Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	2.00 PC 3.00 P 3.00 C 2.00 C 6.00 F 3.00 P 1.00 F Calories: 665	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
21 grams Protein powder2 cups Milk, low fat (1%)2 Kiwis1 cup Strawberries5 tbsp Almonds, slivered	3.00 P 2.00 PC 2.00 C 1.00 C 5.00 F Calories: 455	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Mid Meal - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	6.00 A 2.00 P 1.00 C 1.00 F Calories: 665	Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:4 F: 4 14 grams Protein powder 1 cup Yogurt, plain, low fat 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	7.00 P 4.00 C 1.00 C .50 C .50 C 6.00 F 1.00 PC 1.00 F Calories: 665	Braised Lamb 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!
Snack - Meal Portions: P:4 C:4 F:4 14 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat	Item Portions 2.00 P 2.00 C 4.00 F 2.00 PC Calories: 364	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
	7 Carbohyo	

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 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 	4.00 P 4.00 C 1.00 C 6.00 F 1.00 P 3.00 PC Calories: 674	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:5 F:5 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	Item Portions 3.00 P 2.00 PC 4.00 F 2.00 C 1.00 F 1.00 C Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	5.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 6.00 F 3.00 PC Calories: 674	Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy!
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 24 Peanuts	4.00 P 4.00 C 4.00 F Calories: 364	Another great, on-the-go snack!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	Portions 6.00 P 2.00 C 4.00 C 6.00 F 1.00 PC 1.00 PC Calories: 674	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!
	Item	Preparation Suggestions:

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Day: 4

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
4 oz Sardines, canned (not in oil) 4 Figs 12 Olives	4.00 P 4.00 C 4.00 F Calories: 364	A simple snack, good for at home or on the run.
Dinner - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
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	7.00 P 1.00 C 3.00 C .50 C .50 C 6.00 F 1.00 PC 1.00 F Calories: 629	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!
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 Nectarines 1 1/3 tsp Olive or monounsaturated oil	3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	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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Day:	5
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Breakfast - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Blueberries 6 Almonds, whole 6 Cashews 6 Peanuts	Item Portions 3.00 P 2.00 PC 3.00 C 2.00 F 2.00 F 1.00 F Calories: 455	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Mid Meal - Meal Portions: P:8 C:7 F:7 12 oz Salmon steak 1 cup Fruit cocktail 2 slice Whole grain bread 6 tsp Mayonnaise 1 tbsp Guacamole	Item Portions 8.00 P 3.00 C 4.00 C 6.00 F 1.00 F Calories: 665	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F: 4 21 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Day: 7

	1	I
Breakfast - Meal Portions: P:0 C:0 F:0	Item	Preparation Suggestions:
	Portions	
	Calories:	
	0	
Mid Meal - Meal Portions: P:0 C:0 F:0	Item	Preparation Suggestions:
Wild Meal - Meal Fortions. F.V C.V F.V	Portions	Freparation Suggestions.
	Calories:	
	0	
Snack - Meal Portions: P:0 C:0 F:0	Item	Preparation Suggestions:
Shack - Meal Follions. F.V C.V F.V	Portions	Freparation Suggestions.
	Calories:	
	0	
Dinner - Meal Portions: P:0 C:0 F: 0	Item	Proposition Commentions
Dinner - Meai Portions: P:0 C:0 F: 0	Portions	Preparation Suggestions:
	Calories:	
	0	
Snack - Meal Portions: P:0 C:0 F:0	Item	Branavation Suggestions
Shack - Wear Portions: P.U C.U F.U	Portions	Preparation Suggestions:
	Calories:	
	0	
Snack - Meal Portions: P:0 C:0 F:0	Item	Brongration Suggestions
Shack - Wedi Fortions, P.O C.O P.O	Portions	Preparation Suggestions:
	Calories:	
	0	
Table 9 Barbara Barb	_	

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

3 steps for success today: Nutrition + Training + Supplements

Have You Had Your Protein SmoothieTM Today? Get whey protein and mix it with fruits to make your favorite Protein SmoothieTM.

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Prockfoot Mool Portions, D.9 C.6 5-7	Item	Dranavation Suggestions
Breakfast - Meal Portions: P:8 C:6 F:7	Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Scrambled eggs with toast. A homestyle favorite.
1 cup Grapes	2.00 C	
2 slice Whole grain bread	4.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
4 tsp Peanut butter, natural	4.00 F	
3 Eggs, whole	3.00 P	
	Calories:	
	629 Item	
Snack - Meal Portions: P:5 C:5 F:5	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake
2 1/3 cups Watermelon	3.11 C	Put all ingredients in blender over ice and blend.
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy!
1 cup Yogurt, plain, low fat	2.00 PC	
2/3 tsp Coconut oil	2.00 F	
•	Calories:	
	455	
Mid Meal - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
	Portions	
4 cups Beef and vegetable soup	6.00 A	A tasty and simple meal of soup. Enjoy!
2 oz Hard cheeses, light/low fat	2.00 P	
1/4 oz Pumpkin seeds	1.00 F	
	Calories:	
	629	
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 our Vogurt plain low fot	2.00 PC	Grate the cheese and mix with the remaining
1 cup Yogurt, plain, low fat 1 cup Grapes	2.00 FC	ingredients for a uniquely enjoyable snack.
2 oz Cheese, low or non fat	2.00 C	Ingredients for a diffiquely enjoyable shack.
24 Peanuts	4.00 F	
24 i candis	Calories:	
	364	
Dinner - Meal Portions: P:8 C:6 F:7	Item	Proporation Suggestions:
Diffice - Wear Fortions: P:0 C:0 F:1	Portions	Preparation Suggestions:
1 cup Lentils	4.00 PC	Spicy Snapper and Vegetables
3 oz Snapper	2.00 P	Pan fry the snapper with the chopped leeks, some
2 cups Leeks	2.00 C	garlic, salt and pepper and some hot spices, like
2 tsp Olive or monounsaturated oil	6.00 F	Cajun spice, cayenne or chili powder.
2 oz Cheese, low or non fat	2.00 P	
1/5 oz Sunflower seeds	1.00 F	Enjoy the lentils on the side.
	Calories:	
	629	
Snack - Meal Portions: P:4 C:4 F:4	ltem Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese and Grape Snack
1 cup Grapes	2.00 C	Enjoy items separately!
24 Peanuts	4.00 F	Enjoy nomo soparatory:
2/3 cup Fruit juice	2.00 C	
	Calories:	
		1
	364	

