Day: ∠
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural 4 Eggs, whole	Portions 4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions: Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Chicken breast, skinless 1 Orange 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Snack - Meal Portions: P:6 C:6 F: 3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674	Preparation Suggestions:  Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread	Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!  drates: 42 Fat: 26 Calories: 3390

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

Have you had your Protein Smoothie today?

Have a Protein Smoothie, be Empowered

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Day:	3
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Breakfast - Meal Portions: P:8 C:8 F:5  2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered  Snack - Meal Portions: P:6 C:6 F:3	Item Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647 Item Portions	Preparation Suggestions:  A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!  Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions:  Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold.  drates: 42 Fat: 26 Calories: 3390

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## Day: 4

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul><li>1 1/2 cups Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>3/4 cup Cranberries</li></ul>	Portions 3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  Baked Salmon  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts  Total Daily Portions: Prote	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions:  Mix these ingredients together to create a simple and delicious snack.  drates: 42 Fat: 26 Calories: 3390

**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! + <a href="http://shop.empowerednutrition.com">http://shop.empowerednutrition.com</a>

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bagels</li><li>5 tsp Cream cheese</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P	Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.
Snack - Meal Portions: P:6 C:6 F:3	Calories: 647 Item	Preparation Suggestions:
3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice	Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465	A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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 Item	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal	Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465	Preparation Suggestions:  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.
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley	Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.

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Snack - Meal Portions: P:6 C:6 F:3	A refreshing breakfast.  A refreshing breakfast.  Property of the control of the
Snack - Meal Portions: P:6 C:6 F:3	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions: Salmon Sandwich
3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil 3.0 Calo Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise 6.0 Calo 67 Snack - Meal Portions: P:6 C:6 F: 3 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil Calo 46 Dinner - Meal Portions: P:8 C:8 F:6	Protein Shake O P O P O C O F O F O C O F O F O F O F O F O F O F O F O F O F
## Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise    Snack - Meal Portions: P:6 C:6 F: 3	ions   Preparation Suggestions: 0 P   Salmon Sandwich
12 oz Salmon steak       8.0         2/3 cup Fruit cocktail       2.0         3 slice Whole grain bread       6.0         6 tsp Mayonnaise       6.0         Calo         67         Snack - Meal Portions: P:6 C:6 F: 3         3 cups Milk, low fat (1%)       3.00         21 grams Protein powder       3.0         1 1/2 Nectarines       3.0         1 tsp Olive or monounsaturated oil       3.0         Calo       46	0 P Salmon Sandwich
3 cups Milk, low fat (1%)       3.00         21 grams Protein powder       3.0         1 1/2 Nectarines       3.0         1 tsp Olive or monounsaturated oil       3.0         Calo       46	0 C to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
3 cups Milk, low fat (1%) 21 grams Protein powder 3.0 1 1/2 Nectarines 3.0 1 tsp Olive or monounsaturated oil 3.0 Calo 46  Dinner - Meal Portions: P-8 C-8 F-6	Preparation Suggestions:
Dinner - Meal Portions: P.X C.X F.6	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
I OIL	Preparation Suggestions:
Calo	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!  Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!
Snack - Meal Portions: P:6 C:6 F:3	Preparation Suggestions:
6 oz Cheese, low or non fat 2 Oranges 4.0 18 Peanuts 3.0	0 P Cheese, Orange and Peanuts. 0 C A quick snack to keep you going! 0 F 0 C
Total Daily Portions: Protein: 42 Car  ** Remember to drink between 10	

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts	4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647	A neat twist on the classic cereal breakfast, this meawill fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Tuna, steak</li><li>2 cups Rice</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>1/3 cup Fruit juice</li></ul>	8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
<ul><li>3 cups Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>3 Peaches</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul> <li>8 oz Chicken breast, skinless</li> <li>2 Peaches</li> <li>2/3 cup Water chestnuts</li> <li>1 1/2 cups Snow peas</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Rice</li> </ul>	8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	6.00 P 6.00 C 3.00 F	A quick and tasty snack.

