

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 2

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Have a Protein Smoothie, be Empowered

Have you had your Protein Smoothie today?

Notes:

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Day: 3

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 4

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Enter the challenge and WIN! + <http://shop.empowerednutrition.com>

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Notes:

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Day: 5

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew</p> <p>Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

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Day: 6

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

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Day: 7

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanella) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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3 steps for success today: Nutrition + Training + Supplements

Check your Vitals - GROW www.empowerednutrition.net

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Day: 8

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsp Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

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Day: 9

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef</p> <p>Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes</p> <p>A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

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Day: 10

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 11

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 12

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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Day: 13

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Day: 14

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 15

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanella) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 2 1/2 cups Brussels sprouts 2 cups Beans, green or yellow 2 cups Artichoke hearts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 16

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken</p> <p>If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula

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Day: 17

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 2 1/2 cups Brussels sprouts 2 cups Beans, green or yellow 2 cups Artichoke hearts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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

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Day: 18

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsp Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 19

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsp Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 20

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 21

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 22

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 23

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 24

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <ul style="list-style-type: none"> 4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread 	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <ul style="list-style-type: none"> 1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil 	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <ul style="list-style-type: none"> 8 oz Tuna, canned in water 16 Cherries 2 whole Pita 6 tsp Mayonnaise 4 Tomatoes, sun dried 	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <ul style="list-style-type: none"> 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil 	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <ul style="list-style-type: none"> 12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice 	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <ul style="list-style-type: none"> 3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes 	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 25

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 1/3 cups Oatmeal 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 26

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor. You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 27

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>12 Egg whites 3 cups Spinach, cooked 2 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 slice Sourdough bread</p>	<p>Item Portions 6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Enter the challenge and WIN! + <http://shop.empowerednutrition.com>

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Day: 28

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
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Slim, Slender and Sexy + www.myslimappeal.com

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Day: 29

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>12 Egg whites 3 cups Spinach, cooked 2 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 slice Sourdough bread</p>	<p>Item Portions 6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 1/3 cups Oatmeal 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 30

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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3 steps for success today: Nutrition + Training + Supplements

Check your Vitals - GROW www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 31

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 32

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanella) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsps Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

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Day: 33

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Day: 34

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
** Remember to drink between 10 and 12 glasses of water per day. **

Record your transformation + www.empoweredtransformation.com

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 35

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork</p> <p>A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories:</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 36

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 1/3 cups Oatmeal 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 37

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 38

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>12 Egg whites 3 cups Spinach, cooked 2 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 slice Sourdough bread</p>	<p>Item Portions 6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Remember to take your vitamins and be empowered

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 39

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
*** Remember to drink between 10 and 12 glasses of water per day. ***

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 40

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 41

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 42

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>12 Egg whites 3 cups Spinach, cooked 2 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 slice Sourdough bread</p>	<p>Item Portions 6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Glazed Pheasant Marinate poultry with garlic, pepper, vinegar and lime juice. Make a glaze by crushing cranberries and mixing with water. Sprinkle poultry with some sage and bake, covering with glaze near the end. Enjoy other ingredients on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 43

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor. You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Lettuce, romaine 1 cup Celery 2 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Rice and Side Salad Prepare the chicken any way you like with steamed rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for the vegetables!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 44

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 45

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 46

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 47

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 48

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 49

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 16 Cherries 2 whole Pita 6 tsp Mayonnaise 4 Tomatoes, sun dried</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 50

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 16 Cherries 2 whole Pita 6 tsp Mayonnaise 4 Tomatoes, sun dried</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Enter the challenge and WIN! + <http://shop.empowerednutrition.com>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 51

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Slim, Slender and Sexy + www.myslimappeal.com

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 52

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew</p> <p>Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 2 1/2 cups Brussels sprouts 2 cups Beans, green or yellow 2 cups Artichoke hearts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 53

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes</p> <p>A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 54

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2/3 cup Water chestnuts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 55

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 16 Cherries 2 whole Pita 6 tsp Mayonnaise 4 Tomatoes, sun dried</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 56

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 57

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken</p> <p>If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 3 Macadamia nuts 3 oz Cheddar cheese, light/low fat 3 Rice cakes</p>	<p>Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>If you don't know what to do with this, we need a lot of help getting you to eat to grow.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 58

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsp Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
 ** Remember to drink between 10 and 12 glasses of water per day. **

Smoooooooooth... www.empoweredsmoothie.com

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 59

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Nuts & Fruit Enjoy items separately!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Feel the burn & incinerate the fat. www.burnerfatloss.com

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 60

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 61

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 21 grams Protein powder 1 Cantaloupe 1/2 cup Grapes 5 Macadamia nuts</p>	<p>Item Portions 3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix all ingredients together and enjoy this refreshing meal!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 2 1/2 cups Brussels sprouts 2 cups Beans, green or yellow 2 cups Artichoke hearts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
 ** Remember to drink between 10 and 12 glasses of water per day. **

Remember to take your vitamins and be empowered

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 62

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>12 Egg whites 3 cups Spinach, cooked 2 cups Beans, green or yellow 1/3 cup Kidney beans 1/4 cup Onions 1 2/3 tsp Olive or monounsaturated oil 2 oz Cheddar cheese, light/low fat 2 slice Sourdough bread</p>	<p>Item Portions 6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 63