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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Need Energy? It is ideal to add an Essential Multi Vitamin/Mineral at breakfast and afternoon meals for optimal health.

Day:	9
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	5.00 P 2.00 P .50 C 5.50 C 6.00 F 1.00 PC 1.00 F Calories: 665	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. This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 1 2/3 tsp Olive or monounsaturated oil 1 Tangerine 1 Kiwi	Item Portions 3.00 P 2.00 PC 5.00 F 2.00 C 1.00 C Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:4 C:4 F: 4	Calories: 665 Item	Dramaration Suggestions
7 grams Protein powder 1 1/3 cups Applesauce 4 tbsp Almonds, slivered 3 oz Cheese, low or non fat	Portions 1.00 P 4.00 C 4.00 F 3.00 P Calories: 364	Preparation Suggestions: Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:4 F:4 1 cup Cottage cheese, light/low fat 2 cups Grapes 4/5 oz Sunflower seeds	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

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

Total Daily Portions: Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841 ** Remember to drink between 10 and 12 glasses of water per day. **

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

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Day: 11

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4 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	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Binner - Meal Portions: P:8 C:6 F:7 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 1.00 C 3.00 F 2.00 F 2.00 F Calories: 629	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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

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:	1	2
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	1	T
Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
6 Egg whites	3.00 P	Italian Omelet
4 Eggs, whole	4.00 P	You can season this omelet with Italian spices like
1 oz Mozzarella cheese, light/low fat	1.00 P	basil and oregano.
1/2 cup Onions	1.00 C	basii ana orogano.
1 cup Zucchini	.50 C	
1 cup Mushrooms	.50 C	
1/2 cup Tomato, puree	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 slice Whole grain bread	4.00 C	
2 tsp Bacon bits (imitation)	1.00 F	
2 top bacon bits (initiation)	Calories:	
	665	
Snack - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
onack - Mear i ortions. i .5 c.5 i .5	Portions	i reparation ouggestions.
14 grams Protein powder	2.00 P	Protein Shake
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Put all ingredients in blender over ice and blend.
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy!
1 Tangerine	2.00 C	
2/3 tsp Coconut oil	2.00 F	
·	Calories:	
	455	
Mid Meal - Meal Portions: P:8 C:7 F:7	Item	Preparation Suggestions:
ind modifications. 1.0 c.7 1.7	Portions	
9 oz Salmon steak	6.00 P	Salmon Sandwich
1 Nectarine	2.00 C	Mix salmon and mayonnaise, salt and pepper to
2 slice Whole grain bread	4.00 C	taste. For some crunch add a handful of chopped
6 tsp Mayonnaise	6.00 F	lettuce, celery or bean sprouts.
1/2 cup Goat cheese, light/low fat	2.00 P	
1/4 cup Hummus	1.00 C	
1/2 tbsp Tahini	1.00 F	
	Calories:	
	665 Item	
Snack - Meal Portions: P:4 C:4 F: 4	Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	A nice, quick snack to satisfy those cravings!
1 cup Milk, low fat (1%)	1.00 PC	7 Thoo, quick shack to satisfy those cravings:
1 1/2 Apples	3.00 C	
24 Peanuts	4.00 F	
24 1 6411416	Calories:	
	364	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
	Portions	
9 oz Salmon steak	6.00 P	Baked Salmon
12 spears Asparagus	1.00 C	
1 cup Chickpeas	4.00 C	Bake the salmon on high, with a couple wedges of
2 Peppers (bell or cubanelle)	1.00 C	lemon on top if you like. Serve the vegetables on the
2 tsp Olive or monounsaturated oil	6.00 F	side.
2 oz Mozzarella cheese, light/low fat	2.00 P	
2 02 Mozzarona orrocco, ngritriow rat		1
2 02 M022410114 01100000, fight/10W 14t	Calories:	
	Calories: 602	
Snack - Meal Portions: P:4 C:4 F:4	Calories: 602 Item	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F:4	Calories: 602 Item Portions	
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder	Calories: 602 Item Portions 4.00 P	Protein Shake
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder 2 cups Mulberries	Calories: 602 Item Portions 4.00 P 4.00 C	Protein Shake Put all ingredients in a blender over ice and blend,
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder	Calories: 602 Item Portions 4.00 P 4.00 C 4.00 F	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder 2 cups Mulberries	Calories: 602 Item Portions 4.00 P 4.00 C	Protein Shake Put all ingredients in a blender over ice and blend,

Day:	1	3
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	Item	
Breakfast - Meal Portions: P:8 C:6 F:7 3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk	Portions 3.00 P 4.00 P 4.00 C 1.00 C 3.00 F 4.00 F 1.00 PC Calories: 629	Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
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	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	Stuffed Tomato 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.
Snack - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
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	Portions 4.00 P 4.00 C 3.00 F 1.00 PC 2.00 F Calories: 455	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 7	Item	Preparation Suggestions:
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	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	Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
Snack - Meal Portions: P:4 C:4 F:4 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews	Item Portions 1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364	Preparation Suggestions: Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories:	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Day: 14