3 steps for success today: Nutrition + Training + Supplements

Chack your Vitals & CROW your amougradoutrition

Day:	8
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Breakfast - Meal Portions: P:8 C:8 F:5	ltem Portions	Preparation Suggestions:
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	2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%)  28 grams Protein powder  4 Kiwis  1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674	Preparation Suggestions:  Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:6 C:6 F:3  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%)	Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories:	Preparation Suggestions:  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!

Day: 9	١
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Breakfast - Meal Portions: P:8 C:8 F:5  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	Item Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  Barbecued Beef  Simple but tasty.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)  Total Daily Portions: Protein	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>1/2 cup Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>5 Macadamia nuts</li> </ul>	3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647	Mix all ingredients together and enjoy this refreshing meal!
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 C Calories: 674	Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley	Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

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Breakfast - Meal Portions: P:8 C:8 F:5  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	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	Preparation Suggestions:  Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day: 1	2
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	14	
Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>6 Egg whites</li> <li>1 cup Blueberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> <li>2 slice Whole grain bread</li> </ul>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  1 cup Cottage cheese, light/low fat 2 cups Raspberries 18 Peanuts 14 grams Protein powder 2/3 cup Applesauce 1 tbsp Barley	Item Portions 4.00 P 2.00 C 3.00 F 2.00 P 2.00 C 2.00 C Calories: 465	Preparation Suggestions:  Cottage Cheese, Raspberries & Peanuts A great, quick snack, mix it all up fast and go!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674	Pasta with Feta Cheese, Shredded Chicken and Greens  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.
		This dish refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered	Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  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.

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

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

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

Day:	1	4
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 cup Peaches, canned</li> <li>2 Plums</li> <li>30 Peanuts</li> <li>2 slice Whole grain bread</li> <li>4 Eggs, whole</li> </ul>	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%)  28 grams Protein powder  4 cups Strawberries  1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions:  Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  PB Banana Monster Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories:	Preparation Suggestions: A quick and tasty snack.

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Day: 1	5
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Breakfast - Meal Portions: P:8 C:8 F:5  2 cups Yogurt, plain, low fat  1 cup Ricotta cheese, skim  1 cup Cereal, cold  1 cup Grapes  15 Walnuts	Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647	Preparation Suggestions:  A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice	Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions:  Mix these ingredients together to create a simple and delicious snack.
Total Daily Portions: Protein: 4  ** Remember to drink betwe		drates: 42 Fat: 26 Calories: 3390

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

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

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

Take your vitamine Re empowered

Day: 1	7
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz 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	2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  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!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories:	Preparation Suggestions: A quick and tasty snack.

Burn baby burn www.burnerfatloss.com

Today's shocklist: 1 Protoin 2 Multi 2 Est 4 Train 5 CPOWI

Day: 1	8
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647	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.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:6 C:6 F:3  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%)	Item Portions 5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC	Preparation Suggestions:  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