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew</p> <p>Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 64

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta 18 Almonds, whole</p>	<p>Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Burn Fat Build MUSCLE www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 65

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 66

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/4 cups Cottage cheese, light/low fat 7 cups Cherry tomatoes 3 cups Zucchini 3 tbsp Almonds, slivered 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Tomato-Zucchini Nibbles In a pan cook zucchini with water until tender. Cut tomatoes in half and scoop out the seeds. In a blender, combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill tomatoes with mixture and enjoy!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 67

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 12 spears Asparagus 3/4 cup Chickpeas 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Baked Salmon Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 68

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 6 Egg whites 1 cup Blueberries 1 2/3 tsp Olive or monounsaturated oil 3 Eggs, whole 2 slice Whole grain bread</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>4 oz Feta cheese, light/low fat 3 1/2 cups Spinach 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless</p>	<p>Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pasta with Feta Cheese, Shredded Chicken and Greens</p> <p>Cook pasta according to package directions. Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.</p> <p>This dish refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken</p> <p>If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 69

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder 2/3 cup Fruit juice</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Add a dash of olive oil to your cereal along with milk to perfectly balance the meal. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 1/3 cups Oatmeal 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 70

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 71

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>3 cups Milk, low fat (1%) 35 grams Protein powder 2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 72

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor.</p> <p>You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 2 1/2 cups Brussels sprouts 2 cups Beans, green or yellow 2 cups Artichoke hearts 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Steak and Vegetable Dinner Saute the vegetables in olive oil. Add 1 tbsp basil, 1/2 tsp oregano, salt, pepper and garlic to taste. Grill the steak and season as you like. Montreal steak spice is especially good on beef!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 73

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>3 oz Cheese, low or non fat 3 1/3 cups Beef and vegetable soup 1 Orange 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Soup with grated cheese on top. Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Milk, low fat (1%) 7 oz Chicken breast, skinless 1 cup Onions 2 cups Cabbage 1/2 cup Jalapeno peppers 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 1.00 PC 7.00 P 2.00 C .67 C .25 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

Enter the challenge and WIN! + <http://shop.empowerednutrition.com>

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 74

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Mackerel 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 3 cups Broccoli 1 cup Chickpeas 2 cups Celery 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .13 C 1.00 C 1.00 C 4.00 C 1.00 C 1.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Mackerel with a Salad Try pan-frying the mackerel until done and then adding lemon juice and seasonings for flavor. You can make a salad dressing out of olive oil, vinegar, and spices if you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1/2 cup Cottage cheese, light/low fat 16 Cherries 18 Peanuts 14 grams Protein powder 2/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 75

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil 21 grams Protein powder 1 1/2 cups Bran cereal, all varieties</p>	<p>Item Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice</p>	<p>Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 Peaches 2/3 cup Water chestnuts 1 1/2 cups Snow peas 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Ginger and Peach Chicken If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder. Slice the peach and place on top, bake on high for 30 minutes or until done. Enjoy the vegetables on the side.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 76

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 Bananas 5 Macadamia nuts 4 Eggs, whole 1 slice Rye bread</p>	<p>Item Portions 4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 16 Cherries 2 whole Pita 6 tsp Mayonnaise 4 Tomatoes, sun dried</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

3 steps for success today: Nutrition + Training + Supplements

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Day: 77

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole</p>	<p>Item Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Stuffed Pita & Fruit Mix tuna and mayonnaise. Stuff in pita and enjoy. For extra crunch add a handful of lettuce or bean sprouts. Have the fruit for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 1 1/2 cups Broccoli 1 1/2 cups Snow peas 3/4 cup Onions 1 cup Grapes 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Broccoli-Ginger Chicken Delight In a pan heat oil and saute chicken until partially cooked. Add vegetables, ginger and water. Cook until chicken is done, then reduce heat for about 20 minutes. Serve grapes for dessert.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 78

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts</p>	<p>Item Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A neat twist on the classic cereal breakfast, this meal will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 Cantaloupe 1 1/3 cups Honeydew melon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tsp Barley</p>	<p>Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 79

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Veal 2 cups Cherry tomatoes 4 cups Turnip greens 2 cups Mushrooms 1 cup Onions 2 tsp Olive or monounsaturated oil 1 cup Potato</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Veal Stew</p> <p>Simple but delicious. Brown the meat with the onions in the olive oil, then add vegetables and some water. Season with salt, pepper, garlic, and rosemary.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork</p> <p>A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 80

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley</p>	<p>Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 81

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>1 cup Yogurt, plain, low fat 12 oz Mussels 12 spears Asparagus 2 cups Cauliflower 1 1/2 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Spicy Curried Mussels Chop vegetables and saute in a small pan. Season with salt, pepper and curry powder (or cumin & turmeric). Add yogurt and a little water and bring to a simmer. Add mussels, cover and cook until done. Serve over rice.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 82

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread 4 Eggs, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 1/3 cups Oatmeal 9 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 83

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries</p>	<p>Item Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F: 3</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>PB Banana Monster Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 26 Calories: 3390

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

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Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Day: 84

