

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 2

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)          3 oz Mozzarella cheese, light/low fat          1 1/2 cups Cereal, cold          1 cup Pineapple          2 tsp Olive or monounsaturated oil          21 grams Protein powder          1 tbsp Almonds, slivered</p>	<p>Item          Portions          2.00 PC          3.00 P          3.00 C          2.00 C          6.00 F          3.00 P          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          2 Kiwis          1 cup Strawberries          5 tbsp Almonds, slivered</p>	<p>Item          Portions          3.00 P          2.00 PC          2.00 C          1.00 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>3 cups Chicken noodle soup          2 oz Cheese, low or non fat          1/2 cup Peaches, canned          3 Almonds, whole</p>	<p>Item          Portions          6.00 A          2.00 P          1.00 C          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          2/3 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Lamb, lean          1 cup Beans, black          1/2 cup Tomato, puree          1 cup Celery          1/4 cup Onions          2 tsp Olive or monounsaturated oil          1/4 cup Soybeans          1 tbsp Avocado</p>	<p>Item          Portions          7.00 P          4.00 C          1.00 C          .50 C          .50 C          6.00 F          1.00 PC          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Braised Lamb</p> <p>If you want to get a little more gourmet, coat the lamb with crushed pepper, salt, basil and thyme before roasting at 350 degrees for 25 minutes or until its done to the degree you prefer (lamb is safe rare). Use fresh herbs if you have them. Meanwhile, chop the veggies and saute, then add the beans and tomato and season to taste. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          1 cup Mulberries          1 1/3 tsp Olive or monounsaturated oil          1 cup Yogurt, plain, low fat</p>	<p>Item          Portions          2.00 P          2.00 C          4.00 F          2.00 PC          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 34 Fat: 34 Calories: 3178

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

## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 3**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>1 cup Cottage cheese, light/low fat                  2 cups Bran cereal, all varieties                  1 cup Strawberries                  2 tsp Olive or monounsaturated oil                  7 grams Protein powder                  1 1/2 cups Yogurt, plain, low fat</p>	<p>Item Portions 4.00 P 4.00 C 1.00 C 6.00 F 1.00 P 3.00 PC Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder                  2 cups Milk, low fat (1%)                  1 1/3 tsp Olive or monounsaturated oil                  1 Tangelo                  1/3 tsp Coconut oil                  1/2 cup Pineapple</p>	<p>Item Portions 3.00 P 2.00 PC 4.00 F 2.00 C 1.00 F 1.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>10 oz Tofu                  1 1/2 cups Cabbage                  2 cups Mushrooms                  2 cups Zucchini                  1 Pepper (bell or cubanelle)                  3 cups Bean sprouts                  2 tsp Olive or monounsaturated oil                  3/4 cup Lima beans</p>	<p>Item Portions 5.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 6.00 F 3.00 PC Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tofu and Vegetable Stirfry                  Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat                  1 1/3 cups Fruit cocktail                  24 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Salmon steak                  3 cups Beans, green or yellow                  1 1/3 cups Rice                  2 tsp Olive or monounsaturated oil                  1 1/2 oz Tempeh                  1/4 cup Lima beans</p>	<p>Item Portions 6.00 P 2.00 C 4.00 C 6.00 F 1.00 PC 1.00 PC Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Teriyaki Salmon with Rice                  Brush the salmon lightly with a low-fat teriyaki sauce, then put in the oven at 350 degrees for about 20 minutes. Boil the rice. Meanwhile, steam the vegetables, seasoning with salt and pepper. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item Portions Calories: 0</p>	<p><b>Preparation Suggestions:</b></p> <p>A short stop until your mid afternoon snack tomorrow.</p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

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Day: 4

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b> 4 oz Sardines, canned (not in oil) 4 Figs 12 Olives	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> A simple snack, good for at home or on the run.
<b>Dinner - Meal Portions: P:8 C:6 F:7</b> 7 oz Beef, lean cuts 1 1/2 cups Beans, green or yellow 3/4 cup Beans, black 1 1/2 cups Broccoli 2 cups Cauliflower 2 tsp Olive or monounsaturated oil 1/4 cup Soybeans 1 tbsp Almonds, slivered	Item Portions 7.00 P 1.00 C 3.00 C .50 C .50 C 6.00 F 1.00 PC 1.00 F Calories: 629	<b>Preparation Suggestions:</b> Grilled Beef, Vegetables and Beans Grill the beef and set atop a mixed bean salad. Cauliflower can be enjoyed as a separate side dish. Season to taste and enjoy!
<b>Snack - Meal Portions: P:4 C:4 F:4</b> 21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	<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!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357

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## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 5**

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)                  2 oz Cheese, low or non fat                  8 Egg whites                  1 cup Carrots                  1 cup Cucumber                  1 Pepper (bell or cubanelle)                  2 tsp Olive or monounsaturated oil,                  1 cup Sweet potato                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  4.00 P                  1.00 C                  .25 C                  .50 C                  6.00 F                  3.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder                  2 cups Milk, low fat (1%)                  1 1/2 cups Blueberries                  6 Almonds, whole                  6 Cashews                  6 Peanuts</p>	<p>Item                  Portions                  3.00 P                  2.00 PC                  3.00 C                  2.00 F                  2.00 F                  1.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>12 oz Salmon steak                  1 cup Fruit cocktail                  2 slice Whole grain bread                  6 tsp Mayonnaise                  1 tbsp Guacamole</p>	<p>Item                  Portions                  8.00 P                  3.00 C                  4.00 C                  6.00 F                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich                  Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  3 cups Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>8 oz Chicken breast, skinless                  1 cup Fruit cocktail                  2 Peppers (bell or cubanelle)                  2 cups Lettuce, romaine                  2 Tomatoes                  3 cups Broccoli                  2 tsp Olive or monounsaturated oil                  2 cups Bok choy                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  8.00 P                  3.00 C                  1.00 C                  .20 C                  1.00 C                  1.00 C                  6.00 F                  .67 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Chicken Salad                  Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing. Serve chicken on the side or cube and mix with the salad.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder                  2 cups Milk, low fat (1%)                  1 1/2 cups Watermelon                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 P                  2.00 PC                  2.00 C                  4.00 F</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 6**

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>4 Pancakes (4 inch) 1 cup Strawberries 4 Eggs, whole 3 oz Mozzarella cheese, light/low fat 1 1/3 tsp Butter 3 Macadamia nuts 1 cup Soy milk</p>	<p>Item Portions 4.00 C 1.00 C 4.00 P 3.00 P 4.00 F 3.00 F 1.00 PC Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>3 oz Ham, deli style 3 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Lettuce, romaine 1/2 cup Onions 1 1/2 cups Tomatoes 2 Peppers (bell or cubanelle) 1 Nectarine 2 tsp Olive or monounsaturated oil 1/4 cup Chickpeas 1 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 P 2.00 P 4.00 P .10 C 1.00 C 1.00 C 1.00 C 1.00 C 6.00 F 1.00 C 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef Salad with fruit for dessert. Cut the vegetables up into small pieces. Cut the meat into small strips and place on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder 3 oz Tofu, soft 1 cup Blueberries 1 tsp Olive or monounsaturated oil 1/2 oz Granola 1/3 cup Fruit juice 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 PC 2.00 C 3.00 F 1.00 C 1.00 C 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Pork chop 2/3 cup Applesauce 1 1/2 cups Beans, green or yellow 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 2/3 slice Cake (small) 1/2 tbsp Tahini</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C 1.00 C 6.00 F 2.00 C 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat 24 Peanuts 1 Candy bar</p>	<p>Item Portions 4.00 P 4.00 F 4.00 C Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, candy bar and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Raspberries</p>	<p>Item Portions 3.00 P 1.00 PC 3.00 C</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a</p>

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Day: 7

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Dinner - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Total Daily Portions:</b> Protein: 0 Carbohydrates: 0 Fat: 0 Calories: 0 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
3 steps for success today: Nutrition + Training + Supplements		

**Have You Had Your Protein Smoothie™ Today? Get whey protein and mix it with fruits to make your favorite Protein Smoothie™.**  
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**Day: 8**

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>10 Egg whites 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 4 tsp Peanut butter, natural 3 Eggs, whole</p>	<p>Item Portions 5.00 P 2.00 C 4.00 C 3.00 F 4.00 F 3.00 P Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder 2 1/3 cups Watermelon 1 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 2/3 tsp Coconut oil</p>	<p>Item Portions 3.00 P 3.11 C 3.00 F 2.00 PC 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>4 cups Beef and vegetable soup 2 oz Hard cheeses, light/low fat 1/4 oz Pumpkin seeds</p>	<p>Item Portions 6.00 A 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat 1 cup Grapes 2 oz Cheese, low or non fat 24 Peanuts</p>	<p>Item Portions 2.00 PC 2.00 C 2.00 P 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>1 cup Lentils 3 oz Snapper 2 cups Leeks 2 tsp Olive or monounsaturated oil 2 oz Cheese, low or non fat 1/5 oz Sunflower seeds</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 6.00 F 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Snapper and Vegetables Pan fry the snapper with the chopped leeks, some garlic, salt and pepper and some hot spices, like Cajun spice, cayenne or chili powder.  Enjoy the lentils on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 2/3 cup Fruit juice</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F 2.00 C Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack Enjoy items separately!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 31 Fat: 34 Calories: 3070