Day:	1	9
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Egg substitute	4.00 P	Scrambled Eggs and Toast
4 slice Whole grain bread	8.00 C	Add spices to the egg mixture, then cook until
5 tsp Peanut butter, natural	5.00 F	desired consistency is reached.
4 Eggs, whole	4.00 P	·
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	A Shake, Cheese, Raisins & Walnuts
3 tbsp Raisins	3.00 C	Another great, on-the-go snack!
9 Walnuts	3.00 F	g tan, to a get and
21 grams Protein powder	3.00 P	
1 cup Fruit juice	3.00 C	
	Calories:	
	465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
4 oz Feta cheese, light/low fat	4.00 P	Pasta with Feta Cheese, Shredded Chicken and
3 1/2 cups Spinach	1.00 C	Greens
1 3/4 cups Pasta	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	Cook pasta according to package directions.
4 oz Chicken breast, skinless	4.00 P	Meanwhile, chop greens and and chicken saute in a
	Calories:	frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt,
	674	pepper and garlic to taste. When the greens are
		done, crumble cheese over top and add pasta.
		This dish refrigerates well so you can prepare it well
		in advance.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	PB Banana Monster
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unti
1 Banana	3.00 C	desired consistency is reached. If a blender is not
1/3 cup Oatmeal	1.00 C	available mix protein powder with cold water and
3 tsp Peanut butter, natural	3.00 F	have remaining ingredients on the side. Enjoy!
	Calories:	
	465 Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Pheasant	8.00 P	Glazed Pheasant
3/4 cup Cranberries	1.00 C	Marinate poultry with garlic, pepper, vinegar and lime
1 1/2 cups Beans, green or yellow	1.00 C	juice. Make a glaze by crushing cranberries and
2 cups Rice	6.00 C	mixing with water. Sprinkle poultry with some sage
2 tsp Olive or monounsaturated oil	6.00 F	and bake, covering with glaze near the end. Enjoy
	Calories: 674	other ingredients on the side.
Snack - Meal Portions: P:6 C:6 F:3	Item	Proporation Suggestions:
	Portions	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat	5.00 P	Tomato-Zucchini Nibbles
7 cups Cherry tomatoes	3.50 C	In a pan cook zucchini with water until tender. Cut
3 cups Zucchini	1.50 C	tomatoes in half and scoop out the seeds. In a
3 tbsp Almonds, slivered	3.00 F 1.00 PC	blender,combine cottage cheese, cooked zucchini, tomato pulp, nuts, garlic salt and chives. Fill
1 cup Milk, low fat (1%)	Calories:	tomato pulp, nuts, ganic salt and chives. Fill tomatoes with mixture and enjoy!
	465	tomatoes with mixture and enjoy:
Total Daily Portions: Protein		drates: 42 Fat: 26 Calories: 3390

Dav:	20
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647	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.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil	Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise	8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3  1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	6.00 P 6.00 C 3.00 F Calories: 465	A quick and tasty snack.

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Dav: 2	21
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Item	Preparation Suggestions:
2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647	A refreshing breakfast.
Item	Preparation Suggestions:
3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Item Portions	Preparation Suggestions:
8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	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.
Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	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.
Item Portions	Preparation Suggestions:
6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F	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.
	Portions 2.00 PC 3.00 P 3.00 C 5.00 F 3.00 P 3.00 C Calories: 647  Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465  Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674  Item Portions 3.00 PC 3.00 P 3.00 C 1.00 C 6.00 F Calories: 465  Item Portions 6.00 P 1.00 C 1.00 C 6.00 F Calories: 674  Item Portions 8.00 P 1.00 C

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Day: 22
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Breakfast - Meal Portions: P:8 C:8 F:5  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	Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647 Item	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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 Item	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil	Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold.  drates: 42 Fat: 26 Calories: 3390
		2 alasses of water per day. **

Day:	23
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Egg substitute 4 slice Whole grain bread 5 tsp Peanut butter, natural	4.00 P 8.00 C 5.00 F	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
4 Eggs, whole	4.00 P Calories: 647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>3 oz Cheese, low or non fat</li><li>3 tbsp Raisins</li><li>9 Walnuts</li><li>21 grams Protein powder</li><li>1 cup Fruit juice</li></ul>	3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465	A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674	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!
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P .20 C .50 C 1.00 C .50 C 3.00 C 6.00 F 3.00 C Calories: 674	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!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts	6.00 P 6.00 C 3.00 F Calories: 465	Mix these ingredients together to create a simple an delicious snack.