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 1 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 2.00 P 3.00 P 2.00 P 1.00 PC .50 C .50 C 2.00 C 5.00 F 4.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice</p>	<p>Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Tuna Steak with Rice and Vegetables Season the rice and vegetables any way you like. Enjoy the fish with a little lemon juice, salt and pepper, if you like.</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:6</p> <p>8 oz Pork chop 1 cup Onions 3 cups Broccoli 1 cup Celery 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674</p>	<p>Preparation Suggestions:</p> <p>Pork Chops with Vegetables Rub the pork with cracked black pepper, salt, basil and rosemary, then grill (or bake at 350 for 20-25 minutes) until done. Meanwhile, slice the veggies finely, then steam by tossing them in a hot pan with just a little water, replenishing the water if necessary. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:6 F:3</p> <p>1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories:</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>

Grocery List

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

Protein	Carbohydrates	Fats	Other
12 Egg whites	3 cups Spinach, cooked	32 tsp Olive or monounsaturated oil	13 cups Yogurt, plain, low fat
8 oz Cheddar cheese, light/low fat	4 cups Beans, green or yellow	27 tsp Mayonnaise	20 cups Milk, low fat (1%)
434 grams Protein powder	1/3 cup Kidney beans	36 Almonds, whole	
16 oz Tuna, canned in water	3 cups Onions	5 tsp Peanut butter, natural	
8 oz Beef, lean cuts	2 slice Sourdough bread	60 Peanuts	
31 oz Cheese, low or non fat	1 1/4 Cantaloupes	8 tbsp Almonds, slivered	
1 cup Egg substitute	3 1/3 cups Honeydew melon	42 Walnuts	
12 Eggs, whole	2 Kiwis & 32 Cherries	5 tsp Cream cheese	
31 oz Chicken breast, skinless	3 1/3 cups Oatmeal	5 Macadamia nuts	
12 oz Ground beef (< 10% fat)	4 whole Pita		
36 oz Salmon steak	4 Tomatoes, sun dried		
1 1/2 cups Cottage cheese, light/low fat	1 1/2 cups Guava		
2 1/2 cups Ricotta cheese, skim	2 1/2 cups Brussels sprouts		
8 oz Veal	2 cups Artichoke hearts		
12 oz Mussels	7 1/2 cups Rice		
8 oz Tuna, steak	15 slice Whole grain & 2 slice Rye bread		
	3 Apples & 4 Oranges		
	2 1/4 cups Watermelon		
	2 1/2 cups Broccoli		
	3 cups Cauliflower & 3 cups Mushrooms		
	1 1/3 cups Applesauce		
	1 1/2 cups Pasta		
	1 cup Blueberries		
	3 cups Cereal, cold		
	2 1/4 cups Papaya		
	4 1/2 Nectarines		
	4 cups Raspberries		
	4 cups Strawberries		
	3 cups Snow peas		
	2 cups Grapes		
	3/4 cup Cranberries		
	3 Bananas		
	24 spears Asparagus		
	3/4 cup Chickpeas		
	6 Peppers (bell or cubanelle)		
	2 cups Mandarin orange, canned		
	2 Bagels		
	3 tbsp Raisins		
	1 1/3 cups Fruit juice		
	2 cups Cherry tomatoes		
	4 cups Turnip greens		
	1 cup Potato		
	1 tbsp Barley		
	3 Plums		
	2/3 cup Fruit cocktail		
	2 cups Cabbage		
	1/2 cup Jalapeno peppers		
	2 Rice cakes		
	1 1/2 cups Peaches, canned		
	5 Peaches		
	2/3 cup Water chestnuts		
	3 oz Pretzels		