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

Put up a fight, be empowered and visit [www.empowerednutrition.net](http://www.empowerednutrition.net)

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Day: 9

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>5 oz Feta cheese, light/low fat          4 Egg whites          1 Pepper (bell or cubanelle)          2 3/4 slice Whole grain bread          2 tsp Olive or monounsaturated oil          1 cup Soy milk          1 Macadamia nut</p>	<p>Item Portions          5.00 P          2.00 P          .50 C          5.50 C          6.00 F          1.00 PC          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Feta Frittata          Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          1 2/3 tsp Olive or monounsaturated oil          1 Tangerine          1 Kiwi</p>	<p>Item Portions          3.00 P          2.00 PC          5.00 F          2.00 C          1.00 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless          3 cups Bean sprouts          2 cups Bamboo shoots          3 cups Beans, green or yellow          2 1/4 cups Snow peas          1 2/3 tsp Peanut oil          12 Peanuts          1/4 cup Soybeans</p>	<p>Item Portions          7.00 P          2.00 C          .50 C          2.00 C          1.50 C          5.00 F          2.00 F          1.00 PC          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Oriental Chicken Peanut Stirfry          Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>7 grams Protein powder          1 1/3 cups Applesauce          4 tbsp Almonds, slivered          3 oz Cheese, low or non fat</p>	<p>Item Portions          1.00 P          4.00 C          4.00 F          3.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Protein, Applesauce &amp; Almonds          Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          1 cup Tomato, puree          12 spears Asparagus          2 tsp Olive or monounsaturated oil          1/3 cup Rice          1/4 cup Soybeans          3 Almonds, whole</p>	<p>Item Portions          7.00 P          2.00 C          2.00 C          1.00 C          6.00 F          1.00 C          1.00 PC          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1 cup Cottage cheese, light/low fat          2 cups Grapes          4/5 oz Sunflower seeds</p>	<p>Item Portions          4.00 P          4.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Grapes &amp; Sunflower Seeds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>



## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 10**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          3 oz Cheese, low or non fat          1 Nectarine          24 Peanuts          1 English muffin          3 Eggs, whole          1 tsp Sunflower butter</p>	<p>Item          Portions          2.00 PC          3.00 P          2.00 C          4.00 F          4.00 C          3.00 P          2.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick and tasty breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder          1 tsp Olive or monounsaturated oil          1 1/2 cups Yogurt, plain, low fat          1 Tangelo          2/3 tsp Coconut oil</p>	<p>Item          Portions          2.00 P          3.00 F          3.00 PC          2.00 C          2.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Salmon steak          1 cup Fruit cocktail          1 whole Pita          1 cup Fruit juice          1 tsp Mayonnaise          3 tbsp Low fat salad dressings          2/5 oz Sunflower seeds</p>	<p>Item          Portions          8.00 P          3.00 C          2.00 C          3.00 C          1.00 F          3.00 F          2.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit          Mix salmon &amp; mayonnaise. Stuff in pita and enjoy.          For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>2 cups Yogurt, plain, low fat          4 tbsp Almonds, slivered</p>	<p>Item          Portions          4.00 PC          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Turkey breast, skinless          3 cups Beans, green or yellow          1 Pepper (bell or cubanelle)          2 cups Tomatoes          1 cup Kidney beans          2 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          8.00 P          2.00 C          .50 C          1.33 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Bean Salad          Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item          Portions          Calories:          0</p>	<p><b>Preparation Suggestions:</b></p> <p>Its time for another short day of fasting.</p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

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## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 11**

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b>  4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 24 Peanuts	Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b>  Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
<b>Dinner - Meal Portions: P:8 C:6 F:7</b>  8 oz Turkey breast, skinless 1 cup Cucumber 1 cup Zucchini 1 Pepper (bell or cubanelle) 1/2 head Lettuce, iceberg 1 cup Mushrooms 1 cup Artichoke hearts 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil 2/5 oz Sunflower seeds 4 tsp Bacon bits (imitation)	Item Portions 8.00 P .25 C .50 C .50 C .25 C .50 C 1.00 C 3.00 C 3.00 F 2.00 F 2.00 F Calories: 629	<b>Preparation Suggestions:</b>  Turkey with Salad This dish works nicely with left-over turkey, but if you don't have any on hand, quickly grill or bake the turkey breast until done. Meanwhile, roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Slice the turkey and serve on top of this tasty mixed salad.  Enjoy the fruit on the side or for dessert.
<b>Snack - Meal Portions: P:4 C:4 F:4</b>  21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Raspberries 1 1/2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 1.50 C 1.50 C 4.00 F Calories: 364	<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!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357

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Day: 12

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>6 Egg whites          4 Eggs, whole          1 oz Mozzarella cheese, light/low fat          1/2 cup Onions          1 cup Zucchini          1 cup Mushrooms          1/2 cup Tomato, puree          2 tsp Olive or monounsaturated oil          2 slice Whole grain bread          2 tsp Bacon bits (imitation)</p>	<p>Item          Portions          3.00 P          4.00 P          1.00 P          1.00 C          .50 C          .50 C          1.00 C          6.00 F          4.00 C          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Italian Omelet          You can season this omelet with Italian spices like basil and oregano.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder          1 1/2 cups Yogurt, plain, low fat          1 tsp Olive or monounsaturated oil          1 Tangerine          2/3 tsp Coconut oil</p>	<p>Item          Portions          2.00 P          3.00 PC          3.00 F          2.00 C          2.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak          1 Nectarine          2 slice Whole grain bread          6 tsp Mayonnaise          1/2 cup Goat cheese, light/low fat          1/4 cup Hummus          1/2 tbsp Tahini</p>	<p>Item          Portions          6.00 P          2.00 C          4.00 C          6.00 F          2.00 P          1.00 C          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich          Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>3 oz Cheese, low or non fat          1 cup Milk, low fat (1%)          1 1/2 Apples          24 Peanuts</p>	<p>Item          Portions          3.00 P          1.00 PC          3.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:6</b></p> <p>9 oz Salmon steak          12 spears Asparagus          1 cup Chickpeas          2 Peppers (bell or cubanelle)          2 tsp Olive or monounsaturated oil          2 oz Mozzarella cheese, light/low fat</p>	<p>Item          Portions          6.00 P          1.00 C          4.00 C          1.00 C          6.00 F          2.00 P          Calories:          602</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon          Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder          2 cups Mulberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          4.00 P          4.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>

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Day: 13

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole          12 slices Turkey bacon          2 Waffles          1 cup Strawberries          1 tsp Butter          4 Macadamia nuts          1 cup Soy milk</p>	<p>Item          Portions          3.00 P          4.00 P          4.00 C          1.00 C          3.00 F          4.00 F          1.00 PC          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>9 oz Turkey, ground          2 Tomatoes          1/2 cup Onions          1 cup Mushrooms          1/2 cup Carrots          3/4 cup Chickpeas          2 tsp Olive or monounsaturated oil          2 oz Cheese, low or non fat          1 tbsp Avocado</p>	<p>Item          Portions          6.00 P          1.00 C          1.00 C          .50 C          .50 C          3.00 C          6.00 F          2.00 P          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder          2 cups Guava          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat          2/3 tsp Coconut oil</p>	<p>Item          Portions          4.00 P          4.00 C          3.00 F          1.00 PC          2.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Chicken breast, skinless          3 cups Broccoli          1 cup Mushrooms          1 cup Cucumber          2 Peppers (bell or cubanelle)          2 cups Cherry tomatoes          1/2 cup Ice cream          2 tsp Olive or monounsaturated oil          1/2 tbsp Sour cream</p>	<p>Item          Portions          8.00 P          1.00 C          .50 C          .25 C          1.00 C          1.00 C          2.00 C          6.00 F          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs</p> <p>Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1/4 cup Cottage cheese, light/low fat          1 1/2 cups Yogurt, plain, low fat          1 cup Raspberries          12 Cashews</p>	<p>Item          Portions          1.00 P          3.00 PC          1.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder          2 cups Grapes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          4.00 P          4.00 C          4.00 F          Calories:</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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Day: 14

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Dinner - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Total Daily Portions:</b> Protein: 0 Carbohydrates: 0 Fat: 0 Calories: 0 <i>** Remember to drink between 10 and 12 glasses of water per day. **</i>		
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Day: 15