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Day:	24
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 Egg whites	2.00 P	Veggie Omelets
3 Eggs, whole	3.00 P	Sauté vegetables until softened, stir in egg whites.
2 oz Cheese, low or non fat	2.00 P	Cook until set with seasoning of your choice. Enjoy
1 cup Milk, low fat (1%)	1.00 PC	nectarine separately.
1 cup Celery	.50 C	neotanne separatery.
1 Pepper (bell or cubanelle)	.50 C	
1 Nectarine	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 slice Whole grain bread	4.00 C	
2 31100 Whole grain bread	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
Silack - Weal Follions. F.O C.O F.S	Portions	Freparation Suggestions.
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Protein Smoothie
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 1/2 cups Mulberries	3.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side.
		Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water	8.00 P	Tuna Stuffed Pita & Fruit
16 Cherries	2.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
2 whole Pita	4.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F	bean sprouts. Have fruit for dessert.
4 Tomatoes, sun dried	2.00 C	bean oprodie. Have trail for deceen.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
0 1411 1 (4/40/)	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
4 cups Raspberries	4.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories:	blender is not available, set aside the fruit and shake
	465	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak	8.00 P	Baked Salmon
12 spears Asparagus	1.00 C	
3/4 cup Chickpeas	3.00 C	Bake the salmon on high, with a couple wedges of
2 Peppers (bell or cubanelle)	1.00 C	lemon on top if you like. Serve the vegetables on the
2 tsp Olive or monounsaturated oil	6.00 F	side.
1 cup Rice	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	If you don't know what to do with this, we need a lot
3 Macadamia nuts	3.00 F	of help getting you to eat to grow.
3 oz Cheddar cheese, light/low fat	3.00 P	
3 Rice cakes	3.00 C	
	Calories:	
	465	
		Irates: 42 Fat: 26 Calories: 3390
** Remember to drink be	tween 10 and 1	2 glasses of water per day. **

Day:	25
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>1/2 cup Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>5 Macadamia nuts</li> </ul>	3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647	Mix all ingredients together and enjoy this refreshing meal!
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  Barbecued Beef  Simple but tasty.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories:	Preparation Suggestions:  Mix yogurt and oatmeal together, topping with nuts.  Enjoy cheese on the side or grate and mix together.

Day:	26
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Egg substitute	4.00 P	Scrambled Eggs and Toast
4 slice Whole grain bread	8.00 C	Add spices to the egg mixture, then cook until
5 tsp Peanut butter, natural	5.00 F	desired consistency is reached.
4 Eggs, whole	4.00 P	
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Raspberries & Peanuts
2 cups Raspberries	2.00 C	A great, quick snack, mix it all up fast and go!
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
2/3 cup Applesauce	2.00 C	
1 tbsp Barley	2.00 C	
	Calories:	
	465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Mackerel	8.00 P	Mackerel with a Salad
1/4 head Lettuce, iceberg	.13 C	Try pan-frying the mackerel until done and then
1 cup Artichoke hearts	1.00 C	adding lemon juice and seasonings for flavor.
3 cups Broccoli	1.00 C	Variable make a soled describe and of alive all
1 cup Chickpeas	4.00 C	You can make a salad dressing out of olive oil,
2 cups Celery	1.00 C 1.00 C	vinegar, and spices if you like. Enjoy!
1 1/2 cups Bean sprouts	6.00 F	
2 tsp Olive or monounsaturated oil	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
2 cure Mills less fet (40/)	Portions	Protein Shake
3 cups Milk, low fat (1%) 21 grams Protein powder	3.00 PC 3.00 P	Put all ingredients in a blender over ice and blend,
3 Peaches	3.00 P	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive of Monourisaturated oil	Calories:	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side.
	400	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
0 oz Chieken hronet ekinlese	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Rice and Side Salad
2 cups Lettuce, romaine	.20 C .50 C	Prepare the chicken any way you like with steamed
1 cup Celery 2 Peppers (bell or cubanelle)	1.00 C	rice on the side. Combined, the balsamic vinegar, olive oil, and lemon juice make a tasty dressing for
2 cups Cucumber	.50 C	the vegetables!
3/4 cup Kidney beans	3.00 C	uio vegetables:
2 tsp Olive or monounsaturated oil	6.00 F	
1 cup Rice	3.00 C	
. oup 1100	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
6 oz Cheese, low or non fat	Portions	Cheese, Orange and Peanuts.
•	6.00 P 4.00 C	A quick snack to keep you going!
2 Oranges 18 Peanuts	3.00 C	A quick shack to keep you going!
2 Rice cakes	2.00 C	
2 Tribe bares	Calories:	
	465	
Total Daily Bertiana, Drata		drates: 42 Fat: 26 Calories: 3390