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
3 oz Mozzarella cheese, light/low fat	2 1/6 cups Fruit cocktail	40 2/3 tsp Olive or monounsaturated oil	42 cups Milk, low fat (1%)
427 grams Protein powder	3 1/2 cups Bran cereal, all varieties	15 tbsp Almonds, slivered	3 1/3 cups Beef and vegetable soup
23 oz Cheese, low or non fat	6 Kiwis & 1 Orange	102 Peanuts	5 1/2 cups Yogurt, plain, low fat
34 oz Chicken breast, skinless	4 Crackers	8 Macadamia nuts	
5 3/4 cups Cottage cheese, light/low fat	7 cups Strawberries	3/5 oz Sunflower seeds	
16 oz Beef, lean cuts	3 cups Romaine & 5 cups Celery	6 tsp Mayonnaise	
8 oz Lobster	5 Peppers (bell or cubanelle)	3 tsp Peanut butter, natural	
10 Egg whites	2 cups Cucumber	9 Walnuts	
10 Eggs, whole	3/4 cup Kidney beans		
12 oz Mackerel	8 1/3 cups Rice & 1 cup Potato		
4 oz Feta cheese, light/low fat	7 cups Cherry tomatoes		
8 oz Pheasant	3 cups Zucchini		
8 oz Pork, lean	2/3 cup Fruit juice		
9 oz Cheddar cheese, light/low fat	1 Grapefruit & 3 tbsp Raisins		
12 oz Salmon steak	1 1/2 cups Onions		
8 oz Pork chop	1 1/2 cups Tomato, puree		
	12 cups Broccoli		
	6 cups Raspberries		
	6 cups Mushrooms		
	6 cups Grapes		
	3 2/3 cups Applesauce		
	1 1/2 Cantaloupes		
	1 1/3 cups Honeydew melon		
	1 cup Leeks		
	10 1/2 cups Spinach		
	3 cups Bean sprouts		
	1 2/3 cups Water chestnuts		
	1 1/2 cups Guava		
	4 cups Bamboo shoots		
	4 oz Matzo & 2 tbsp Barley		
	1 Nectarine		
	6 slice Whole grain bread		
	3 cups Mulberries		
	1/4 head Lettuce, iceberg		
	1 cup Artichoke hearts		
	1 cup Chickpeas & 1 cup Mango		
	1 cup Salsa		
	4 whole Pita		
	1 cup Blueberries		
	2 1/2 cups Pasta		
	1 1/2 Tangerines		
	3/4 cup Cranberries		
	1 1/2 cups Beans, green or yellow		
	1 Peach & 1 Apple		
	2 cups Cereal, cold		
	2 3/4 cups Pineapple		
	3 Rice cakes		
	1 cup Peaches, canned		
	2 Plums & 1 Banana		
	1/2 cup Hummus		
	1/3 cup Oatmeal		
	2 cups Cauliflower		
	3 oz Pretzels		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
2 1/2 cups Ricotta cheese, skim	3 cups Cereal, cold	51 Walnuts	7 1/2 cups Yogurt, plain, low fat
413 grams Protein powder	4 1/2 cups Grapes	36 2/3 tsp Olive or monounsaturated oil	35 cups Milk, low fat (1%)
8 oz Tuna, steak	3 cups Peaches, canned	12 tbsp Almonds, slivered	
16 oz Beef, lean cuts	11 cups Rice	5 Macadamia nuts	
6 cups Cottage cheese, light/low fat	4 Peppers (bell or cubanelle)	9 Almonds, whole	
13 oz Cheese, low or non fat	2 cups Fruit juice	21 tsp Mayonnaise	
36 oz Chicken breast, skinless	2 Kiwis	3/5 oz Sunflower seeds	
6 oz Mozzarella cheese, light/low fat	5 cups Strawberries	11 tsp Peanut butter, natural	
12 oz Salmon steak	5 cups Brussels sprouts		
12 oz Cheddar cheese, light/low fat	7 cups Beans, green or yellow		
8 oz Veal	4 cups Artichoke hearts		
1 cup Egg substitute	2 cups Mandarin orange, canned		
4 Eggs, whole	1 Cantaloupe		
4 oz Feta cheese, light/low fat	4 Apples		
16 oz Pheasant	1 Orange		
16 oz Tuna, canned in water	10 slice Whole grain bread		
	6 cups Raspberries		
	3 Peaches		
	2/3 cup Water chestnuts		
	3 cups Snow peas		
	1 tbsp Barley		
	2 2/3 cups Fruit cocktail		
	5 cups Bran cereal, all varieties		
	3 Plums		
	4 Bananas		
	2/3 cup Oatmeal		
	6 oz Pretzels		
	16 cups Cherry tomatoes		
	4 cups Turnip greens		
	2 cups Mushrooms		
	1 3/4 cups Onions		
	1 cup Potato		
	1 1/2 Tangerines		
	2 cups Lettuce, romaine		
	1 cup Celery		
	2 cups Cucumber		
	3/4 cup Kidney beans		
	6 cups Zucchini		
	3 tbsp Raisins		
	3 1/2 cups Spinach		
	1 3/4 cups Pasta		
	1 1/2 cups Cranberries		
	5 1/3 cups Honeydew melon		
	4 whole Pita		
	1 1/2 cups Broccoli		
	1 1/2 Nectarines		
	2/3 cup Applesauce		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
413 grams Protein powder	2 cups Cereal, cold	39 tsp Olive or monounsaturated oil	34 cups Milk, low fat (1%)
8 oz Veal	5 cups Strawberries	72 Peanuts	6 1/2 cups Yogurt, plain, low fat
32 oz Chicken breast, skinless	3 cups Mulberries	10 tsp Peanut butter, natural	
2 cups Cottage cheese, light/low fat	2 cups Cherry tomatoes	18 Walnuts	
2 cups Egg substitute	4 cups Turnip greens	18 tsp Mayonnaise	
15 Eggs, whole	4 cups Mushrooms	11 Macadamia nuts	
23 oz Cheese, low or non fat	1 3/4 cups Onions	9 Almonds, whole	
16 oz Beef, lean cuts	2 cups Potato	5 tsp Cream cheese	
1 1/2 cups Ricotta cheese, skim	5 1/2 Nectarines		
16 Egg whites	2 cups Grapes		
8 oz Tuna, canned in water	1 cup Applesauce & 32 Cherries		
48 oz Salmon steak	2 2/3 cups Oatmeal		
8 oz Cheddar cheese, light/low fat	13 slice Whole grain bread		
12 oz Mackerel	3 tbsp Raisins		
8 oz Pheasant	1 cup Fruit juice		
	1 cup Leeks & 6 1/2 cups Spinach		
	3 cups Bean sprouts		
	1 1/3 cups Water chestnuts		
	9 cups Rice		
	1 1/2 cups Pineapple		
	4 cups Lettuce, romaine		
	5 cups Celery		
	9 Peppers (bell or cubanelle)		
	4 cups Cucumber		
	1 5/6 cups Kidney beans		
	2 cups Mandarin orange, canned		
	4 whole Pita		
	4 Tomatoes, sun dried		
	6 cups Raspberries		
	24 spears Asparagus		
	2 1/2 cups Chickpeas		
	10 Rice cakes		
	1 1/4 Cantaloupes		
	1 cup Tomato, puree		
	9 cups Broccoli		
	5 Peaches		
	1 1/2 cups Snow peas		
	1 tbsp Barley		
	1/4 head Lettuce, iceberg		
	1 cup Artichoke hearts		
	4 Oranges		
	3 1/2 cups Beans, green or yellow		
	2 slice Sourdough bread		
	1 Banana		
	1 1/2 cups Guava		
	2 Bagels		
	2/3 cup Honeydew melon		
	2 Kiwis		