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>10 Egg whites 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 4 tsp Peanut butter, natural 3 Eggs, whole</p>	<p>Item Portions 5.00 P 2.00 C 4.00 C 3.00 F 4.00 F 3.00 P Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Blueberries 6 Almonds, whole 6 Cashews 6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 PC 3.00 C 2.00 F 2.00 F 1.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>7 1/2 oz Ham, deli style 2 slice Whole grain bread 1 Pear 21 Cashews 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 4.00 C 2.00 C 7.00 F 3.00 P Calories: 629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat 1 cup Grapes 2 oz Cheese, low or non fat 24 Peanuts</p>	<p>Item Portions 2.00 PC 2.00 C 2.00 P 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>1 cup Lentils 3 oz Snapper 2 cups Leeks 2 tsp Olive or monounsaturated oil 2 oz Cheese, low or non fat 1/5 oz Sunflower seeds</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 6.00 F 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Spicy Snapper and Vegetables Pan fry the snapper with the chopped leeks, some garlic, salt and pepper and some hot spices, like Cajun spice, cayenne or chili powder. Enjoy the lentils on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 24 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 31 Fat: 34 Calories: 3070

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

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## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>5 oz Feta cheese, light/low fat                      4 Egg whites                      1 Pepper (bell or cubanelle)                      2 3/4 slice Whole grain bread                      2 tsp Olive or monounsaturated oil                      1 cup Soy milk                      1 Macadamia nut</p>	<p>Item                      Portions                      5.00 P                      2.00 P                      .50 C                      5.50 C                      6.00 F                      1.00 PC                      1.00 F                      Calories:                      665</p>	<p><b>Preparation Suggestions:</b></p> <p>Feta Frittata                      Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder                      1 1/2 cups Yogurt, plain, low fat                      1 tsp Olive or monounsaturated oil                      1 Tangerine                      2/3 tsp Coconut oil</p>	<p>Item                      Portions                      2.00 P                      3.00 PC                      3.00 F                      2.00 C                      2.00 F                      Calories:                      455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless                      3 cups Bean sprouts                      2 cups Bamboo shoots                      3 cups Beans, green or yellow                      2 1/4 cups Snow peas                      1 2/3 tsp Peanut oil                      12 Peanuts                      1/4 cup Soybeans</p>	<p>Item                      Portions                      7.00 P                      2.00 C                      .50 C                      2.00 C                      1.50 C                      5.00 F                      2.00 F                      1.00 PC                      Calories:                      665</p>	<p><b>Preparation Suggestions:</b></p> <p>Oriental Chicken Peanut Stirfry                      Sauté chopped vegetables in peanut oil and seasoning of your choice (five spice mix is a good choice for this dish). Add cubed chicken and cook 'til done. Sprinkle peanuts on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>21 grams Protein powder                      1 cup Milk, low fat (1%)                      3 cups Strawberries                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      3.00 P                      1.00 PC                      3.00 C                      4.00 F                      Calories:                      364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless                      1 cup Onions                      1 cup Tomato, puree                      12 spears Asparagus                      2 tsp Olive or monounsaturated oil                      1/3 cup Rice                      1/4 cup Soybeans                      3 Almonds, whole</p>	<p>Item                      Portions                      7.00 P                      2.00 C                      2.00 C                      1.00 C                      6.00 F                      1.00 C                      1.00 PC                      1.00 F                      Calories:                      665</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder                      1 cup Mulberries                      1 1/3 tsp Olive or monounsaturated oil                      1 cup Yogurt, plain, low fat</p>	<p>Item                      Portions                      2.00 P                      2.00 C                      4.00 F                      2.00 PC</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie                      Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake</p>

## Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

**Day: 17**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          3 oz Cheese, low or non fat          1 Nectarine          24 Peanuts          1 English muffin          3 Eggs, whole          1 tsp Sunflower butter</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 4.00 C 3.00 P 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick and tasty breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          1 1/2 cups Blueberries          6 Almonds, whole          6 Cashews          6 Peanuts</p>	<p>Item Portions 3.00 P 2.00 PC 3.00 C 2.00 F 2.00 F 1.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Salmon steak          1 cup Fruit cocktail          1 whole Pita          1 cup Fruit juice          1 tsp Mayonnaise          3 tbsp Low fat salad dressings          2/5 oz Sunflower seeds</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 1.00 F 3.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit          Mix salmon &amp; mayonnaise. Stuff in pita and enjoy.          For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>4 oz Sardines, canned (not in oil)          4 Figs          12 Olives</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple snack, good for at home or on the run.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Turkey breast, skinless          3 cups Beans, green or yellow          1 Pepper (bell or cubanelle)          2 cups Tomatoes          1 cup Kidney beans          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C .50 C 1.33 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Bean Salad          Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item Portions Calories: 0</p>	<p><b>Preparation Suggestions:</b></p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

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**Day: 18**

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 24 Peanuts	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
<b>Dinner - Meal Portions: P:8 C:6 F:7</b> 8 oz Turkey breast, skinless 1 cup Cucumber 1 cup Zucchini 1 Pepper (bell or cubanelle) 1/2 head Lettuce, iceberg 1 cup Mushrooms 1 cup Artichoke hearts 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil 2/5 oz Sunflower seeds 4 tsp Bacon bits (imitation)	Item Portions 8.00 P .25 C .50 C .50 C .25 C .50 C 1.00 C 3.00 C 3.00 F 2.00 F 2.00 F Calories: 629	<b>Preparation Suggestions:</b> Turkey with Salad This dish works nicely with left-over turkey, but if you don't have any on hand, quickly grill or bake the turkey breast until done. Meanwhile, roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Slice the turkey and serve on top of this tasty mixed salad.  Enjoy the fruit on the side or for dessert.
<b>Snack - Meal Portions: P:4 C:4 F:4</b> 21 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Raspberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	<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!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357

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

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Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 19

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)                  2 oz Cheese, low or non fat                  8 Egg whites                  1 cup Carrots                  1 cup Cucumber                  1 Pepper (bell or cubanelle)                  2 tsp Olive or monounsaturated oil,                  1 cup Sweet potato                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  4.00 P                  1.00 C                  .25 C                  .50 C                  6.00 F                  3.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder                  2 1/3 cups Watermelon                  1 tsp Olive or monounsaturated oil                  1 cup Yogurt, plain, low fat                  2/3 tsp Coconut oil</p>	<p>Item                  Portions                  3.00 P                  3.11 C                  3.00 F                  2.00 PC                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak                  1 Nectarine                  2 slice Whole grain bread                  6 tsp Mayonnaise                  1/2 cup Goat cheese, light/low fat                  1/4 cup Hummus                  1/2 tbsp Tahini</p>	<p>Item                  Portions                  6.00 P                  2.00 C                  4.00 C                  6.00 F                  2.00 P                  1.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich                  Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder                  1 cup Yogurt, plain, low fat                  2/3 Banana                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  2.00 P                  2.00 PC                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak                  12 spears Asparagus                  1 1/4 cups Chickpeas                  2 Peppers (bell or cubanelle)                  2 tsp Olive or monounsaturated oil                  2 oz Mozzarella cheese, light/low fat                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  5.00 C                  1.00 C                  6.00 F                  2.00 P                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon                  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder                  2 cups Grapes                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  4.00 P                  4.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 34 Fat: 34 Calories: 3178

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 20

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole          12 slices Turkey bacon          2 Waffles          1 cup Strawberries          1 tsp Butter          4 Macadamia nuts          1 cup Soy milk</p>	<p>Item          Portions          3.00 P          4.00 P          4.00 C          1.00 C          3.00 F          4.00 F          1.00 PC          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>3 oz Ham, deli style          3 oz Turkey breast, deli style          4 oz Cheese, low or non fat          1 cup Lettuce, romaine          1/2 cup Onions          1 1/2 cups Tomatoes          2 Peppers (bell or cubanelle)          1 Nectarine          2 tsp Olive or monounsaturated oil          1/4 cup Chickpeas          1 tbsp Almonds, slivered</p>	<p>Item          Portions          2.00 P          2.00 P          4.00 P          .10 C          1.00 C          1.00 C          1.00 C          1.00 C          2.00 C          6.00 F          1.00 C          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef Salad with fruit for dessert. Cut the vegetables up into small pieces. Cut the meat into small strips and place on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder          3 oz Tofu, soft          1 cup Blueberries          1 tsp Olive or monounsaturated oil          1/2 oz Granola          1/3 cup Fruit juice          2 tbsp Almonds, slivered</p>	<p>Item          Portions          4.00 P          1.00 PC          2.00 C          3.00 F          1.00 C          1.00 C          2.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise          Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Pork chop          2/3 cup Applesauce          1 1/2 cups Beans, green or yellow          2 Peppers (bell or cubanelle)          2 tsp Olive or monounsaturated oil          2/3 slice Cake (small)          1/2 tbsp Tahini</p>	<p>Item          Portions          8.00 P          2.00 C          1.00 C          1.00 C          6.00 F          2.00 C          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans          Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1/4 cup Cottage cheese, light/low fat          1 1/2 cups Yogurt, plain, low fat          1 cup Raspberries          12 Cashews</p>	<p>Item          Portions          1.00 P          3.00 PC          1.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>28 grams Protein powder          2 cups Grapes</p>	<p>Item          Portions          4.00 P          4.00 C</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.</p>

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Day: 21

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Dinner - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>

**Total Daily Portions:** Protein: 0 Carbohydrates: 0 Fat: 0 Calories: 0  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 22