D	ay:	: 2	7

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 Banana</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions:  Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>12 oz Salmon steak</li><li>12 spears Asparagus</li><li>3/4 cup Chickpeas</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>1 cup Rice</li></ul>	8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Baked Salmon  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%)  3 Macadamia nuts  3 oz Cheddar cheese, light/low fat  3 Rice cakes	Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465	Preparation Suggestions:  If you don't know what to do with this, we need a lot of help getting you to eat to grow.
Total Daily Portions: Prote		I drates: 42 Fat: 26 Calories: 3390
		2 glasses of water per day. **

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Dav:	28
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 Bagels 5 tsp Cream cheese 4 Eggs, whole	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.
Snack - Meal Portions: P:6 C:6 F:3  42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions:  Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes	Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions: Cheese, Orange and Peanuts. A quick snack to keep you going!

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Day:	29
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions:  Salmon Sandwich  Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465	Preparation Suggestions:  Mix yogurt and oatmeal together, topping with nuts.  Enjoy cheese on the side or grate and mix together.

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Item	Preparation Suggestions:
2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
	Preparation Suggestions:
6.00 P 6.00 C 3.00 F Calories: 465	Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
	Preparation Suggestions:
8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
	Preparation Suggestions:
3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Item Portions	Preparation Suggestions:
8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
Item Portions	Preparation Suggestions:
6.00 P 4.00 C 3.00 F	Cheese, Orange and Peanuts. A quick snack to keep you going!
	Portions 2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647  Item Portions 6.00 P 6.00 C 3.00 F Calories: 465  Item Portions 8.00 P 2.00 C 6.00 C 3.00 F Calories: 674  Item Portions 3.00 F Calories: 674  Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465  Item Portions 3.00 PC 3.00 C 3.00 F Calories: 465  Item Portions 6.00 P Calories: 674  Item Portions 8.00 P 33 C 25 C 50 C 4.00 C 3.00 C 6.00 F Calories: 674  Item Portions 6.00 P

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

3 steps for success today: Nutrition + Training + Supplements

Chack your Vitals L CROW www ampowered putrition

Day:	31	
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts	4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647	A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	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	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!
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Ricotta cheese, skim</li><li>2 cups Mandarin orange, canned</li><li>9 Walnuts</li></ul>	6.00 P 6.00 C 3.00 F Calories:	Mix these ingredients together to create a simple and delicious snack.

)ay	: 3	32

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 cup Peaches, canned</li> <li>2 Plums</li> <li>30 Peanuts</li> <li>2 slice Whole grain bread</li> <li>4 Eggs, whole</li> </ul>	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Enjoy!  Preparation Suggestions:
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	8.00 P 1.00 C 1.00 C 1.00 C 2.00 C 6.00 F 3.00 C Calories: 674	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!
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674	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!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/4 cups Cottage cheese, light/low fat</li><li>7 cups Cherry tomatoes</li><li>3 cups Zucchini</li><li>3 tbsp Almonds, slivered</li><li>1 cup Milk, low fat (1%)</li></ul>	5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465	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!

