggestions:</b> Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Dinner - Meal Portions: P:8 C:8 F:5 8 oz Whitefish 2 oz Hard cheeses, light/low fat 2 cups Baked beans 5 Macadamia nuts	Item Portions 6.00 P 2.00 P 8.00 C 5.00 F Calories: 647	Preparation Suggestions: Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some sal and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 Apples 9 Walnuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheddar-Apple Galette 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!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Feel the burn & incir	nerate the fat. ww	w.empowerednutrition.net

Day:	83
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	Portions 2.00 PC 6.00 P 4.00 C 2.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1 cup Strawberries 1/2 tbsp Barley	2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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!
Mid Meal - Meal Portions: P:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Tuna, canned in water</li> <li>1 cup Celery</li> <li>1 cup Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 cup Tomatoes</li> <li>1 cup Grapes</li> <li>2 whole Pita</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>18 Peanuts</li> </ul>	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	Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, 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! Enjoy the fruit for dessert.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Apples 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 3 cups Bran cereal, all varieties 2 cups Strawberries 1 2/3 tsp Olive or monounsaturated oil	8.00 P 6.00 C 2.00 C 5.00 F Calories: 647	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 2 cups Grapes 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P .50 C 1.00 C .50 C 6.00 C 5.00 F Calories: 647	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 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	Item Portions 8.00 P 3.00 C 1.00 C 2.00 C 5.00 F 2.00 C Calories: 647	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1 tsp Olive or monounsaturated oil 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 2.00 P 3.00 F 1.00 C 1.00 C Calories: 337	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Take y	our vitamins. Be	empowered

Carbohydrates

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

### Protein

553 grams Protein powder 31 1/2 oz Chicken breast. deli style 29 oz Chicken breast, skinless 32 oz Cheese, low or non fat 5 oz Mozzarella cheese, light/low fat 14 Egg whites 1/2 cup Cottage cheese, light/low fat 8 oz Whitefish 2 oz Hard cheeses, light/low fat 20 oz Beef, lean cuts 8 oz Cheddar cheese. light/low fat 9 oz Haddock 8 oz Turkey breast, skinless

6 cups Cereal, cold 3 cups Grapes 2 cups Peaches, canned 2 2/3 cups Oatmeal 8 2/3 cups Fruit juice 5 Oranges 10 cups Lettuce, romaine 8 1/2 cups Mushrooms 2 1/4 cups Celery 5 1/2 Peppers (bell or cubanelle) 12 slice Whole grain bread 3 cups Cabbage 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

### Fats

28 2/3 tsp Olive or monounsaturated oil 18 Walnuts 3/5 oz Sunflower seeds 5 Macadamia nuts 27 Almonds, whole 18 tbsp Almonds, slivered 66 Peanuts 5 tsp Mayonnaise

### Other

25 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup

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

### Protein

24 Egg whites 581 grams Protein powder 50 oz Chicken breast. skinless 7 Eggs, whole 3 1/2 cups Cottage cheese, light/low fat 19 oz Cheese, low or non fat 15 oz Beef, lean cuts 8 oz Turkey, dark meat, skinless 4 oz Hard cheeses, light/low fat 9 oz Haddock 2 oz Mozzarella cheese, light/low fat 8 oz Turkey breast, skinless

### Carbohydrates

7 1/2 cups Grapes 6 cups Oatmeal 3 1/2 cups Blueberries 9 1/3 cups Fruit juice 14 slice Whole grain bread 6 1/2 cups Mushrooms 3 cups Zucchini 8 1/4 cups Beans, green or yellow 7 whole Pita 2 1/2 cups Pineapple 3 tbsp Barley 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 Tomatoe, 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

### Fats

28 2/3 tsp Olive or monounsaturated oil 12 tsp Mayonnaise 114 Peanuts 3/5 oz Sunflower seeds 24 Almonds, whole 11 tbsp Almonds, slivered 15 Olives