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole          12 slices Turkey bacon          2 Waffles          1 cup Strawberries          1 tsp Butter          4 Macadamia nuts          1 cup Soy milk</p>	<p>Item          Portions          3.00 P          4.00 P          4.00 C          1.00 C          3.00 F          4.00 F          1.00 PC          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          1 1/3 tsp Olive or monounsaturated oil          1 Tangelo          1/3 tsp Coconut oil          1/2 cup Pineapple</p>	<p>Item          Portions          3.00 P          2.00 PC          4.00 F          2.00 C          1.00 F          1.00 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>7 1/2 oz Ham, deli style          2 slice Whole grain bread          1 Pear          21 Cashews          3 oz Cheddar cheese, light/low fat</p>	<p>Item          Portions          5.00 P          4.00 C          2.00 C          7.00 F          3.00 P          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>4 oz Hard cheeses, light/low fat          2 Pickles          8 Crackers          24 Peanuts</p>	<p>Item          Portions          4.00 P          2.00 C          2.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>9 oz Salmon steak          6 spears Asparagus          1 Pepper (bell or cubanelle)          1/4 head Lettuce, iceberg          1 cup Mushrooms          1 Tomato          1 cup Fruit cocktail          2 tsp Olive or monounsaturated oil          1 oz Cheddar cheese, light/low fat          1/4 cup Lima beans          1 tbsp Almonds, slivered</p>	<p>Item          Portions          6.00 P          .50 C          .50 C          .13 C          .50 C          .50 C          3.00 C          6.00 F          1.00 P          1.00 PC          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon with Asparagus and Tossed Salad          Bake salmon in covered container with asparagus.          Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.          Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1 cup Cottage cheese, light/low fat          2 cups Grapes          4/5 oz Sunflower seeds</p>	<p>Item          Portions          4.00 P          4.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Grapes &amp; Sunflower Seeds          Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 23

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>5 oz Feta cheese, light/low fat          4 Egg whites          1 Pepper (bell or cubanelle)          2 3/4 slice Whole grain bread          2 tsp Olive or monounsaturated oil          1 cup Soy milk          1 Macadamia nut</p>	<p>Item Portions          5.00 P          2.00 P          .50 C          5.50 C          6.00 F          1.00 PC          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Feta Frittata          Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder          1/4 Cantaloupe          2/3 cup Honeydew melon          2 Kiwis          1 tsp Olive or monounsaturated oil          1/2 cup Yogurt, plain, low fat          2/3 tsp Coconut oil</p>	<p>Item Portions          4.00 P          1.00 C          1.00 C          2.00 C          3.00 F          1.00 PC          2.00 F          Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>12 oz Salmon steak          1 cup Fruit cocktail          2 slice Whole grain bread          6 tsp Mayonnaise          1 tbsp Guacamole</p>	<p>Item Portions          8.00 P          3.00 C          4.00 C          6.00 F          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich          Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>3 oz Cheese, low or non fat          1 cup Milk, low fat (1%)          1 1/2 Apples          24 Peanuts</p>	<p>Item Portions          3.00 P          1.00 PC          3.00 C          4.00 F          Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          1 cup Tomato, puree          12 spears Asparagus          2 tsp Olive or monounsaturated oil          1/3 cup Rice          1/4 cup Soybeans          3 Almonds, whole</p>	<p>Item Portions          7.00 P          2.00 C          2.00 C          1.00 C          6.00 F          1.00 C          1.00 PC          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1 cup Cottage cheese, light/low fat          1 1/3 cups Fruit cocktail          24 Peanuts</p>	<p>Item Portions          4.00 P          4.00 C          4.00 F          Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 34 Fat: 34 Calories: 3178

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 24

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          3 oz Cheese, low or non fat          1 Nectarine          24 Peanuts          1 English muffin          3 Eggs, whole          1 tsp Sunflower butter</p>	<p>Item Portions          2.00 PC          3.00 P          2.00 C          4.00 F          4.00 C          3.00 P          2.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A quick and tasty breakfast.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          2 Kiwis          1 cup Strawberries          5 tbsp Almonds, slivered</p>	<p>Item Portions          3.00 P          2.00 PC          2.00 C          1.00 C          5.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Salmon steak          1 cup Fruit cocktail          1 whole Pita          1 cup Fruit juice          1 tsp Mayonnaise          3 tbsp Low fat salad dressings          2/5 oz Sunflower seeds</p>	<p>Item Portions          8.00 P          3.00 C          2.00 C          3.00 C          1.00 F          3.00 F          2.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit          Mix salmon &amp; mayonnaise. Stuff in pita and enjoy.          For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Cottage cheese, light/low fat          1 1/3 cups Fruit cocktail          24 Peanuts</p>	<p>Item Portions          4.00 P          4.00 C          4.00 F          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Turkey breast, skinless          3 cups Beans, green or yellow          1 Pepper (bell or cubanelle)          2 cups Tomatoes          1 cup Kidney beans          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          2.00 C          .50 C          1.33 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Bean Salad          Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item Portions          Calories:          0</p>	<p><b>Preparation Suggestions:</b></p> <p>Its time for another short day of fasting.</p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

Have you had your Protein Smoothie today?

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Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 25

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b> 1 cup Yogurt, plain, low fat 1 cup Grapes 2 oz Cheese, low or non fat 24 Peanuts	Item Portions 2.00 PC 2.00 C 2.00 P 4.00 F Calories: 364	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
<b>Dinner - Meal Portions: P:8 C:6 F:7</b> 9 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1/4 cup Lima beans 1 tbsp Almonds, slivered	Item Portions 6.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 6.00 F 1.00 P 1.00 PC 1.00 F Calories: 629	<b>Preparation Suggestions:</b> Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.  Enjoy the fruit for dessert.
<b>Snack - Meal Portions: P:4 C:4 F:4</b> 28 grams Protein powder 2 cups Mulberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	<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 mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

Have a Protein Smoothie, be Empowered

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Day: 26

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)                  2 oz Cheese, low or non fat                  8 Egg whites                  1 cup Carrots                  1 cup Cucumber                  1 Pepper (bell or cubanelle)                  2 tsp Olive or monounsaturated oil,                  1 cup Sweet potato                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  4.00 P                  1.00 C                  .25 C                  .50 C                  6.00 F                  3.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder                  1/4 Cantaloupe                  2/3 cup Honeydew melon                  2 Kiwis                  1 tsp Olive or monounsaturated oil                  1/2 cup Yogurt, plain, low fat                  2/3 tsp Coconut oil</p>	<p>Item                  Portions                  4.00 P                  1.00 C                  1.00 C                  2.00 C                  3.00 F                  1.00 PC                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>3 cups Chicken noodle soup                  2 oz Cheese, low or non fat                  1/2 cup Peaches, canned                  3 Almonds, whole</p>	<p>Item                  Portions                  6.00 A                  2.00 P                  1.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Soup with grated cheese on top. Enjoy fruit and nuts for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>2 cups Yogurt, plain, low fat                  4 tbsp Almonds, slivered</p>	<p>Item                  Portions                  4.00 PC                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Yogurt &amp; Slivered Almonds                  Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:6</b></p> <p>9 oz Salmon steak                  12 spears Asparagus                  1 cup Chickpeas                  2 Peppers (bell or cubanelle)                  2 tsp Olive or monounsaturated oil                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  4.00 C                  1.00 C                  6.00 F                  2.00 P                  Calories:                  602</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon                  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Raspberries                  1 1/2 cups Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  1.00 PC                  1.50 C                  1.50 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 33 Fat: 33 Calories: 3115

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk</p>	<p>Item Portions 3.00 P 4.00 P 4.00 C 1.00 C 3.00 F 4.00 F 1.00 PC Calories: 629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>9 oz Turkey, ground 2 Tomatoes 1/2 cup Onions 1 cup Mushrooms 1/2 cup Carrots 3/4 cup Chickpeas 2 tsp Olive or monounsaturated oil 2 oz Cheese, low or non fat 1 tbsp Avocado</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .50 C .50 C 3.00 C 6.00 F 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder 2 cups Guava 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 2/3 tsp Coconut oil</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F 1.00 PC 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Chicken breast, skinless 3 cups Broccoli 1 cup Mushrooms 1 cup Cucumber 2 Peppers (bell or cubanelle) 2 cups Cherry tomatoes 1/2 cup Ice cream 2 tsp Olive or monounsaturated oil 1/2 tbsp Sour cream</p>	<p>Item Portions 8.00 P 1.00 C .50 C .25 C 1.00 C 1.00 C 2.00 C 6.00 F 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs</p> <p>Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews</p>	<p>Item Portions 1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake</p>

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 28

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Dinner - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>

**Total Daily Portions:** Protein: 0 Carbohydrates: 0 Fat: 0 Calories: 0  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 29