	2/3 cup Fruit cocktail		
	1/2 cup Hummus		
	1 cup Mango		
	3/4 cup Cranberries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
16 Egg whites	17 cups Spinach, cooked	35 tsp Olive or monounsaturated oil	32 cups Milk, low fat (1%)
8 oz Cheddar cheese, light/low fat	2 cups Beans, green or yellow	15 tsp Mayonnaise	8 cups Yogurt, plain, low fat
392 grams Protein powder	1 1/12 cups Kidney beans	45 Almonds, whole	
24 oz Salmon steak	1 1/4 cups Onions	14 tbsp Almonds, slivered	
26 oz Chicken breast, skinless	2 slice Sourdough bread	96 Peanuts	
32 oz Cheese, low or non fat	7 Plums	42 Walnuts	
12 oz Ground beef (< 10% fat)	1 5/6 cups Fruit cocktail	3 tsp Peanut butter, natural	
4 cups Ricotta cheese, skim	17 slice Whole grain bread		
12 oz Mackerel	5 Nectarines		
11 Eggs, whole	3 cups Lettuce, romaine		
16 oz Beef, lean cuts	5 cups Celery		
8 oz Pork chop	5 Peppers (bell or cubanelle)		
1 3/4 cups Cottage cheese, light/low fat	2 cups Cucumber		
8 oz Lobster	5 1/2 cups Rice		
12 oz Mussels	2 1/3 cups Oatmeal		
4 oz Feta cheese, light/low fat	1 cup Blueberries		
8 oz Pork, lean	3 cups Cereal, cold		
	6 Apples		
	3 Oranges		
	3 cups Guava		
	7 cups Broccoli		
	5 cups Cauliflower		
	3 cups Mushrooms		
	1 1/3 cups Applesauce		
	3 1/4 cups Pasta		
	2 Rice cakes		
	2 cups Grapes		
	2 1/4 cups Papaya		
	1/4 head Lettuce, iceberg		
	1 cup Artichoke hearts		
	1 cup Chickpeas		
	4 1/2 cups Bean sprouts		
	2 3/4 cups Pineapple		
	1 cup Salsa		
	2 whole Pita		
	4 cups Mandarin orange, canned		
	2 cups Peaches, canned		
	4 Kiwis		
	2 cups Leeks		
	2 1/3 cups Water chestnuts		
	7 cups Cherry tomatoes		
	3 cups Zucchini		
	3 Peaches		
	4 cups Bamboo shoots		
	4 oz Matzo		
	3/4 cup Cranberries		
	1 1/2 cups Mulberries		
	1 Banana		
	12 spears Asparagus		
	3 oz Pretzels		
	4 cups Strawberries		
	1/2 cup Tomato, puree		
	16 Cherries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
4 cups Cottage cheese, light/low fat	1 1/2 Cantaloupes	16 Macadamia nuts	14 cups Yogurt, plain, low fat
427 grams Protein powder	3 1/2 cups Grapes	36 2/3 tsp Olive or monounsaturated oil	29 cups Milk, low fat (1%)
36 oz Salmon steak	1 1/2 cups Mulberries	18 tsp Mayonnaise	
12 oz Ground beef (< 10% fat)	2/3 cup Fruit cocktail	42 Peanuts	
15 oz Cheese, low or non fat	4 whole Pita	27 Almonds, whole	
24 oz Beef, lean cuts	1/2 cup Hummus	11 tbsp Almonds, slivered	
15 oz Chicken breast, skinless	1 Orange	33 Walnuts	
16 oz Cheddar cheese, light/low fat	6 cups Raspberries		
24 Egg whites	2 cups Oatmeal		
8 oz Tuna, canned in water	14 1/2 cups Broccoli		
12 oz Mussels	3 cups Cauliflower		
1 cup Ricotta cheese, skim	1 cup Mushrooms		
16 oz Pheasant	2 2/3 cups Applesauce		
4 Eggs, whole	1 1/2 cups Pasta		
8 oz Tuna, steak	1 cup Blueberries		
	3 cups Cereal, cold		
	3 tbsp Raisins		
	2 cups Fruit juice		
	3 1/4 cups Onions		
	2 cups Tomato, puree		
	12 1/2 cups Rice		
	3 cups Guava		
	2 cups Cabbage		
	1/2 cup Jalapeno peppers		
	6 Peppers (bell or cubanelle)		
	6 Rice cakes		
	9 1/2 cups Spinach, cooked		
	7 cups Beans, green or yellow		
	2/3 cup Kidney beans		
	4 slice Sourdough bread		
	3 Plums		
	4 cups Honeydew melon		
	3 cups Pineapple		
	24 spears Asparagus		
	3 oz Pretzels		
	1 cup Leeks		
	1 1/2 cups Bean sprouts		
	2/3 cup Water chestnuts		
	1 1/2 cups Cranberries		
	2 Bananas		
	1 slice Rye bread		
	2 tbsp Barley		
	9 cups Strawberries		
	3/4 cup Chickpeas		
	2 cups Bran cereal, all varieties		
	4 Kiwis		
	4 Peaches		
	1 1/2 cups Snow peas		
	1 Apple		
	1 Nectarine		
	3 slice Whole grain bread		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
22 oz Cheese, low or non fat	3 Bananas	5 Macadamia nuts	27 cups Milk, low fat (1%)
14 Eggs, whole	1 slice Rye bread	33 tsp Olive or monounsaturated oil	6 2/3 cups Beef and vegetable soup
455 grams Protein powder	2 1/4 cups Papaya	27 Walnuts	12 cups Yogurt, plain, low fat
12 oz Mackerel	1/4 head Lettuce, iceberg	90 Peanuts	
22 oz Chicken breast, skinless	1 cup Artichoke hearts	24 tsp Mayonnaise	
18 oz Cheddar cheese, light/low fat	7 cups Broccoli	18 Almonds, whole	
10 Egg whites	1 3/4 cups Chickpeas	5 tsp Cream cheese	
3 cups Cottage cheese, light/low fat	5 cups Celery	6 tbsp Almonds, slivered	
48 oz Salmon steak	1 1/2 cups Bean sprouts	3/5 oz Sunflower seeds	
3 oz Mozzarella cheese, light/low fat	3 Peaches		
12 oz Ground beef (< 10% fat)	3 cups Lettuce, romaine		
8 oz Lobster	7 Peppers (bell or cubanelle)		
8 oz Pork chop	2 cups Cucumber		
8 oz Tuna, canned in water	3/4 cup Kidney beans		
	2 cups Rice		
	9 oz Pretzels		
	3 Nectarines		
	12 slice Whole grain bread		
	8 cups Raspberries		
	2 1/3 cups Applesauce		
	2 tbsp Barley		
	2 Oranges		
	8 Crackers		
	1 cup Mango		
	5 cups Mushrooms		
	6 1/2 cups Grapes		
	1 cup Potato		
	3/4 cup Cranberries		
	1 1/2 cups Mulberries		
	3 cups Fruit cocktail		
	3 cups Strawberries		
	1 cup Salsa		
	6 whole Pita		
	1 1/2 cups Bran cereal, all varieties		
	3 cups Cauliflower		
	1 1/2 cups Pasta		
	2 Bagels		
	1 Grapefruit		
	3 tbsp Raisins		
	4 1/2 cups Watermelon		
	3 1/2 cups Spinach		
	4 cups Bamboo shoots		
	1 cup Water chestnuts		
	4 oz Matzo		
	2 cups Cereal, cold		
	6 Kiwis		
	1/2 cup Hummus		
	1 cup Onions		
	32 Cherries		
	1 1/3 cups Oatmeal		
	1 cup Blueberries		
	1/4 Cantaloupe		
	2/3 cup Honeydew melon		
	4 Tomatoes, sun dried		
	12 spears Asparagus		