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Dinner - Meal Portions: P:0 C:0 F: 0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
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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:	15
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Breakfast - Meal Portions: P:8 C:6 F:7	ltem Portions	Preparation Suggestions:
10 Egg whites1 cup Grapes2 slice Whole grain bread1 tsp Olive or monounsaturated oil4 tsp Peanut butter, natural3 Eggs, whole	5.00 P 2.00 C 4.00 C 3.00 F 4.00 F 3.00 P Calories: 629	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Blueberries 6 Almonds, whole 6 Cashews 6 Peanuts	Item Portions 3.00 P 2.00 PC 3.00 C 2.00 F 2.00 F 1.00 F Calories: 455	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Mid Meal - Meal Portions: P:8 C:6 F:7 7 1/2 oz Ham, deli style 2 slice Whole grain bread 1 Pear 21 Cashews 3 oz Cheddar cheese, light/low fat	Item Portions 5.00 P 4.00 C 2.00 C 7.00 F 3.00 P Calories: 629	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4 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	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:7 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	Item Portions 4.00 PC 2.00 P 2.00 C 6.00 F 2.00 P 1.00 F Calories: 629	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:4 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:	Preparation Suggestions: Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!

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Day:	1	6
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	Itam	
Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	5.00 P 2.00 P .50 C 5.50 C 6.00 F 1.00 PC 1.00 F Calories: 665	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. This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:5 C:5 F:5 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	Item Portions 2.00 P 3.00 PC 3.00 F 2.00 C 2.00 F Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:4 C:4 F: 4 21 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:4 F:4 14 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat	Item Portions 2.00 P 2.00 C 4.00 F 2.00 PC	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

Day:	17
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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	2.00 PC 3.00 P 2.00 C 4.00 F 4.00 C 3.00 P 2.00 F Calories: 674	A quick and tasty breakfast.
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
 21 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Blueberries 6 Almonds, whole 6 Cashews 6 Peanuts 	3.00 P 2.00 PC 3.00 C 2.00 F 2.00 F 1.00 F Calories: 455	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Mid Meal - Meal Portions: P:8 C:8 F:6 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	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	Preparation Suggestions: Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:4 C:4 F: 4 4 oz Sardines, canned (not in oil) 4 Figs 12 Olives	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: A simple snack, good for at home or on the run.
Dinner - Meal Portions: P:8 C:8 F:6 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	Item Portions 8.00 P 2.00 C .50 C 1.33 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions: 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!
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:

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

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 24 Peanuts	4.00 P 4.00 C 4.00 F Calories: 364	Another great, on-the-go snack!
Dinner - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
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)	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	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.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	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	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.
Snack - Meal Portions: P:5 C:5 F:5 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	Item Portions 3.00 P 3.11 C 3.00 F 2.00 PC 2.00 F Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:4 F: 4 14 grams Protein powder 1 cup Yogurt, plain, low fat 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7	Item	Preparation Suggestions:
 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 	Portions 6.00 P 1.00 C 5.00 C 1.00 C 6.00 F 2.00 P 1.00 F Calories: 665	Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:4 C:4 F:4 28 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Day:	20
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Breakfast - Meal Portions: P:8 C:6 F:7 3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk	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	Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
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	Portions 2.00 P 2.00 P 4.00 P .10 C 1.00 C 1.00 C 2.00 C 6.00 F 1.00 C 1.00 C	Chef Salad with fruit for dessert. Cut the vegetables up into small pieces. Cut the meat into small strips and place on top. Enjoy!
Snack - Meal Portions: P:5 C:5 F:5 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	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	Preparation Suggestions: Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal!
Dinner - Meal Portions: P:8 C:6 F: 7	Item	Preparation Suggestions:
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	Portions 8.00 P 2.00 C 1.00 C 1.00 C 6.00 F 2.00 C 1.00 F Calories: 629	Broiled Pork Chops with Basil Green Beans Coat the pork with a pinch of crushed cloves, salt, pepper and some rosemary, then bake at 350 degrees for about 25 minutes or until done (for something this small, you can use a toaster oven if you have one). Steam the beans with a little salt, pepper and some basil - fresh from the garden if you've got it!
Snack - Meal Portions: P:4 C:4 F:4 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Yogurt, plain, low fat 1 cup Raspberries 12 Cashews	Item Portions 1.00 P 3.00 PC 1.00 C 4.00 F Calories: 364	Preparation Suggestions: Mix the raspberries in with either the yogurt or cottage cheese and top with cashews. Either way, a great, quick snack!
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Grapes	4.00 P 4.00 C	Protein Shake Put all ingredients in blender over ice and blend.