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk</p>	<p>Item Portions 3.00 P 4.00 P 4.00 C 1.00 C 3.00 F 4.00 F 1.00 PC Calories: 629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 1/3 tsp Olive or monounsaturated oil 1 Tangelo 1/3 tsp Coconut oil 1/2 cup Pineapple</p>	<p>Item Portions 3.00 P 2.00 PC 4.00 F 2.00 C 1.00 F 1.00 C Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>4 cups Beef and vegetable soup 2 oz Hard cheeses, light/low fat 1/4 oz Pumpkin seeds</p>	<p>Item Portions 6.00 A 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>7 grams Protein powder 1 1/3 cups Applesauce 4 tbsp Almonds, slivered 3 oz Cheese, low or non fat</p>	<p>Item Portions 1.00 P 4.00 C 4.00 F 3.00 P Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Protein, Applesauce &amp; Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>9 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1/4 cup Lima beans 1 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 6.00 F 1.00 P 1.00 PC 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil. Enjoy the fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>1 cup Cottage cheese, light/low fat 2 cups Grapes 4/5 oz Sunflower seeds</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Grapes &amp; Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 31 Fat: 34 Calories: 3070

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Day: 30

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>5 oz Feta cheese, light/low fat          4 Egg whites          1 Pepper (bell or cubanelle)          2 3/4 slice Whole grain bread          2 tsp Olive or monounsaturated oil          1 cup Soy milk          1 Macadamia nut</p>	<p>Item Portions          5.00 P          2.00 P          .50 C          5.50 C          6.00 F          1.00 PC          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Feta Frittata          Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          2 Kiwis          1 cup Strawberries          5 tbsp Almonds, slivered</p>	<p>Item Portions          3.00 P          2.00 PC          2.00 C          1.00 C          5.00 F          Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak          1 Nectarine          2 slice Whole grain bread          6 tsp Mayonnaise          1/2 cup Goat cheese, light/low fat          1/4 cup Hummus          1/2 tbsp Tahini</p>	<p>Item Portions          6.00 P          2.00 C          4.00 C          6.00 F          2.00 P          1.00 C          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich          Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>14 grams Protein powder          1 cup Yogurt, plain, low fat          2/3 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F          Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          1 cup Tomato, puree          12 spears Asparagus          2 tsp Olive or monounsaturated oil          1/3 cup Rice          1/4 cup Soybeans          3 Almonds, whole</p>	<p>Item Portions          7.00 P          2.00 C          2.00 C          1.00 C          6.00 F          1.00 C          1.00 PC          1.00 F          Calories: 665</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder          1 cup Milk, low fat (1%)          1 1/2 Nectarines          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 P          1.00 PC          3.00 C          4.00 F          Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>

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Day: 31

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>1 cup Cottage cheese, light/low fat                  2 cups Bran cereal, all varieties                  1 cup Strawberries                  2 tsp Olive or monounsaturated oil                  7 grams Protein powder                  1 1/2 cups Yogurt, plain, low fat</p>	<p>Item Portions                  4.00 P                  4.00 C                  1.00 C                  6.00 F                  1.00 P                  3.00 PC                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder                  1 1/2 cups Yogurt, plain, low fat                  1 tsp Olive or monounsaturated oil                  1 Tangerine                  2/3 tsp Coconut oil</p>	<p>Item Portions                  2.00 P                  3.00 PC                  3.00 F                  2.00 C                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Salmon steak                  1 cup Fruit cocktail                  1 whole Pita                  1 cup Fruit juice                  1 tsp Mayonnaise                  3 tbsp Low fat salad dressings                  2/5 oz Sunflower seeds</p>	<p>Item Portions                  8.00 P                  3.00 C                  2.00 C                  3.00 C                  1.00 F                  3.00 F                  2.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit                  Mix salmon &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>3 oz Cheese, low or non fat                  1 cup Milk, low fat (1%)                  1 1/2 Apples                  24 Peanuts</p>	<p>Item Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Turkey breast, skinless                  3 cups Beans, green or yellow                  1 Pepper (bell or cubanelle)                  2 cups Tomatoes                  1 cup Kidney beans                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  8.00 P                  2.00 C                  .50 C                  1.33 C                  4.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Bean Salad                  Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item Portions                  Calories:                  0</p>	<p><b>Preparation Suggestions:</b></p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

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Day: 32

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b> 4 oz Hard cheeses, light/low fat 2 Pickles 8 Crackers 24 Peanuts	Item Portions 4.00 P 2.00 C 2.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
<b>Dinner - Meal Portions: P:8 C:6 F:7</b> 9 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1/4 cup Lima beans 1 tbsp Almonds, slivered	Item Portions 6.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 6.00 F 1.00 P 1.00 PC 1.00 F Calories: 629	<b>Preparation Suggestions:</b> Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.  Enjoy the fruit for dessert.
<b>Snack - Meal Portions: P:4 C:4 F:4</b> 28 grams Protein powder 2 cups Mulberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	<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 mix it all together, then eat the fruit on the side. Enjoy!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357

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Day: 33

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)                  2 oz Cheese, low or non fat                  8 Egg whites                  1 cup Carrots                  1 cup Cucumber                  1 Pepper (bell or cubanelle)                  2 tsp Olive or monounsaturated oil,                  1 cup Sweet potato                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  4.00 P                  1.00 C                  .25 C                  .50 C                  6.00 F                  3.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder                  2 1/3 cups Watermelon                  1 tsp Olive or monounsaturated oil                  1 cup Yogurt, plain, low fat                  2/3 tsp Coconut oil</p>	<p>Item                  Portions                  3.00 P                  3.11 C                  3.00 F                  2.00 PC                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>12 oz Salmon steak                  1 cup Fruit cocktail                  2 slice Whole grain bread                  6 tsp Mayonnaise                  1 tbsp Guacamole</p>	<p>Item                  Portions                  8.00 P                  3.00 C                  4.00 C                  6.00 F                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich                  Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  3 cups Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak                  12 spears Asparagus                  1 cup Chickpeas                  2 Peppers (bell or cubanelle)                  2 tsp Olive or monounsaturated oil                  2 oz Mozzarella cheese, light/low fat                  1 tbsp Almonds, slivered                  1/2 cup Beets</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  4.00 C                  1.00 C                  6.00 F                  2.00 P                  1.00 F                  1.00 C                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon                  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  3 cups Raspberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  1.00 PC                  3.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>



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Day: 34

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk</p>	<p>Item Portions 3.00 P 4.00 P 4.00 C 1.00 C 3.00 F 4.00 F 1.00 PC Calories: 629</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>9 oz Turkey, ground 2 Tomatoes 1/2 cup Onions 1 cup Mushrooms 1/2 cup Carrots 3/4 cup Chickpeas 2 tsp Olive or monounsaturated oil 2 oz Cheese, low or non fat 1 tbsp Avocado</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C .50 C .50 C 3.00 C 6.00 F 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Stuffed Tomato</p> <p>Saute all of the ingredients except the tomatoes together until done. Try adding some crushed chili peppers along with some salt, pepper and basil to taste. Stuff this mixture into the tomatoes and bake for 30 minutes at 350.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder 2 cups Guava 1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat 2/3 tsp Coconut oil</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F 1.00 PC 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Chicken breast, skinless 3 cups Broccoli 1 cup Mushrooms 1 cup Cucumber 2 Peppers (bell or cubanelle) 2 cups Cherry tomatoes 1/2 cup Ice cream 2 tsp Olive or monounsaturated oil 1/2 tbsp Sour cream</p>	<p>Item Portions 8.00 P 1.00 C .50 C .25 C 1.00 C 1.00 C 2.00 C 6.00 F 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Kabobs</p> <p>Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat 24 Peanuts 1 Candy bar</p>	<p>Item Portions 4.00 P 4.00 F 4.00 C Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, candy bar and Peanuts</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat</p>	<p>Item Portions 2.00 P 2.00 C 4.00 F 2.00 PC Calories:</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Smoothie</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to</p>

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Day: 35

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Dinner - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>

**Total Daily Portions:** Protein: 0 Carbohydrates: 0 Fat: 0 Calories: 0  
 \*\* Remember to drink between 10 and 12 glasses of water per day. \*\*

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**Day: 36**

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>8 Egg whites          1 Grapefruit          1 tsp Olive or monounsaturated oil          4 Eggs, whole          2 slice Whole grain bread          12 Almonds, whole</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 4.00 P 4.00 C 4.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs Any Style Breakfast          Cook eggs any style in olive oil. Enjoy grapefruit on the side.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder          1 tsp Olive or monounsaturated oil          1 1/2 cups Yogurt, plain, low fat          1 Tangelo          2/3 tsp Coconut oil</p>	<p>Item Portions 2.00 P 3.00 F 3.00 PC 2.00 C 2.00 F Calories: 455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>4 cups Beef and vegetable soup          2 oz Hard cheeses, light/low fat          1/4 oz Pumpkin seeds</p>	<p>Item Portions 6.00 A 2.00 P 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>4 oz Sardines, canned (not in oil)          4 Figs          12 Olives</p>	<p>Item Portions 4.00 P 4.00 C 4.00 F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>A simple snack, good for at home or on the run.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>7 oz Beef, lean cuts          1 1/2 cups Beans, green or yellow          3/4 cup Beans, black          1 1/2 cups Broccoli          2 cups Cauliflower          2 tsp Olive or monounsaturated oil          1/4 cup Soybeans          1 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C .50 C .50 C 6.00 F 1.00 PC 1.00 F Calories: 629</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef, Vegetables and Beans          Grill the beef and set atop a mixed bean salad.          Cauliflower can be enjoyed as a separate side dish.          Season to taste and enjoy!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat          1 cup Grapes          24 Peanuts          2/3 cup Fruit juice</p>	<p>Item Portions 4.00 P 2.00 C 4.00 F 2.00 C Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 31 Fat: 34 Calories: 3070  
*\*\* Remember to drink between 10 and 12 glasses of water per day. \*\**