Day:	33
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4 Egg whites 3 Eggs, whole 3 Eggs, whole 2 oz Cheese, low or non fat 2 oz Cheese, low or non fat 1 cup Milk, low fat (1%) 1 cup Celery 1 Pepper (bell or cubanelle) 2 Sice Whole grain bread  Snack - Meal Portions: P:6 C:6 F:3  Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1 cup Rice 1 1/2 cups Bean sprouts 2 1/2 cups Spinach 1 cup Rice 2 1/2 cups Bean sprouts 1 cup Rice 2 1/2 cups Bean sprouts 2 1/2 cups Bean sprouts 1 cup Rice 2 1/2 cups Bean sprouts 2 1/2 cups Bean sprouts 3 1/2 cups Bean sprouts 1 cup Rice 2 1/2 cups Bean sprouts 3 cups Milk, low fat (1%) 3 cups Milk, low fat (1%) 3 cups Milk, low fat (1%) 3 peaches 3 cups Milk, low fat (1%) 3 peaches 465  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3		_	
3 Eggs, whole 2 oz Cheese, low or non fat 1 cup Delery 1 cup Delery 1 cup Celery 1 Pepper (bell or cubanelle) 1 Nectarine 2 20 C Cheese, low or non saturated oil 2 slice Whole grain bread 2 slice Whole grain bread 2 slice Whole grain bread 3 Apples 6 oz Cheese, low or non fat 6 oz Cheese, low or non fat 7 Apples 8 Apples 9 Almonds, whole 1 Sage Bef, lean cuts 1 cup Role samples and substitution of the samples are the samples are the samples and substitution of the samples are part of sauce, salt & pepper, garlic and ginger for flavor. 2 stap Olive or monounsaturated oil 2 substitution or monounsaturated oil 3 sup Roles 3 cup Water chestnuts 2 cup Roles 3 cup Roles 3 cup Roles 3 cup Roles 3 cup Roles 4 cup Roles 3 cup Roles 4 cup Roles 4 cup Roles 5 calories: 4 cup Roles 5 calories 5 calories 6 cup Roles 6 cup R	Breakfast - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
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1 cup Milk, low fat (1%) 1 cup Celery 1 cup Celery 1 Pepper (bell or cubanelle) 2 Slice Whole grain bread  Snack - Meal Portions: P:6 C:6 F:3 8 Almonds, whole 9 Almonds, whole 1 cup Leeks 1 cup Celes 1 1/2 cups Bana sprouts 1 tup Rice 1 1/2 cups Milk, low fat (1%) 3 cups Spinach 1 tup Rice 1 cup Leeks 3 cup Sinach 1 cup Rice 1 cup Leeks 3 cup Sinach 1 cup Rice 1 cup Rice 1 cup Leeks 3 cup Sinach 1 cup Rice 1 cup Leeks 3 cup Sinach 1 cup Rice 1 cup Leeks 3 cup Water chestnuts 3 cups Milk, low fat (1%) 3 cups Spinach 1 tup Rice 1 cup Leeks 3 cup Sinach 1 cup Rice 2 cup Mushrooms 3 cups Milk, low fat (1%) 3 cups Spinach 1 tup Close or monounsaturated oil 3 cup Sinach 1 tup Rice 2 cup Sup Spinach 3 cup Spinach 1 tup Rice 2 cup Sup Spinach 3 cup Sinach 1 tup Rice 2 cup Sup Spinach 3 cup Sinach 1 tup Rice 2 cup Sup Spinach 3 cup Sinach 4 cup Rice 3 cup Sinach 4 cup Rice 3 cup Sinach 5 cup Sinach 6 cup Rice 3 cup Sinach 6 cup Rice 6 cup Sup Spinach 7 cup Sinach 8 cup Leeks 8 cup Sinach 1 tup Rice 8 c			
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2 slice Whole grain bread  Calories: 647  Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 3 Apples 6 oz Cheese, low or non fat 6 oz Cheese, low or non fat 6 oz Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!  Preparation Suggestions: Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!  Preparation Suggestions: Asian Beef and Vegetable Medley Cut beef into strips and sauté until done. Chop vegetables and add to the same pan as the beef. 1 1/2 cups Bean sprouts 2 00 C calories: 674  Snack - Meal Portions: P:6 C:6 F: 3 3 oct by Strip or monounsaturated oil 1 tap Olive or monounsaturated oil 2 tap Olive or monounsaturated oil 3 Peaches 1 tap Olive or monounsaturated oil 3 Peaches 1 tap Olive or monounsaturated oil 3 1/2 cups Spinach 4 cups Bamboo shoots 1 cup Water chestnuts 6 tosp Almonds, slivered 4 oz Matzo  Calories: 6/4  Snack - Meal Portions: P:8 C:8 F:6  Preparation Suggestions: Protein Shake Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Dinner - Meal Portions: P:8 C:8 F:6  Protions 8 oz Lobster 2 cups Mushrooms 1 1/0 C 1 cup Strip or All S			