### Other

5 cups Yogurt, plain, low fat 25 cups Milk, low fat (1%) 3 cups Vegetable soup

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

### Protein

### Carbohydrates

455 grams Protein powder 4 oz Cheddar cheese, light/low fat 29 oz Cheese, low or non fat 6 oz Turkey breast, deli style 38 oz Chicken breast, skinless 6 Egg whites 25 Eggs, whole 3 cups Cottage cheese, light/low fat 16 oz Beef, lean cuts 12 oz Tuna, canned in water 6 oz Chicken breast, deli style 10 2/3 oz Whitefish 12 oz Ground beef (< 10% fat)

6 cups Bran cereal, all varieties 2 tbsp Barley 10 cups Strawberries 9 cups Fruit juice 3 1/2 cups Grapes 8 slice Whole grain bread 4 cups Mushrooms 4 1/6 cups Onions 10 cups Tomatoes 2 cups Rice 3 cups Applesauce 6 cups Peaches, canned 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

### Fats

8 tbsp Almonds, slivered 33 1/3 tsp Olive or monounsaturated oil 108 Peanuts 7 tsp Mayonnaise 18 Almonds, whole

#### Other

15 cups Milk, low fat (1%) 7 1/2 cups Yogurt, plain, low fat 2 cups Won ton soup 2 2/3 cups Beef and vegetable soup

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

#### Protein

### Carbohydrates

3 cups Cottage cheese, light/low fat 455 grams Protein powder 29 oz Cheese, low or non fat 6 oz Turkey breast, deli style 16 oz Beef, lean cuts 25 Eggs, whole 6 oz Chicken breast, deli style 38 oz Chicken breast, skinless 12 oz Tuna, canned in water 10 2/3 oz Whitefish 12 oz Ground beef (< 10% fat) 4 oz Cheddar cheese, light/low fat 6 Egg whites

6 cups Bran cereal, all varieties 10 cups Strawberries 6 2/3 cups Oatmeal 9 cups Fruit juice 3 1/2 cups Grapes 8 slice Whole grain bread 2 cups Potato 6 Peppers (bell or cubanelle) 1/4 cup Baked beans 4 cups Blueberries 4 cups Mushrooms 4 1/6 cups Onions 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

### Fats

33 1/3 tsp Olive or monounsaturated oil 108 Peanuts 7 tsp Mayonnaise 18 Almonds, whole 8 tbsp Almonds, slivered Other

15 cups Milk, low fat (1%) 7 1/2 cups Yogurt, plain, low fat 2 2/3 cups Beef and vegetable soup 2 cups Won ton soup

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

#### Protein

532 grams Protein powder 14 oz Beef, lean cuts 29 oz Chicken breast. skinless 39 oz Cheese, low or non fat 2 1/2 cups Cottage cheese, light/low fat 8 Eggs, whole 6 oz Turkey breast, deli style 8 oz Whitefish 2 oz Hard cheeses, light/low fat 8 oz Cheddar cheese, light/low fat 12 oz Ground beef (< 10% fat) 6 oz Chicken breast, deli style 8 oz Turkey breast, skinless

5 2/3 cups Oatmeal 9 2/3 cups Fruit juice 2 1/2 tbsp Barley 13 cups Strawberries 3 Oranges 9 slice Whole grain bread 2 1/4 cups Beans, green or yellow 1/4 cup Beans, black 2 1/3 cups Chickpeas 2 1/2 cups Cucumber 3 Peppers (bell or cubanelle) 1 1/4 cups Pasta 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

Carbohydrates

#### 1/2 head Lettuce, iceberg

- 1 1/2 cups Cherry tomatoes
- 1/2 cup Peaches, canned

### Fats

26 tsp Olive or monounsaturated oil 45 Almonds, whole 6 tsp Mayonnaise 114 Peanuts 5 Macadamia nuts 10 tbsp Almonds, slivered 3/5 oz Sunflower seeds

### Other

27 cups Milk, low fat (1%) 3 cups Vegetable soup 6 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