Grocery List

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

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

Protein	Carbohydrates	Fats	Other
441 grams Protein powder	1 cup Blueberries	11 tbsp Almonds, slivered	27 cups Milk, low fat (1%)
16 oz Tuna, canned in water	2 cups Cereal, cold	34 2/3 tsp Olive or monounsaturated oil	6 1/2 cups Yogurt, plain, low fat
40 oz Chicken breast, skinless	2 1/4 cups Papaya	18 tsp Mayonnaise	3 1/3 cups Beef and vegetable soup
53 oz Cheese, low or non fat	32 Cherries	120 Peanuts	
11 Eggs, whole	10 whole Pita	5 tsp Cream cheese	
4 1/2 cups Cottage cheese, light/low fat	8 Tomatoes, sun dried	1 1/5 oz Sunflower seeds	
12 oz Salmon steak	8 Kiwis	5 tsp Peanut butter, natural	
8 oz Veal	8 cups Strawberries	9 Almonds, whole	
16 oz Beef, lean cuts	8 cups Mushrooms	5 Macadamia nuts	
4 oz Feta cheese, light/low fat	11 cups Grapes		
1 cup Egg substitute	3 2/3 cups Applesauce		
4 Egg whites	4 cups Potato		
12 oz Mussels	5 Cantaloupes		
	4 slice Rye bread		
	2 Bagels		
	8 cups Raspberries		
	3 tbsp Barley		
	2/3 cup Fruit cocktail		
	1/2 cup Hummus		
	2 1/4 cups Watermelon		
	2 cups Lettuce, romaine		
	2 cups Salsa		
	2 cups Bran cereal, all varieties		
	2/3 cup Fruit juice		
	1 1/2 cups Mulberries		
	2 cups Cherry tomatoes		
	4 cups Turnip greens		
	1 cup Onions		
	3 Oranges		
	1 1/3 cups Oatmeal		
	2 1/2 cups Brussels sprouts		
	2 cups Beans, green or yellow		
	2 cups Artichoke hearts		
	3 1/2 cups Rice		
	8 slice Whole grain bread		
	3/4 cup Cranberries		
	7 cups Spinach		
	1 3/4 cups Pasta		
	3 Apples		
	1 cup Leeks		
	1 1/2 cups Bean sprouts		
	2/3 cup Water chestnuts		
	1 cup Celery		
	1 Pepper (bell or cubanelle)		
	2 1/2 Nectarines		
	3 Plums		
	4 Crackers		
	12 spears Asparagus		
	2 cups Cauliflower		