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Day: 37

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)          3 oz Mozzarella cheese, light/low fat          1 1/2 cups Cereal, cold          1 cup Pineapple          2 tsp Olive or monounsaturated oil          21 grams Protein powder          1 tbsp Almonds, slivered</p>	<p>Item          Portions          2.00 PC          3.00 P          3.00 C          2.00 C          6.00 F          3.00 P          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder          2 cups Milk, low fat (1%)          1 2/3 tsp Olive or monounsaturated oil          1 Tangerine          1 Kiwi</p>	<p>Item          Portions          3.00 P          2.00 PC          5.00 F          2.00 C          1.00 C          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak          1 Nectarine          2 slice Whole grain bread          6 tsp Mayonnaise          1/2 cup Goat cheese, light/low fat          1/4 cup Hummus          1/2 tbsp Tahini</p>	<p>Item          Portions          6.00 P          2.00 C          4.00 C          6.00 F          2.00 P          1.00 C          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich          Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>7 grams Protein powder          1 1/3 cups Applesauce          4 tbsp Almonds, slivered          3 oz Cheese, low or non fat</p>	<p>Item          Portions          1.00 P          4.00 C          4.00 F          3.00 P          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Protein, Applesauce &amp; Almonds          Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:7 F:7</b></p> <p>7 oz Chicken breast, skinless          1 cup Onions          1 cup Tomato, puree          12 spears Asparagus          2 tsp Olive or monounsaturated oil          1/3 cup Rice          1/4 cup Soybeans          3 Almonds, whole</p>	<p>Item          Portions          7.00 P          2.00 C          2.00 C          1.00 C          6.00 F          1.00 C          1.00 PC          1.00 F          Calories:          665</p>	<p><b>Preparation Suggestions:</b></p> <p>Deviled Chicken with Asparagus</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat          1 cup Grapes          24 Peanuts          2/3 cup Fruit juice</p>	<p>Item          Portions          4.00 P          2.00 C          4.00 F          2.00 C          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>

**Total Daily Portions:** Protein: 37 Carbohydrates: 34 Fat: 34 Calories: 3178

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Day: 38

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>1 cup Cottage cheese, light/low fat                  2 cups Bran cereal, all varieties                  1 cup Strawberries                  2 tsp Olive or monounsaturated oil                  7 grams Protein powder                  1 1/2 cups Yogurt, plain, low fat</p>	<p>Item Portions                  4.00 P                  4.00 C                  1.00 C                  6.00 F                  1.00 P                  3.00 PC                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>14 grams Protein powder                  1 tsp Olive or monounsaturated oil                  1 1/2 cups Yogurt, plain, low fat                  1 Tangelo                  2/3 tsp Coconut oil</p>	<p>Item Portions                  2.00 P                  3.00 F                  3.00 PC                  2.00 C                  2.00 F                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Salmon steak                  1 cup Fruit cocktail                  1 whole Pita                  1 cup Fruit juice                  1 tsp Mayonnaise                  3 tbsp Low fat salad dressings                  2/5 oz Sunflower seeds</p>	<p>Item Portions                  8.00 P                  3.00 C                  2.00 C                  3.00 C                  1.00 F                  3.00 F                  2.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Stuffed Pita &amp; Fruit                  Mix salmon &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat                  2 oz Cheese, low or non fat                  2/3 cup Applesauce                  12 Almonds, whole</p>	<p>Item Portions                  2.00 PC                  2.00 P                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Turkey breast, skinless                  3 cups Beans, green or yellow                  1 Pepper (bell or cubanelle)                  2 cups Tomatoes                  1 cup Kidney beans                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  8.00 P                  2.00 C                  .50 C                  1.33 C                  4.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Turkey with Bean Salad                  Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired seasoning (oregano is one good herb to use for this dish). Bake or grill the turkey breast. Enjoy!</p>
<p><b>Snack - Meal Portions: P:0 C:0 F:0</b></p>	<p>Item Portions                  Calories:                  0</p>	<p><b>Preparation Suggestions:</b></p> <p>Its time for another short day of fasting.</p>

**Total Daily Portions:** Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841

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

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Day: 39

<b>Breakfast - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Mid Meal - Meal Portions: P:0 C:0 F:0</b>	Item Portions Calories: 0	<b>Preparation Suggestions:</b>
<b>Snack - Meal Portions: P:4 C:4 F: 4</b> 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered	Item Portions 4.00 PC 4.00 F Calories: 364	<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!
<b>Dinner - Meal Portions: P:8 C:6 F:7</b> 9 oz Salmon steak 6 spears Asparagus 1 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1 cup Mushrooms 1 Tomato 1 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 oz Cheddar cheese, light/low fat 1/4 cup Lima beans 1 tbsp Almonds, slivered	Item Portions 6.00 P .50 C .50 C .13 C .50 C .50 C 3.00 C 6.00 F 1.00 P 1.00 PC 1.00 F Calories: 629	<b>Preparation Suggestions:</b> Baked Salmon with Asparagus and Tossed Salad Bake salmon in covered container with asparagus. Core and chop lettuce for salad, make a dressing with balsamic vinegar and olive oil.  Enjoy the fruit for dessert.
<b>Snack - Meal Portions: P:4 C:4 F:4</b> 14 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

**Total Daily Portions:** Protein: 16 Carbohydrates: 14 Fat: 15 Calories: 1357

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

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

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Day: 40

<p><b>Breakfast - Meal Portions: P:8 C:7 F:7</b></p> <p>2 cups Milk, low fat (1%)                  2 oz Cheese, low or non fat                  8 Egg whites                  1 cup Carrots                  1 cup Cucumber                  1 Pepper (bell or cubanelle)                  2 tsp Olive or monounsaturated oil,                  1 cup Sweet potato                  1 tbsp Almonds, slivered</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  4.00 P                  1.00 C                  .25 C                  .50 C                  6.00 F                  3.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>21 grams Protein powder                  2 cups Milk, low fat (1%)                  1 2/3 tsp Olive or monounsaturated oil                  1 Tangerine                  1 Kiwi</p>	<p>Item                  Portions                  3.00 P                  2.00 PC                  5.00 F                  2.00 C                  1.00 C                  Calories:                  455</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:7 F:7</b></p> <p>9 oz Salmon steak                  1 Nectarine                  2 slice Whole grain bread                  6 tsp Mayonnaise                  1/2 cup Goat cheese, light/low fat                  1/4 cup Hummus                  1/2 tbsp Tahini</p>	<p>Item                  Portions                  6.00 P                  2.00 C                  4.00 C                  6.00 F                  2.00 P                  1.00 C                  1.00 F                  Calories:                  665</p>	<p><b>Preparation Suggestions:</b></p> <p>Salmon Sandwich                  Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F: 4</b></p> <p>1 cup Yogurt, plain, low fat                  2 oz Cheese, low or non fat                  2/3 cup Applesauce                  12 Almonds, whole</p>	<p>Item                  Portions                  2.00 PC                  2.00 P                  2.00 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:6</b></p> <p>9 oz Salmon steak                  12 spears Asparagus                  1 cup Chickpeas                  2 Peppers (bell or cubanelle)                  2 tsp Olive or monounsaturated oil                  2 oz Mozzarella cheese, light/low fat</p>	<p>Item                  Portions                  6.00 P                  1.00 C                  4.00 C                  1.00 C                  6.00 F                  2.00 P                  Calories:                  602</p>	<p><b>Preparation Suggestions:</b></p> <p>Baked Salmon                  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>21 grams Protein powder                  1 cup Milk, low fat (1%)                  1 1/2 cups Raspberries                  1 1/2 cups Strawberries                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 P                  1.00 PC                  1.50 C                  1.50 C                  4.00 F                  Calories:                  364</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 41