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

### Protein

26 Egg whites 25 Eggs, whole 392 grams Protein powder 19 1/2 oz Chicken breast, deli style 31 oz Cheese, low or non fat 51 oz Chicken breast, skinless 8 oz Tuna, canned in water 20 oz Beef, lean cuts 2 cups Cottage cheese, light/low fat 9 oz Haddock

5 1/2 cups Peaches, canned 6 1/3 cups Oatmeal 4 cups Applesauce 9 1/3 cups Fruit juice 6 cups Lettuce, romaine 5 1/2 Peppers (bell or cubanelle) 5 cups Mushrooms 4 1/2 Tomatoes 3/4 cup Kidney beans 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

Carbohydrates

1/2 tbsp Barley

### Fats

36 tsp Olive or monounsaturated oil 108 Peanuts 3 tbsp Almonds, slivered 36 Almonds, whole 6 tsp Mayonnaise Other

14 cups Milk, low fat (1%) 10 1/2 cups Yogurt, plain, low fat

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

### Protein

### Carbohydrates

19 oz Cheese, low or non fat 12 Eggs, whole 658 grams Protein powder 6 oz Turkey breast, deli style 53 oz Chicken breast, skinless 5 cups Cottage cheese, light/low fat 4 oz Tuna, canned in water 10 2/3 oz Whitefish 12 oz Chicken breast, deli style 8 oz Beef, lean cuts 2 oz Mozzarella cheese, light/low fat 12 oz Ground beef (< 10% fat)

3 2/3 cups Mandarin orange, canned 10 cups Fruit juice 8 cups Oatmeal 1 1/3 cups Applesauce 4 cups Grapes 10 slice Whole grain bread 7 cups Mushrooms 4 2/3 cups Onions 6 cups Tomatoes 2 1/3 cups Rice 2 Apples 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

### Fats

33 tsp Olive or monounsaturated oil 72 Peanuts 10 tsp Mayonnaise 33 Almonds, whole 6 tbsp Almonds, slivered 15 Olives Other

15 cups Milk, low fat (1%) 2 cups Won ton soup 3 1/2 cups Yogurt, plain, low fat

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

### Protein

Carbohydrates

504 grams Protein powder 40 oz Chicken breast, skinless 9 oz Haddock 18 Egg whites 8 Eggs, whole 2 1/2 cups Cottage cheese, light/low fat 21 oz Beef, lean cuts 8 oz Turkey breast, skinless 22 oz Cheese, low or non fat 4 oz Cheddar cheese, light/low fat 6 oz Chicken breast, deli style 21 1/3 oz Whitefish 8 oz Tuna, canned in water 3 oz Mozzarella cheese, light/low fat

5 cups Blueberries 2 cups Cereal, cold 4 1/3 cups Oatmeal 8 cups Fruit juice 15 slice Whole grain bread 12 spears Asparagus 4 1/2 cups Beans, green or yellow 1 1/3 cups Applesauce 1 2/3 cups Rice 5 1/2 cups Peaches, canned 2 cups Grapes 4 tbsp Barley 6 cups Celery 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

Fats

18 tbsp Almonds, slivered 26 2/3 tsp Olive or monounsaturated oil 10 tsp Mayonnaise 24 Almonds, whole 3/5 oz Sunflower seeds 9 Walnuts 120 Peanuts 15 Olives

### Other

26 cups Milk, low fat (1%) 4 1/2 cups Yogurt, plain, low fat

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

Carbohydrates

#### Protein

546 grams Protein powder 16 oz Tuna, canned in water 36 oz Chicken breast, skinless 26 oz Cheese, low or non fat 1 cup Cottage cheese, light/low fat 13 1/2 oz Chicken breast, deli style 24 oz Beef, lean cuts 5 oz Mozzarella cheese, light/low fat 6 Egg whites 9 oz Haddock 8 oz Hard cheeses. light/low fat 8 Eggs, whole

2 1/2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 9 cups Strawberries 5 1/3 cups Oatmeal 8 2/3 cups Fruit juice 10 1/2 whole Pita 7 Peppers (bell or cubanelle) 1 1/2 cups Salsa 4 1/2 cups Onions 2 2/3 cups Applesauce 1 cup Mandarin orange, canned 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