Grocery List

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

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

Protein	Carbohydrates	Fats	Other
483 grams Protein powder	2 cups Cereal, cold	41 1/3 tsp Olive or monounsaturated oil	26 cups Milk, low fat (1%)
4 oz Feta cheese, light/low fat	4 cups Strawberries	8 Macadamia nuts	8 cups Yogurt, plain, low fat
65 oz Chicken breast, skinless	2 3/4 Cantaloupes	90 Peanuts	
17 oz Cheddar cheese, light/low fat	2 cups Honeydew melon	9 tsp Mayonnaise	
20 oz Cheese, low or non fat	2 2/3 cups Oatmeal	9 tbsp Almonds, slivered	
11 Eggs, whole	6 1/2 cups Spinach	5 tsp Cream cheese	
12 oz Salmon steak	4 cups Pasta	18 Almonds, whole	
4 1/4 cups Cottage cheese, light/low fat	1 cup Mango & 6 Kiwis & 3 Peaches	18 Walnuts	
12 oz Ground beef (< 10% fat)	2/3 cup Water chestnuts		
8 oz Pork chop	3 cups Snow peas		
8 oz Beef, lean cuts	10 cups Rice		
18 Egg whites	3 Rice cakes & 2 Bagels		
8 oz Veal	1 cup Peaches, canned		
	2 Plums		
	10 slice Whole grain bread		
	2 Grapefruits		
	6 tbsp Raisins		
	1 Nectarine		
	2 1/4 cups Watermelon		
	5 1/2 cups Broccoli		
	4 cups Onions		
	2 1/2 cups Grapes		
	9 cups Cherry tomatoes		
	3 cups Zucchini		
	9 cups Mushrooms		
	6 cups Raspberries		
	3 cups Cauliflower		
	2 cups Applesauce		
	1 slice Rye bread		
	2 cups Bran cereal, all varieties		
	2/3 cup Fruit juice		
	1 1/2 cups Mulberries		
	2 Oranges		
	1 1/2 Tangerines		
	1 cup Celery		
	4 Peppers (bell or cubanelle)		
	1 Apple		
	3 cups Guava		
	2 1/2 cups Brussels sprouts		
	4 cups Beans, green or yellow		
	2 cups Artichoke hearts		
	1 tbsp Barley		
	1/3 cup Kidney beans		
	2 slice Sourdough bread		
	1 cup Lettuce, romaine		
	1 cup Salsa		
	2 whole Pita		
	6 oz Pretzels		
	1 cup Blueberries		
	2 1/4 cups Papaya		
	4 cups Turnip greens		
	1 cup Potato		
	2 cups Cabbage		
	1/2 cup Jalapeno peppers		

Grocery List

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

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

Protein	Carbohydrates	Fats	Other
413 grams Protein powder	11 slice Whole grain bread	36 2/3 tsp Olive or monounsaturated oil	14 cups Yogurt, plain, low fat
27 oz Chicken breast, skinless	3/4 cup Cranberries	15 tsp Mayonnaise	36 cups Milk, low fat (1%)
12 oz Ground beef (< 10% fat)	3 Bananas	18 tbsp Almonds, slivered	3 1/3 cups Beef and vegetable soup
24 oz Cheese, low or non fat	2 Oranges	27 Almonds, whole	
18 Egg whites	6 Kiwis	72 Peanuts	
13 Eggs, whole	9 cups Strawberries	5 Macadamia nuts	
24 oz Salmon steak	10 cups Broccoli	24 Walnuts	
3 3/4 cups Cottage cheese, light/low fat	5 cups Cauliflower		
12 oz Mussels	3 cups Mushrooms		
8 oz Tuna, steak	3 1/3 cups Applesauce		
4 oz Feta cheese, light/low fat	4 cups Pasta		
8 oz Beef, lean cuts	3 cups Blueberries		
8 oz Pork chop	1 Grapefruit		
1 cup Ricotta cheese, skim	6 tbsp Raisins		
8 oz Tuna, canned in water	2/3 cup Fruit cocktail		
8 oz Lobster	4 whole Pita		
	1/2 cup Hummus		
	2 cups Mango		
	2 1/2 cups Onions		
	2 cups Cabbage		
	1/2 cup Jalapeno peppers		
	8 Peppers (bell or cubanelle)		
	16 Cherries		
	2 cups Oatmeal		
	1 slice Rye bread		
	4 Crackers		
	4 cups Raspberries		
	24 spears Asparagus		
	6 1/2 cups Rice		
	7 cups Cherry tomatoes		
	3 cups Zucchini		
	1 1/2 cups Mulberries		
	2 cups Fruit juice		
	2 1/4 cups Watermelon		
	3/4 cup Chickpeas		
	2 tbsp Barley		
	7 cups Spinach		
	1 1/2 Nectarines		
	2 Peaches		
	1 2/3 cups Water chestnuts		
	1 1/2 cups Snow peas		
	2 cups Bran cereal, all varieties		
	1 cup Tomato, puree		
	1 1/2 Tangerines		
	1 cup Celery		
	1 cup Cereal, cold		
	2 cups Grapes		
	1/2 Cantaloupe		
	4 cups Honeydew melon		
	4 cups Bamboo shoots		
	4 oz Matzo		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