Day: 21

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Dinner - Meal Portions: P:0 C:0 F: 0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
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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:	22
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Breakfast - Meal Portions: P:8 C:6 F:7 3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk Snack - Meal Portions: P:5 C:5 F:5 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	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 Item Portions 3.00 P 2.00 PC 4.00 F 2.00 C 1.00 F 1.00 C Calories: 455 Item	Preparation Suggestions: Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
7 1/2 oz Ham, deli style 2 slice Whole grain bread 1 Pear 21 Cashews 3 oz Cheddar cheese, light/low fat	Portions 5.00 P 4.00 C 2.00 C 7.00 F 3.00 P Calories: 629	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4 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	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Dinner - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
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	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 P 1.00 F Calories: 629	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.
Snack - Meal Portions: P:4 C:4 F:4 1 cup Cottage cheese, light/low fat 2 cups Grapes 4/5 oz Sunflower seeds	Item Portions 4.00 P 4.00 C 4.00 F Calories: 364	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Day:	23
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat 4 Egg whites	5.00 P 2.00 P	Feta Frittata Cube the bread and arrange in the bottom of a
1 Pepper (bell or cubanelle)	.50 C	baking dish. Mix eggs, chopped peppers, and
2 3/4 slice Whole grain bread	5.50 C	cheese in a bowl with salt, pepper and parsley. Pour
2 tsp Olive or monounsaturated oil	6.00 F	evenly over bread cubes and bake at 400 degrees
1 cup Soy milk	1.00 PC	for 20 minutes or until golden-brown.
1 Macadamia nut	1.00 F	This is a great weak and breakfast. This dish also
	Calories: 665	This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
2 Kiwis	2.00 C 3.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
1 tsp Olive or monounsaturated oil 1/2 cup Yogurt, plain, low fat	1.00 PC	mix it all together, then eat the fruit on the side.
2/3 tsp Coconut oil	2.00 F	Enjoy!
	Calories:	,-,-,-
	455	
Mid Meal - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
12 oz Salmon steak	8.00 P	Salmon Sandwich
1 cup Fruit cocktail	3.00 C	Mix salmon and mayonnaise or oil, salt and pepper
2 slice Whole grain bread	4.00 C	to taste. For some added crunch add a handful of
6 tsp Mayonnaise 1 tbsp Guacamole	6.00 F 1.00 F	lettuce, celery or bean sprouts.
r ibsp Guacamole	Calories:	
	665	
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	A nice, quick snack to satisfy those cravings!
1 cup Milk, low fat (1%)	1.00 PC	
1 1/2 Apples	3.00 C	
24 Peanuts	4.00 F	
	Calories: 364	
Dinner - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Deviled Chicken with Asparagus
1 cup Onions	2.00 C	
1 cup Tomato, puree	2.00 C	
12 spears Asparagus	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1/3 cup Rice 1/4 cup Soybeans	1.00 C 1.00 PC	
3 Almonds, whole	1.00 FC	
_ ·	Calories:	
	665	
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
24 Peanuts	4.00 F	
	Calories:	
	364	I .

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	A quick and tasty breakfast.
3 oz Cheese, low or non fat	3.00 P	7. quion and tasty broatilast.
1 Nectarine	2.00 C	
24 Peanuts	4.00 F	
1 English muffin	4.00 C	
3 Eggs, whole	3.00 P	
1 tsp Sunflower butter	2.00 F	
· · · · · · · · · · · · · · · · · · ·	Calories:	
	674	
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients, except nuts together and add
2 Kiwis	2.00 C	ice cubes until desired consistency is reached.
1 cup Strawberries	1.00 C	Blender not available? Mix protein powder with cold
5 tbsp Almonds, slivered	5.00 F	water and have remaining ingredients on the side.
- 10-1 ·	Calories:	Eat nuts separately.
	455	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak	8.00 P	Salmon Stuffed Pita & Fruit
1 cup Fruit cocktail	3.00 C	Mix salmon & mayonnaise.Stuff in pita and enjoy.
1 whole Pita	2.00 C	For extra crunch add in a handful of chopped lettuce
1 cup Fruit juice	3.00 C	or bean sprouts. Have fruit for dessert.
1 tsp Mayonnaise	1.00 F	
3 tbsp Low fat salad dressings 2/5 oz Sunflower seeds	3.00 F 2.00 F	
2/5 02 Surillower Seeds	Calories:	
	674	
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	Another great, on-the-go shack:
24 Peanuts	4.00 F	
21 Tourido	Calories:	
	364	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 oz Turkov broget akinlege	Portions	
8 oz Turkey breast, skinless	8.00 P	Turkey with Bean Salad
3 cups Beans, green or yellow	2.00 C	Before cooking the turkey, chop vegetables, mix in bowl with beans, vinegar, olive oil, and desired
1 Pepper (bell or cubanelle) 2 cups Tomatoes	.50 C 1.33 C	seasoning (oregano is one good herb to use for this
1 cup Kidney beans	4.00 C	dish). Bake or grill the turkey breast. Enjoy!
2 tsp Olive or monounsaturated oil	6.00 F	distry. Dake of grill the tarkey breast. Enjoy:
2 top Onvo of monoundaturated on	Calories:	
	674	
Snack - Meal Portions: P:0 C:0 F:0	Item	Preparation Suggestions:
	Portions	
	Calories:	Its time for another short day of fasting.
	0	Instant 22 Feb 27 Coloring 2044

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?

Have You Had Your Protein SmoothieTM Today? Get whey protein and mix it with fruits to make your favorite Protein Smoothie^{TM.}

Need Fragge? It is ideal to odd an Especial Multi Vitemin/Mineral at breakfast and afternoon made for entimal health.