### Fats

31 1/3 tsp Olive or monounsaturated oil 9 tsp Mayonnaise 138 Peanuts 13 tbsp Almonds, slivered Other

6 1/2 cups Yogurt, plain, low fat 22 cups Milk, low fat (1%) 4 cups Won ton soup

Carbohydrates

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

### Protein

35 oz Cheese, low or non fat 476 grams Protein powder 41 oz Chicken breast, skinless 12 oz Cheddar cheese, light/low fat 19 Eggs, whole 2 cups Cottage cheese, light/low fat 16 oz Beef, lean cuts 12 oz Ground beef (< 10% fat) 12 oz Chicken breast, deli style 22 Egg whites 2 oz Mozzarella cheese, light/low fat 6 oz Turkey breast, deli style

#### 2 cups Cereal, cold 7 cups Strawberries 2 tbsp Barley 9 cups Fruit juice 8 cups Mushrooms 4 11/12 cups Onions 6 cups Tomatoes 2 cups Rice 4 Pickles 6 cups Peaches, canned 12 slice Whole grain bread 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

### Fats

35 tsp Olive or monounsaturated oil 9 Walnuts 11 tbsp Almonds, slivered 90 Peanuts 5 tsp Mayonnaise Other

16 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

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

### Protein

### Carbohydrates

18 oz Cheese, low or non fat 455 grams Protein powder 29 oz Chicken breast, skinless 16 oz Turkey breast, skinless 14 Egg whites 29 Eggs, whole 2 1/2 cups Cottage cheese, light/low fat 16 oz Turkey, dark meat, skinless 6 oz Chicken breast, deli style 12 oz Ground beef (< 10% fat) 4 oz Cheddar cheese, light/low fat 6 oz Turkey breast, deli style 9 oz Haddock 2 oz Mozzarella cheese, light/low fat

1 Orange 12 slice Whole grain bread 4 2/3 cups Oatmeal 4 cups Blueberries 9 cups Fruit juice 1 1/4 cups Celery 4 1/3 cups Chickpeas 1 1/12 cups Kidney beans 1 1/2 cups Salsa 5 cups Lettuce, romaine 7 cups Mushrooms 5 7/12 cups Onions 1 head Lettuce, iceberg 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)

### Fats

66 Peanuts 27 2/3 tsp Olive or monounsaturated oil 24 tbsp Almonds, slivered 18 Almonds, whole 3/5 oz Sunflower seeds 9 tsp Mayonnaise 9 Walnuts

### Other

21 cups Milk, low fat (1%) 9 1/2 cups Yogurt, plain, low fat 5 1/3 cups Beef and vegetable soup

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

#### Protein

Carbohydrates

14 Egg whites 28 oz Cheese, low or non fat 525 grams Protein powder 12 oz Tuna, canned in water 31 oz Chicken breast, skinless 2 1/2 cups Cottage cheese, light/low fat 31 oz Beef, lean cuts 5 Eggs, whole 12 oz Chicken breast, deli style 4 oz Cheddar cheese, light/low fat 18 2/3 oz Whitefish 2 oz Hard cheeses, light/low fat

5 cups Mushrooms 2 cups Onions 3 1/2 cups Spinach 7 Peppers (bell or cubanelle) 8 slice Whole grain bread 4 cups Peaches, canned 7 1/3 cups Oatmeal 8 1/3 cups Fruit juice 4 whole Pita 2 1/4 cups Beans, green or yellow 3/4 cup Beans, black 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

### Fats

32 1/3 tsp Olive or monounsaturated oil
7 tsp Mayonnaise 84 Peanuts
3/5 oz Sunflower seeds
18 Almonds, whole
5 tbsp Almonds, slivered
5 Macadamia nuts
9 Walnuts

### Other

19 cups Milk, low fat (1%) 2 cups Won ton soup 6 1/2 cups Yogurt, plain, low fat 3 cups Vegetable soup