Protein	Carbohydrates	Fats	Other
427 grams Protein powder	2 cups Cereal, cold	36 tsp Olive or monounsaturated oil	29 cups Milk, low fat (1%)
46 oz Chicken breast, skinless	4 cups Strawberries	21 tsp Mayonnaise	5 1/2 cups Yogurt, plain, low fat
42 oz Cheese, low or non fat	3 cups Mulberries	114 Peanuts	3 1/3 cups Beef and vegetable soup
6 oz Mozzarella cheese, light/low fat	7 Oranges	3 tbsp Almonds, slivered	
3 cups Cottage cheese, light/low fat	10 slice Whole grain bread	5 tsp Cream cheese	
24 oz Mackerel	3 cups Guava	18 Walnuts	
8 oz Beef, lean cuts	3 1/2 cups Onions	10 Macadamia nuts	
16 Eggs, whole	4 cups Cabbage	5 tsp Peanut butter, natural	
6 oz Cheddar cheese, light/low fat	1 cup Jalapeno peppers		
12 oz Salmon steak	4 Peppers (bell or cubanelle)		
16 oz Tuna, canned in water	1 1/2 cups Pasta		
8 oz Pork, lean	4 Rice cakes		
1 cup Egg substitute	2 1/2 cups Fruit cocktail		
	3 cups Bran cereal, all varieties		
	6 cups Raspberries		
	5 1/3 cups Applesauce		
	1 tbsp Barley		
	1/2 head Lettuce, iceberg		
	4 cups Artichoke hearts		
	9 cups Broccoli		
	2 cups Chickpeas		
	4 cups Celery		
	3 cups Bean sprouts		
	1 1/3 cups Oatmeal		
	2 1/2 cups Brussels sprouts		
	2 cups Beans, green or yellow		
	5 cups Rice		
	3 Peaches		
	1 Apple		
	2 Bagels		
	1 Cantaloupe		
	5 1/3 cups Honeydew melon		
	4 Crackers		
	3 Tangerines		
	3 oz Pretzels		
	4 Bananas		
	2 slice Rye bread		
	1 1/2 cups Peaches, canned		
	4 1/2 cups Snow peas		
	2 cups Grapes		
	32 Cherries		
	3 tbsp Raisins		
	1 cup Fruit juice		
	3 Nectarines		
	2/3 cup Water chestnuts		
	4 whole Pita		
	4 Tomatoes, sun dried		
	1/2 cup Tomato, puree		
	1 1/4 cups Pineapple		

Grocery List

Empowered Nutrition - Critical Bench Lean Builder - 3390 Calories

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

Protein	Carbohydrates	Fats	Other
2 1/2 cups Ricotta cheese, skim	5 cups Cereal, cold	24 Walnuts	10 1/2 cups Yogurt, plain, low fat
441 grams Protein powder	4 cups Grapes	34 1/3 tsp Olive or monounsaturated oil	35 cups Milk, low fat (1%)
8 oz Beef, lean cuts	1/2 Cantaloupe	31 tbsp Almonds, slivered	
16 oz Lobster	1 1/3 cups Honeydew melon	114 Peanuts	
4 cups Cottage cheese, light/low fat	2 1/2 cups Onions	3/5 oz Sunflower seeds	
8 oz Veal	2 1/2 cups Tomato, puree	6 tsp Peanut butter, natural	
24 oz Pork, lean	9 cups Broccoli	18 Almonds, whole	
26 oz Cheese, low or non fat	14 1/6 cups Rice	6 tsp Mayonnaise	
11 Eggs, whole	1 1/2 cups Guava		
16 oz Chicken breast, skinless	10 cups Mushrooms		
12 oz Mussels	7 cups Spinach		
12 oz Salmon steak	8 cups Bamboo shoots		
16 oz Tuna, steak	2 cups Water chestnuts		
4 Egg whites	8 oz Matzo		
8 oz Pork chop	4 cups Strawberries		
	2 tbsp Barley		
	2 cups Blueberries		
	1 Grapefruit		
	3 tbsp Raisins		
	2 cups Cherry tomatoes		
	4 cups Turnip greens		
	1 cup Potato		
	4 Peaches		
	5 1/4 cups Pineapple		
	1 1/2 cups Fruit cocktail		
	2 2/3 cups Applesauce		
	4 Apples		
	5 cups Peaches, canned		
	7 Plums		
	11 slice Whole grain bread		
	2 Kiwis		
	2 Bananas		
	2 cups Oatmeal		
	12 spears Asparagus		
	4 cups Cauliflower		
	3 1/2 Nectarines		
	3/4 cup Cranberries		
	2 1/4 cups Papaya		
	7 Peppers (bell or cubanelle)		
	2/3 cup Fruit juice		
	2 cups Mandarin orange, canned		
	2 cups Celery		
	3/4 cup Pasta		