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 cup Grapes 2 oz Cheese, low or non fat 24 Peanuts	2.00 PC 2.00 C 2.00 P 4.00 F Calories: 364	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Dinner - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
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	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	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.
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake
2 cups Mulberries 1 1/3 tsp Olive or monounsaturated oil	4.00 C 4.00 F Calories: 364	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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Day:	26
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
 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 	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	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.
Snack - Meal Portions: P:5 C:5 F:5 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	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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 3 cups Chicken noodle soup 2 oz Cheese, low or non fat 1/2 cup Peaches, canned 3 Almonds, whole	Item Portions 6.00 A 2.00 P 1.00 C 1.00 F Calories: 665	Preparation Suggestions: Soup with grated cheese on top. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:4 F: 4 2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered	Item Portions 4.00 PC 4.00 F Calories: 364	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 6.00 F 2.00 P Calories: 602	Preparation Suggestions: Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	27
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Developed Moral Developed D. C. C. C.	Item	Province Comments
Breakfast - Meal Portions: P:8 C:6 F:7	Portions	Preparation Suggestions:
3 Eggs, whole	3.00 P	
12 slices Turkey bacon	4.00 P	
2 Waffles	4.00 C	
1 cup Strawberries	1.00 C	
1 tsp Butter	3.00 F	
4 Macadamia nuts	4.00 F	
1 cup Soy milk	1.00 PC	
	Calories:	
	629	
Mid Meal - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
0 oz Turkov groupd	6.00 P	Stuffed Tomato
9 oz Turkey, ground 2 Tomatoes	1.00 C	Stuffed Toffiato
1/2 cup Onions	1.00 C	Saute all of the ingredients except the tomatoes
1 cup Mushrooms	.50 C	together until done. Try adding some crushed chili
1/2 cup Carrots	.50 C	peppers along with some salt, pepper and basil to
3/4 cup Chickpeas	3.00 C	taste. Stuff this mixture into the tomatoes and bake
2 tsp Olive or monounsaturated oil	6.00 F	for 30 minutes at 350.
2 oz Cheese, low or non fat	2.00 P	
1 tbsp Avocado	1.00 F	
	Calories:	
	629	
Charle Mani Dartings D.F.C.F.F.F	Item	Drongyation Suggestions:
Snack - Meal Portions: P:5 C:5 F:5	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake
2 cups Guava	4.00 C	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil	3.00 F	adding water to create desired consistency. If a
1/2 cup Yogurt, plain, low fat	1.00 PC	blender is not available, set aside the fruit and shake
2/3 tsp Coconut oil	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	455	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 7	Item	Preparation Suggestions:
9 oz Chiakan broast akinlasa	Portions 8.00 P	Chicken Kabobs
8 oz Chicken breast, skinless	1.00 C	Chicken Rabobs
3 cups Broccoli 1 cup Mushrooms	.50 C	Skewer the chicken and vegetables together, then
1 cup Cucumber	.25 C	baste with olive oil, salt, pepper, garlic and tarragon.
2 Peppers (bell or cubanelle)	1.00 C	Grill or bake, then enjoy!
2 cups Cherry tomatoes	1.00 C	o.m. o. bako, triori orijoy.
1/2 cup Ice cream	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1/2 tbsp Sour cream	1.00 F	
•	Calories:	
	629	
Snack - Meal Portions: P:4 C:4 F:4	Item	Preparation Suggestions:
	Portions	
1/4 cup Cottage cheese, light/low fat	1.00 P	Mix the raspberries in with either the yogurt or
1 1/2 cups Yogurt, plain, low fat	3.00 PC	cottage cheese and top with cashews. Either way, a
1 cup Raspberries	1.00 C	great, quick snack!
12 Cashews	4.00 F	
	Calories:	
	364	
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
1 cup Milk, low fat (1%)	1.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 Nectarines	3.00 C	adding water to create desired consistency. If a
1 1/2 Neclannes		

Day: 28

Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions	Preparation Suggestions:
	Calories:	
	0	
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Dinner - Meal Portions: P:0 C:0 F: 0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
T. () D. () D. () D. (

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:	29
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Breakfast - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
3 Eggs whole	Portions 3.00 P	
3 Eggs, whole 12 slices Turkey bacon	3.00 P	
2 Waffles	4.00 P	
1 cup Strawberries	1.00 C	
1 tsp Butter	3.00 F	
4 Macadamia nuts	4.00 F	
1 cup Soy milk	1.00 PC	
r cup Soy milk	Calories:	
	629	
	Item	
Snack - Meal Portions: P:5 C:5 F:5	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Add water to create desired consistency. Enjoy!
1 Tangelo	2.00 C	The state of the s
1/3 tsp Coconut oil	1.00 F	
1/2 cup Pineapple	1.00 C	
—	Calories:	
	455	
Mid Meal - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
	Portions	Preparation Suggestions:
4 cups Beef and vegetable soup	6.00 A	A tasty and simple meal of soup. Enjoy!
2 oz Hard cheeses, light/low fat	2.00 P	
1/4 oz Pumpkin seeds	1.00 F	
	Calories:	
	629	
Snack - Meal Portions: P:4 C:4 F: 4	Item	Preparation Suggestions:
7 grams Protein powder	Portions 1.00 P	
7 grams Protein powder		Cheese, Protein, Applesauce & Almonds
1 1/3 cups Applesauce	4.00 C 4.00 F	Mix protein powder with applesauce and top with
4 tbsp Almonds, slivered 3 oz Cheese, low or non fat	3.00 P	almonds. Eat cheese separately.
3 02 Officese, fow of fiori lat	Calories:	
	364	
Dinner - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
	Portions	
9 oz Salmon steak	6.00 P	Baked Salmon with Asparagus and Tossed Salad
6 spears Asparagus	.50 C	Bake salmon in covered container with asparagus.
1 Pepper (bell or cubanelle)	.50 C	Core and chop lettuce for salad, make a dressing
1/4 head Lettuce, iceberg	.13 C	with balsamic vinegar and olive oil.
1 cup Mushrooms	.50 C	
1 Tomato	.50 C	Enjoy the fruit for dessert.
1 cup Fruit cocktail	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1 oz Cheddar cheese, light/low fat	1.00 P	
1/4 cup Lima beans	1.00 PC	
1 tbsp Almonds, slivered	1.00 F	
	Calories:	
	629	
Snack - Meal Portions: P:4 C:4 F:4	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes & Sunflower Seeds
2 cups Grapes	4.00 C	Mix them together or eat them separately. Either
4/5 oz Sunflower seeds	4.00 F	way, you're on your way to a healthy lifestyle!
	Calories:	
	364	
		drates: 31 Fat: 34 Calories: 3070