<p><b>Breakfast - Meal Portions: P:8 C:6 F:7</b></p> <p>10 Egg whites          1 cup Grapes          2 slice Whole grain bread          1 tsp Olive or monounsaturated oil          4 tsp Peanut butter, natural          3 Eggs, whole</p>	<p>Item Portions          5.00 P          2.00 C          4.00 C          3.00 F          4.00 F          3.00 P          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:6 F:7</b></p> <p>3 oz Ham, deli style          3 oz Turkey breast, deli style          4 oz Cheese, low or non fat          1 cup Lettuce, romaine          1/2 cup Onions          1 1/2 cups Tomatoes          2 Peppers (bell or cubanelle)          1 Nectarine          2 tsp Olive or monounsaturated oil          1/4 cup Chickpeas          1 tbsp Almonds, slivered</p>	<p>Item Portions          2.00 P          2.00 P          4.00 P          .10 C          1.00 C          1.00 C          1.00 C          2.00 C          6.00 F          1.00 C          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Chef Salad with fruit for dessert. Cut the vegetables up into small pieces. Cut the meat into small strips and place on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:5 C:5 F:5</b></p> <p>28 grams Protein powder          3 oz Tofu, soft          1 cup Blueberries          1 tsp Olive or monounsaturated oil          1/2 oz Granola          1/3 cup Fruit juice          2 tbsp Almonds, slivered</p>	<p>Item Portions          4.00 P          1.00 PC          2.00 C          3.00 F          1.00 C          1.00 C          2.00 F          Calories:          455</p>	<p><b>Preparation Suggestions:</b></p> <p>Blueberry Surprise          Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!</p>
<p><b>Dinner - Meal Portions: P:8 C:6 F:7</b></p> <p>8 oz Pork chop          2/3 cup Applesauce          1 1/2 cups Beans, green or yellow          2 Peppers (bell or cubanelle)          2 tsp Olive or monounsaturated oil          2/3 slice Cake (small)          1/2 tbsp Tahini</p>	<p>Item Portions          8.00 P          2.00 C          1.00 C          1.00 C          6.00 F          2.00 C          1.00 F          Calories:          629</p>	<p><b>Preparation Suggestions:</b></p> <p>Broiled Pork Chops with Basil Green Beans          Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>4 oz Cheese, low or non fat          24 Peanuts          1 Candy bar</p>	<p>Item Portions          4.00 P          4.00 F          4.00 C          Calories:          364</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, candy bar and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Snack - Meal Portions: P:4 C:4 F:4</b></p> <p>14 grams Protein powder          2 cups Milk, low fat (1%)          1 1/2 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          2.00 PC          2.00 C          4.00 F</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>



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## **Grocery List**

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

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Protein	Carbohydrates	Fats	Other
16 Egg whites	1 Grapefruit	34 1/3 tsp Olive or monounsaturated oil	5 cups Yogurt, plain, low fat
8 Eggs, whole	6 slice Whole grain bread	33 Almonds, whole	1 1/4 cups Lima beans
252 grams Protein powder	1/4 Cantaloupe	1 tsp Coconut oil	15 cups Milk, low fat (1%)
10 1/2 oz Ham, deli style	2/3 cup Honeydew melon	27 Cashews	3 cups Chicken noodle soup
4 oz Cheddar cheese, light/low fat	4 Kiwis	13 tbsp Almonds, slivered	1/2 cup Soybeans
14 oz Cheese, low or non fat	1 Pear	78 Peanuts	1 1/2 oz Tempeh
30 oz Salmon steak	1 1/3 cups Applesauce	1 tbsp Avocado	1 cup Soy milk
3 cups Cottage cheese, light/low fat	6 spears Asparagus	12 Olives	3 oz Tofu, soft
6 oz Mozzarella cheese, light/low fat	9 Peppers (bell or cubanelle)	6 tsp Mayonnaise	
7 oz Lamb, lean	1/4 head Lettuce, iceberg	1 tbsp Guacamole	
10 oz Tofu	3 cups Mushrooms	1 1/3 tsp Butter	
4 oz Sardines, canned (not in oil)	3 Tomatoes	3 Macadamia nuts	
7 oz Beef, lean cuts	5 2/3 cups Fruit cocktail	1/2 tsp Tahini	
8 oz Chicken breast, skinless	1 1/2 cups Cereal, cold		
3 oz Turkey breast, deli style	1 1/2 cups Pineapple		
8 oz Pork chop	6 cups Strawberries		
	1/2 cup Peaches, canned		
	2/3 Banana		
	1 3/4 cups Beans, black		
	1/2 cup Tomato, puree		
	1 cup Celery		
	3/4 cup Onions		
	1 cup Mulberries		
	2 cups Bran cereal, all varieties		
	1 Tangelo		
	1 1/2 cups Cabbage		
	2 cups Zucchini		
	3 cups Bean sprouts		
	6 cups Beans, green or yellow		
	1 1/3 cups Rice		
	4 Figs		
	4 1/2 cups Broccoli		
	2 cups Cauliflower		
	2 1/2 Nectarines		
	1 cup Carrots		
	1 cup Cucumber		
	1 cup Sweet potato		
	2 1/2 cups Blueberries		
	3 cups Lettuce, romaine		
	2 cups Bok choy		
	1 1/2 cups Watermelon		
	4 Pancakes (4 inch)		
	1 1/2 cups Tomatoes		
	1/4 cup Chickpeas		
	1/2 oz Granola		
	1/3 cup Fruit juice		
	2/3 slice Cake (small)		
	1 Candy bar		
	3 cups Raspberries		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Protein	Carbohydrates	Fats	Other
20 Egg whites	7 cups Grapes	27 2/3 tsp Olive or monounsaturated oil	9 cups Yogurt, plain, low fat
13 Eggs, whole	8 3/4 slice Whole grain bread	4 tsp Peanut butter, natural	4 cups Beef and vegetable soup
182 grams Protein powder	2 1/3 cups Watermelon	2 2/3 tsp Coconut oil	1 cup Lentils
6 oz Hard cheeses, light/low fat	2 cups Leeks	1/4 oz Pumpkin seeds	2 cups Soy milk
19 oz Cheese, low or non fat	1 2/3 cups Fruit juice	132 Peanuts	6 cups Milk, low fat (1%)
3 oz Snapper	7 Peppers (bell or cubanelle)	1 4/5 oz Sunflower seeds	1/2 cup Soybeans
5 oz Feta cheese, light/low fat	2 Tangerines	5 Macadamia nuts	
22 oz Chicken breast, skinless	1 Kiwi	1 2/3 tsp Peanut oil	
1 1/4 cups Cottage cheese, light/low fat	3 cups Bean sprouts	8 tbsp Almonds, slivered	
30 oz Salmon steak	2 cups Bamboo shoots	3 Almonds, whole	
16 oz Turkey breast, skinless	6 cups Beans, green or yellow	1 tsp Sunflower butter	
3 oz Mozzarella cheese, light/low fat	2 1/4 cups Snow peas	7 tsp Mayonnaise	
1/2 cup Goat cheese, light/low fat	1 1/3 cups Applesauce	3 tbsp Low fat salad dressings	
12 slices Turkey bacon	2 cups Onions	6 tsp Bacon bits (imitation)	
9 oz Turkey, ground	1 1/2 cups Tomato, puree	1/2 tbsp Tahini	
	24 spears Asparagus	1 tsp Butter	
	1/3 cup Rice	1 tbsp Avocado	
	2 Nectarines	1/2 tbsp Sour cream	
	1 English muffin	12 Cashews	
	1 Tangelo		
	1 cup Fruit cocktail		
	1 whole Pita		
	2 cups Tomatoes		
	1 cup Kidney beans		
	2 Pickles		
	8 Crackers		
	2 cups Cucumber		
	2 cups Zucchini		
	1/2 head Lettuce, iceberg		
	4 cups Mushrooms		
	1 cup Artichoke hearts		
	1 1/2 cups Pineapple		
	2 1/2 cups Raspberries		
	2 1/2 cups Strawberries		
	1/4 cup Hummus		
	1 1/2 Apples		
	1 3/4 cups Chickpeas		
	2 cups Mulberries		
	2 Waffles		
	2 Tomatoes		
	1/2 cup Carrots		
	2 cups Guava		
	3 cups Broccoli		
	2 cups Cherry tomatoes		
	1/2 cup Ice cream		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Protein	Carbohydrates	Fats	Other
22 Egg whites	6 cups Grapes	29 tsp Olive or monounsaturated oil	10 cups Milk, low fat (1%)
9 Eggs, whole	8 3/4 slice Whole grain bread	4 tsp Peanut butter, natural	7 cups Yogurt, plain, low fat
231 grams Protein powder	4 cups Blueberries	15 Almonds, whole	1 cup Lentils
10 1/2 oz Ham, deli style	1 Pear	45 Cashews	2 cups Soy milk
3 oz Cheddar cheese, light/low fat	2 cups Leeks	120 Peanuts	1/2 cup Soybeans
13 oz Cheese, low or non fat	3 2/3 cups Fruit cocktail	1 oz Sunflower seeds	3 oz Tofu, soft
3 oz Snapper	10 Peppers (bell or cubanelle)	5 Macadamia nuts	
2 1/4 cups Cottage cheese, light/low fat	1 Tangerine	1 1/3 tsp Coconut oil	
5 oz Feta cheese, light/low fat	3 cups Bean sprouts	1 2/3 tsp Peanut oil	
14 oz Chicken breast, skinless	2 cups Bamboo shoots	1 tsp Sunflower butter	
30 oz Salmon steak	7 1/2 cups Beans, green or yellow	7 tsp Mayonnaise	
4 oz Sardines, canned (not in oil)	2 1/4 cups Snow peas	3 tbsp Low fat salad dressings	
16 oz Turkey breast, skinless	4 cups Strawberries	12 Olives	
1/2 cup Goat cheese, light/low fat	1 1/2 cups Onions	4 tsp Bacon bits (imitation)	
2 oz Mozzarella cheese, light/low fat	1 cup Tomato, puree	5 tbsp Almonds, slivered	
12 slices Turkey bacon	24 spears Asparagus	1 tbsp Tahini	
3 oz Turkey breast, deli style	1/3 cup Rice	1 tsp Butter	
8 oz Pork chop	1 cup Mulberries		
	3 Nectarines		
	1 English muffin		
	1 whole Pita		
	1 1/3 cups Fruit juice		
	4 Figs		
	3 1/2 cups Tomatoes		
	1 cup Kidney beans		
	2 cups Cucumber		
	1 cup Zucchini		
	1/2 head Lettuce, iceberg		
	1 cup Mushrooms		
	1 cup Artichoke hearts		
	1 1/2 cups Pineapple		
	4 cups Raspberries		
	1 cup Carrots		
	1 cup Sweet potato		
	2 1/3 cups Watermelon		
	1/4 cup Hummus		
	2/3 Banana		
	1 1/2 cups Chickpeas		
	2 Waffles		
	1 cup Lettuce, romaine		
	1/2 oz Granola		
	2/3 cup Applesauce		
	2/3 slice Cake (small)		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Protein	Carbohydrates	Fats	Other
9 Eggs, whole	4 Waffles	2 tsp Butter	3 cups Soy milk
24 slices Turkey bacon	4 1/2 cups Strawberries	9 Macadamia nuts	11 cups Milk, low fat (1%)
196 grams Protein powder	1 Tangelo	26 1/3 tsp Olive or monounsaturated oil	1/2 cup Lima beans
7 1/2 oz Ham, deli style	1/2 cup Pineapple	2 1/3 tsp Coconut oil	6 cups Yogurt, plain, low fat
5 oz Cheddar cheese, light/low fat	6 3/4 slice Whole grain bread	33 Cashews	1/4 cup Soybeans
4 oz Hard cheeses, light/low fat	1 Pear	144 Peanuts	3 cups Chicken noodle soup
51 oz Salmon steak	2 Pickles	12 tbsp Almonds, slivered	
3 1/4 cups Cottage cheese, light/low fat	8 Crackers	1 1/5 oz Sunflower seeds	
5 oz Feta cheese, light/low fat	36 spears Asparagus	7 tsp Mayonnaise	
12 Egg whites	9 Peppers (bell or cubanelle)	1 tbsp Guacamole	
14 oz Cheese, low or non fat	1/2 head Lettuce, iceberg	6 Almonds, whole	
15 oz Chicken breast, skinless	4 cups Mushrooms	1 tsp Sunflower butter	
8 oz Turkey breast, skinless	4 Tomatoes	3 tbsp Low fat salad dressings	
2 oz Mozzarella cheese, light/low fat	6 2/3 cups Fruit cocktail	1 tbsp Avocado	
9 oz Turkey, ground	3 cups Grapes	1/2 tbsp Sour cream	
	1/2 Cantaloupe		
	1 1/3 cups Honeydew melon		
	6 Kiwis		
	1 1/2 Apples		
	1 1/2 cups Onions		
	1 cup Tomato, puree		
	1/3 cup Rice		
	2 1/2 Nectarines		
	1 English muffin		
	1 whole Pita		
	1 cup Fruit juice		
	3 cups Beans, green or yellow		
	2 cups Tomatoes		
	1 cup Kidney beans		
	2 cups Mulberries		
	1 1/2 cups Carrots		
	2 cups Cucumber		
	1 cup Sweet potato		
	1/2 cup Peaches, canned		
	1 3/4 cups Chickpeas		
	2 1/2 cups Raspberries		
	2 cups Guava		
	3 cups Broccoli		
	2 cups Cherry tomatoes		
	1/2 cup Ice cream		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Protein	Carbohydrates	Fats	Other
6 Eggs, whole	4 Waffles	2 tsp Butter	3 cups Soy milk
24 slices Turkey bacon	7 cups Strawberries	9 Macadamia nuts	10 cups Milk, low fat (1%)
238 grams Protein powder	1 Tangelo	32 1/3 tsp Olive or monounsaturated oil	4 cups Beef and vegetable soup
6 oz Hard cheeses, light/low fat	1/2 cup Pineapple	2 1/3 tsp Coconut oil	1/2 cup Lima beans
14 oz Cheese, low or non fat	1 1/3 cups Applesauce	1/4 oz Pumpkin seeds	6 1/2 cups Yogurt, plain, low fat
60 oz Salmon steak	36 spears Asparagus	13 tbsp Almonds, slivered	1/4 cup Soybeans
2 oz Cheddar cheese, light/low fat	9 Peppers (bell or cubanelle)	1 1/5 oz Sunflower seeds	
2 cups Cottage cheese, light/low fat	1/2 head Lettuce, iceberg	13 tsp Mayonnaise	
5 oz Feta cheese, light/low fat	4 cups Mushrooms	1/2 tbsp Tahini	
12 Egg whites	4 Tomatoes	3 Almonds, whole	
1/2 cup Goat cheese, light/low fat	4 cups Fruit cocktail	3 tbsp Low fat salad dressings	
15 oz Chicken breast, skinless	2 cups Grapes	72 Peanuts	
8 oz Turkey breast, skinless	6 3/4 slice Whole grain bread	1 tbsp Guacamole	
2 oz Mozzarella cheese, light/low fat	2 Kiwis	1 tbsp Avocado	
9 oz Turkey, ground	2 1/2 Nectarines	1/2 tbsp Sour cream	
	1/4 cup Hummus		
	2/3 Banana		
	1 1/2 cups Onions		
	1 cup Tomato, puree		
	1/3 cup Rice		
	2 cups Bran cereal, all varieties		
	1 Tangerine		
	1 whole Pita		
	1 cup Fruit juice		
	1 1/2 Apples		
	3 cups Beans, green or yellow		
	2 cups Tomatoes		
	1 cup Kidney beans		
	2 Pickles		
	8 Crackers		
	3 cups Mulberries		
	1 1/2 cups Carrots		
	2 cups Cucumber		
	1 cup Sweet potato		
	2 1/3 cups Watermelon		
	1 3/4 cups Chickpeas		
	1/2 cup Beets		
	3 cups Raspberries		
	2 cups Guava		
	3 cups Broccoli		
	2 cups Cherry tomatoes		
	1/2 cup Ice cream		
	1 Candy bar		

## Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3178 Calories

Protein	Carbohydrates	Fats	Other
26 Egg whites	1 Grapefruit	32 1/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
7 Eggs, whole	8 slice Whole grain bread	39 Almonds, whole	4 cups Beef and vegetable soup
182 grams Protein powder	2 Tangelos	1 1/3 tsp Coconut oil	1/2 cup Soybeans
2 oz Hard cheeses, light/low fat	4 Figs	1/4 oz Pumpkin seeds	13 cups Milk, low fat (1%)
4 oz Sardines, canned (not in oil)	6 cups Beans, green or yellow	12 Olives	1/4 cup Lima beans
7 oz Beef, lean cuts	3/4 cup Beans, black	15 tbsp Almonds, slivered	3 oz Tofu, soft
25 oz Cheese, low or non fat	1 1/2 cups Broccoli	72 Peanuts	
5 oz Mozzarella cheese, light/low fat	2 cups Cauliflower	13 tsp Mayonnaise	
48 oz Salmon steak	3 cups Grapes	1 1/2 tbsp Tahini	
1 cup Goat cheese, light/low fat	2 2/3 cups Fruit juice	3 tbsp Low fat salad dressings	
7 oz Chicken breast, skinless	1 1/2 cups Cereal, cold	2/5 oz Sunflower seeds	
1 cup Cottage cheese, light/low fat	1 cup Pineapple	4 tsp Peanut butter, natural	
8 oz Turkey breast, skinless	2 Tangerines		
1 oz Cheddar cheese, light/low fat	2 Kiwis		
3 oz Ham, deli style	3 Nectarines		
3 oz Turkey breast, deli style	1/2 cup Hummus		
8 oz Pork chop	3 1/3 cups Applesauce		
	1 1/2 cups Onions		
	1 cup Tomato, puree		
	30 spears Asparagus		
	1/3 cup Rice		
	2 cups Bran cereal, all varieties		
	2 1/2 cups Strawberries		
	2 cups Fruit cocktail		
	1 whole Pita		
	9 Peppers (bell or cubanelle)		
	3 1/2 cups Tomatoes		
	1 cup Kidney beans		
	1/4 head Lettuce, iceberg		
	1 cup Mushrooms		
	1 Tomato		
	3 cups Watermelon		
	1 cup Carrots		
	1 cup Cucumber		
	1 cup Sweet potato		
	1 1/4 cups Chickpeas		
	1 1/2 cups Raspberries		
	1 cup Lettuce, romaine		
	1 cup Blueberries		
	1/2 oz Granola		
	2/3 slice Cake (small)		
	1 Candy bar		