Day:	30
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Breakfast - Meal Portions: P:8 C:7 F:7 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 Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 2 Kiwis	Item Portions 5.00 P 2.00 P .50 C 5.50 C 6.00 F 1.00 PC 1.00 F Calories: 665 Item Portions 3.00 P 2.00 PC 2.00 C	Preparation Suggestions: 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. This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance. Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.
1 cup Strawberries 5 tbsp Almonds, slivered	1.00 C 5.00 F Calories: 455	Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:4 F: 4 14 grams Protein powder 1 cup Yogurt, plain, low fat 2/3 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	4.00 P 4.00 C 1.00 C 6.00 F 1.00 P 3.00 PC Calories: 674	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
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	2.00 P 3.00 PC 3.00 F 2.00 C 2.00 F Calories: 455	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	Portions 8.00 P 3.00 C 2.00 C 3.00 C 1.00 F 3.00 F 2.00 F Calories: 674	Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 1/2 Apples 24 Peanuts	3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	A nice, quick snack to satisfy those cravings!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 C .50 C 1.33 C 4.00 C 6.00 F Calories: 674	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!
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:

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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Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4 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	Preparation Suggestions: Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
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 .50 C 3.00 C 6.00 F 1.00 P 1.00 PC 1.00 F Calories: 629	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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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Day:	33
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	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	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.
Snack - Meal Portions: P:5 C:5 F:5 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	Item Portions 3.00 P 3.11 C 3.00 F 2.00 PC 2.00 F Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 12 oz Salmon steak 1 cup Fruit cocktail 2 slice Whole grain bread 6 tsp Mayonnaise 1 tbsp Guacamole	Item Portions 8.00 P 3.00 C 4.00 C 6.00 F 1.00 F Calories: 665	Preparation Suggestions: 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.
Snack - Meal Portions: P:4 C:4 F: 4 21 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 3.00 C 4.00 F Calories: 364	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

Day: 3	34
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Breakfast - Meal Portions: P:8 C:6 F:7 3 Eggs, whole 12 slices Turkey bacon 2 Waffles 1 cup Strawberries 1 tsp Butter 4 Macadamia nuts 1 cup Soy milk	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	Preparation Suggestions:
Mid Meal - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
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	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	Stuffed Tomato 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.
Snack - Meal Portions: P:5 C:5 F:5	Item	Preparation Suggestions:
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	Portions 4.00 P 4.00 C 3.00 F 1.00 PC 2.00 F Calories: 455	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 7	Item	Preparation Suggestions:
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	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	Chicken Kabobs Skewer the chicken and vegetables together, then baste with olive oil, salt, pepper, garlic and tarragon. Grill or bake, then enjoy!
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 24 Peanuts 1 Candy bar	4.00 P 4.00 F 4.00 C Calories: 364	Cheese,candy bar and Peanuts A nice, quick snack to satisfy those cravings!
Snack - Meal Portions: P:4 C:4 F:4 14 grams Protein powder 1 cup Mulberries 1 1/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat	Portions 2.00 P 2.00 C 4.00 F 2.00 PC Calories:	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

Day: 3	35
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Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Dinner - Meal Portions: P:0 C:0 F: 0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:

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:	3	6
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Breakfast - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
 8 Egg whites 1 Grapefruit 1 tsp Olive or monounsaturated oil 4 Eggs, whole 2 slice Whole grain bread 12 Almonds, whole 	4.00 P 2.00 C 3.00 F 4.00 P 4.00 C 4.00 F Calories: 629	Eggs Any Style Breakfast Cook eggs any style in olive oil. Enjoy grapefruit on the side.
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
14 grams Protein powder1 tsp Olive or monounsaturated oil1 1/2 cups Yogurt, plain, low fat1 Tangelo2/3 tsp Coconut oil	2.00 P 3.00 F 3.00 PC 2.00 C 2.00 F Calories: 455	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
4 cups Beef and vegetable soup 2 oz Hard cheeses, light/low fat 1/4 oz Pumpkin seeds	6.00 A 2.00 P 1.00 F Calories: 629	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
4 oz Sardines, canned (not in oil) 4 Figs 12 Olives	4.00 P 4.00 C 4.00 F Calories: 364	A simple snack, good for at home or on the run.
Dinner - Meal Portions: P:8 C:6 F:7	Item	Preparation Suggestions:
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	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	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!
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 2/3 cup Fruit juice	4.00 P 2.00 C 4.00 F 2.00 C Calories: 364	Cheese and Grape Snack Enjoy items separately!

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
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	2.00 PC 3.00 P 3.00 C 2.00 C 6.00 F 3.00 P 1.00 F Calories: 665	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 1 2/3 tsp Olive or monounsaturated oil 1 Tangerine 1 Kiwi	Item Portions 3.00 P 2.00 PC 5.00 F 2.00 C 1.00 C Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:4 F: 4 7 grams Protein powder 1 1/3 cups Applesauce 4 tbsp Almonds, slivered 3 oz Cheese, low or non fat	Item Portions 1.00 P 4.00 C 4.00 F 3.00 P Calories: 364	Preparation Suggestions: Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Dinner - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:4 F:4 4 oz Cheese, low or non fat 1 cup Grapes 24 Peanuts 2/3 cup Fruit juice Total Daily Portions: Prof	Item Portions 4.00 P 2.00 C 4.00 F 2.00 C Calories: 364	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!

Day:	38
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Item	Preparation Suggestions:
4.00 P 4.00 C 1.00 C 6.00 F 1.00 P 3.00 PC Calories: 674	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Item Portions 2.00 P 3.00 F 3.00 PC 2.00 C 2.00 F Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
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	Preparation Suggestions: Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Item Portions 8.00 P 2.00 C .50 C 1.33 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions: 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!
Item Portions Calories:	Preparation Suggestions: Its time for another short day of fasting.
	Portions 4.00 P 4.00 C 1.00 C 6.00 F 1.00 P 3.00 PC Calories: 674 Item Portions 2.00 P 3.00 F Calories: 455 Item Portions 8.00 P 3.00 C 2.00 C 2.00 C 3.00 C 1.00 F Calories: 674 Item Portions 8.00 P 3.00 C 2.00 C 1.00 F Calories: 674 Item Portions 2.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364 Item Portions 8.00 P 2.00 C 4.00 F Calories: 364

Total Daily Portions: Protein: 33 Carbohydrates: 33 Fat: 27 Calories: 2841 ** Remember to drink between 10 and 12 glasses of water per day. **

Take your vitamins. Be empowered

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Breakfast - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:0 C:0 F:0	Item Portions Calories: 0	Preparation Suggestions:
Mid Meal - Meal Portions: P:0 C:0 F:0	Item Portions Calories:	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F: 4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 4 tbsp Almonds, slivered	4.00 PC 4.00 F Calories: 364	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Dinner - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
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	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	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.
Snack - Meal Portions: P:4 C:4 F:4 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	Preparation Suggestions: 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
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Breakfast - Meal Portions: P:8 C:7 F:7	Item Portions	Preparation Suggestions:
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	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	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.
Snack - Meal Portions: P:5 C:5 F:5 21 grams Protein powder 2 cups Milk, low fat (1%) 1 2/3 tsp Olive or monounsaturated oil 1 Tangerine 1 Kiwi	Item Portions 3.00 P 2.00 PC 5.00 F 2.00 C 1.00 C Calories: 455	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:7 F:7 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	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	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:4 C:4 F: 4 1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Almonds, whole	Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F Calories: 364	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Dinner - Meal Portions: P:8 C:6 F:6 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	Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 6.00 F 2.00 P Calories: 602	Preparation Suggestions: Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:4 C:4 F:4	Item Portions	Preparation Suggestions:
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	3.00 P 1.00 PC 1.50 C 1.50 C 4.00 F Calories: 364	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!

Day:	41
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Breakfast - Meal Portions: P:8 C:6 F:7	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Scrambled eggs with toast. A homestyle favorite.
1 cup Grapes	2.00 C	Scrambled eggs with toast. A nomestyle lavolite.
2 slice Whole grain bread	4.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
4 tsp Peanut butter, natural	4.00 F	
3 Eggs, whole	3.00 P	
5 Eggs, whole	Calories:	
	629	
	Item	
Mid Meal - Meal Portions: P:8 C:6 F:7	Portions	Preparation Suggestions:
3 oz Ham, deli style	2.00 P	Chef Salad with fruit for dessert. Cut the vegetables
3 oz Turkey breast, deli style	2.00 P	up into small pieces. Cut the meat into small strips
4 oz Cheese, low or non fat	4.00 P	and place on top. Enjoy!
1 cup Lettuce, romaine	.10 C	and place of top. Enjoy:
1/2 cup Onions	1.00 C	
1 1/2 cups Tomatoes	1.00 C	
	1.00 C	
Peppers (bell or cubanelle) Nectarine	2.00 C	
2 tsp Olive or monounsaturated oil 1/4 cup Chickpeas	6.00 F 1.00 C	
1 tbsp Almonds, slivered	1.00 F	
	Calories:	
	629	
Snack - Meal Portions: P:5 C:5 F:5	Item Portions	Preparation Suggestions:
29 grama Protoin nowdor		Plucharry Surprise
28 grams Protein powder	4.00 P	Blueberry Surprise
3 oz Tofu, soft 1 cup Blueberries	1.00 PC 2.00 C	Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice,
1 tsp Olive or monounsaturated oil	3.00 F	cool meal!
1/2 oz Granola	1.00 C	Cool mean
1/3 cup Fruit juice	1.00 C	
2 tbsp Almonds, slivered	2.00 F	
2 lbsp Airionas, silvered	Calories:	
	455	
	Item	
Dinner - Meal Portions: P:8 C:6 F: 7	Portions	Preparation Suggestions:
8 oz Pork chop	8.00 P	Broiled Pork Chops with Basil Green Beans
2/3 cup Applesauce	2.00 C	Coat the pork with a pinch of crushed cloves, salt,
1 1/2 cups Beans, green or yellow	1.00 C	pepper and some rosemary, then bake at 350
2 Peppers (bell or cubanelle)	1.00 C	degrees for about 25 minutes or until done (for
2 tsp Olive or monounsaturated oil	6.00 F	something this small, you can use a toaster oven if
2/3 slice Cake (small)	2.00 C	you have one). Steam the beans with a little salt,
1/2 tbsp Tahini	1.00 F	pepper and some basil - fresh from the garden if
7 100p 100m	Calories:	you've got it!
	629	,
Smook Mool Doubleman D.4 C.4 E.4	Item	Proposation Suggestions
Snack - Meal Portions: P:4 C:4 F:4	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese,candy bar and Peanuts
24 Peanuts	4.00 F	A nice, quick snack to satisfy those cravings!
1 Candy bar	4.00 C	, , , , , , , , , , , , , , , , , , , ,
•	Calories:	
	364	
Charle Mani Daviena, D.4 C.4 C.4	Item	Dronavation Suggestions:
Snack - Meal Portions: P:4 C:4 F:4	Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
Z caps with, low lat (170)		
1 1/2 cups Watermelon	2.00 C	Add water to create desired consistency. Enjoy!

Grocery List

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

Other

5 cups Yogurt,

plain, low fat

1 1/4 cups Lima

beans

15 cups Milk, low

fat (1%)

3 cups Chicken

noodle soup

1/2 cup Soybeans

1 1/2 oz Tempeh

1 cup Soy milk

3 oz Tofu, soft

Protein Carbohydrates Fats 16 Egg whites 1 Grapefruit 34 1/3 tsp Olive or 8 Eggs, whole 6 slice Whole grain bread monounsaturated oil 252 grams Protein 1/4 Cantaloupe 33 Almonds, whole powder 2/3 cup Honeydew melon 1 tsp Coconut oil 4 Kiwis 10 1/2 oz Ham, deli 27 Cashews style 1 Pear 13 tbsp Almonds. 4 oz Cheddar cheese, 1 1/3 cups Applesauce slivered 6 spears Asparagus light/low fat 78 Peanuts 14 oz Cheese, low or 9 Peppers (bell or cubanelle) 1 tbsp Avocado non fat 1/4 head Lettuce, iceberg 12 Olives 30 oz Salmon steak 3 cups Mushrooms 6 tsp Mayonnaise 3 Tomatoes 1 tbsp Guacamole 3 cups Cottage cheese, light/low fat 5 2/3 cups Fruit cocktail 1 1/3 tsp Butter 1 1/2 cups Cereal, cold 6 oz Mozzarella 3 Macadamia nuts cheese, light/low fat 1 1/2 cups Pineapple 1/2 tbsp Tahini 7 oz Lamb, lean 6 cups Strawberries 10 oz Tofu 1/2 cup Peaches, canned 4 oz Sardines, canned 2/3 Banana 1 3/4 cups Beans, black (not in oil) 1/2 cup Tomato, puree 7 oz Beef, lean cuts 8 oz Chicken breast. 1 cup Celery 3/4 cup Onions skinless 1 cup Mulberries 3 oz Turkey breast, 2 cups Bran cereal, all varieties deli style 8 oz Pork chop 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 Fias 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

Grocery List

1/3 cup Fruit juice 2/3 slice Cake (small) 1 Candy bar 3 cups Raspberries

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

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

Grocery List

2 Waffles
2 Tomatoes
1/2 cup Carrots
2 cups Guava
3 cups Broccoli
2 cups Cherry tomatoes
1/2 cup Ice cream

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

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

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

Protein	Carbohydrates	Fats	Other
9 Eggs, whole 24 slices Turkey bacon 196 grams Protein powder 7 1/2 oz Ham, deli style 5 oz Cheddar cheese, light/low fat 4 oz Hard cheeses, light/low fat 51 oz Salmon steak 3 1/4 cups Cottage cheese, light/low fat 5 oz Feta cheese, light/low fat 12 Egg whites 14 oz Cheese, low or non fat 15 oz Chicken breast, skinless 8 oz Turkey breast, skinless 2 oz Mozzarella cheese, light/low fat 9 oz Turkey, ground	4 Waffles 4 1/2 cups Strawberries 1 Tangelo 1/2 cup Pineapple 6 3/4 slice Whole grain bread 1 Pear 2 Pickles 8 Crackers 36 spears Asparagus 9 Peppers (bell or cubanelle) 1/2 head Lettuce, iceberg 4 cups Mushrooms 4 Tomatoes 6 2/3 cups Fruit cocktail 3 cups Grapes 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 tsp Butter 9 Macadamia nuts 26 1/3 tsp Olive or monounsaturated oil 2 1/3 tsp Coconut oil 33 Cashews 144 Peanuts 12 tbsp Almonds, slivered 1 1/5 oz Sunflower seeds 7 tsp Mayonnaise 1 tbsp Guacamole 6 Almonds, whole 1 tsp Sunflower butter 3 tbsp Low fat salad dressings 1 tbsp Avocado 1/2 tbsp Sour cream	3 cups Soy milk 11 cups Milk, low fat (1%) 1/2 cup Lima beans 6 cups Yogurt, plain, low fat 1/4 cup Soybeans 3 cups Chicken noodle soup

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

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

Other

8 1/2 cups Yogurt, plain, low fat 4 cups Beef and vegetable soup 1/2 cup Soybeans 13 cups Milk, low fat (1%) 1/4 cup Lima beans 3 oz Tofu, soft

Fats

i iotem	Carbonyarates	1 413
26 Egg whites 7 Eggs, whole 182 grams Protein powder 2 oz Hard cheeses, light/low fat 4 oz Sardines, canned (not in oil) 7 oz Beef, lean cuts 25 oz Cheese, low or non fat 5 oz Mozzarella cheese, light/low fat 48 oz Salmon steak 1 cup Goat cheese, light/low fat 7 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 8 oz Turkey breast, skinless 1 oz Cheddar cheese, light/low fat 3 oz Ham, deli style 3 oz Turkey breast, deli style 8 oz Pork chop	1 Grapefruit 8 slice Whole grain bread 2 Tangelos 4 Figs 6 cups Beans, green or yellow 3/4 cup Beans, black 1 1/2 cups Broccoli 2 cups Cauliflower 3 cups Grapes 2 2/3 cups Fruit juice 1 1/2 cups Cereal, cold 1 cup Pineapple 2 Tangerines 2 Kiwis 3 Nectarines 1/2 cup Hummus 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	32 1/3 tsp Olive or monounsaturated oil 39 Almonds, whole 1 1/3 tsp Coconut oil 1/4 oz Pumpkin seeds 12 Olives 15 tbsp Almonds, slivered 72 Peanuts 13 tsp Mayonnaise 1 1/2 tbsp Tahini 3 tbsp Low fat salad dressings 2/5 oz Sunflower seeds 4 tsp Peanut butter, natural
	1 cup Sweet potato 1 1/4 cups Chickpeas	
	i 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

Carbohydrates

Protein