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Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 3 Apples 5 Apples 6.00 C 2.00 F Calories: 465  Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1 1/2 cups Spinach 1 1/2 cups Bean sprouts 2 1 1/2 cups Bean sprouts 2 1 1/2 cups Bean sprouts 2 1 cup Rice 1 1 cup Rice 2 1 grams Protein powder 3 Peaches 1 1 sp Olive or monounsaturated oil 2 1 sp Olive or monounsaturated oil 3 1/2 cups Spinach 1 top Rice 3 0.00 F 3 0.00	2 slice vynole grain bread		
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Freparation Suggestions: 6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole  Mid Meal - Meal Portions: P:8 C:8 F:6  Mik I tem Portions  Mik I low fat (1%)  Mik I low fat			
6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole 2 Apples 9 Almonds, whole 8 Tealories: 465 Mid Meal - Meal Portions: P:8 C:8 F:6  Mid Meal Portions: P:8 C:8 F:8  Mid Meal Portions: P:8 C:	Snack - Meal Portions: P:6 C:6 F:3		Preparation Suggestions:
3 Apples 9 Almonds, whole 2 Almonds, whole 3 Apples 9 Almonds, whole 3 Apples 8 oz Beef, lean cuts 1 cup Leeks 1 1/2 cups Bean sprouts 2 1/3 cups Bean sprouts 2 1 typ Olive or monounsaturated oil 1 cup Rice 1 typ Olive or monounsaturated oil 2 1 typ Olive or monounsaturated oil 3 Peaches 3 Peaches 1 typ Olive or monounsaturated oil 4 typ Olive or monounsaturated oil 5 Preparation Suggestions:  8 oz Beef, lean cuts 8 ov P 1 00 C 3 1/2 cups Bean sprouts 2 1 00 C 2 2 typ Olive or monounsaturated oil 6 00 F 3 00 C Calories: 674  Snack - Meal Portions: P:6 C:6 F: 3 3 cups Milk, low fat (1%) 2 1 grams Protein powder 3 Peaches 3 1 typ Olive or monounsaturated oil 4 typ Olive or monounsaturated oil 5 Protein Shake 9 tut 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 share to the fruit on the side. Enjoy!  Dinner - Meal Portions: P:8 C:8 F:6 8 oz Lobster 2 cups Mushrooms 1 1/2 cups Spinach 4 oz Matzo  Dinage Bamboo shoots 1 cup Water chestnuts 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal	6 oz Cheese, low or non fat		Cheese Apple and Almonds
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 cup Rice 2 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Lobster 2 cups Mushrooms 8 oz Lobster 2 cups Mushrooms 8 to Zubster 2 cups Mushrooms 1 1/2 cups Spinach 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3 1/2 cups Bean poots 1 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Lobster 2 cups Mushrooms 1 1/2 cups Spinach 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3 1 Tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Lobster 2 cups Mushrooms 1 1/2 cups Ricotta Cheese, skim 2 cups Mandarin orange, canned 9 Walnuts  Preparation Suggestions: Protein Shake Protein Sha			A nice guick snack to satisfy those crayings!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Beef, lean cuts 1 cup Leeks 1 cup Leeks 1 1/2 cups Bean sprouts 2 /3 cup Water chestnuts 2 cup Rice 1 cup Rice 2 speach   let m Portions   Portions   Portions   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!  Snack - Meal Portions: P:6 C:6 F:3 3 cups Milk, low fat (1%) 2 1 grams Protein powder 3 Peaches 3 cups Milk, low fat (1%) 2 1 tsp Olive or monounsaturated oil 3 Peaches 3 Calories: 465  Dinner - Meal Portions: P:8 C:8 F:6 8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3 1 /2 cups Bamboo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3			7 thos, quiek chack to causily alloco cravings.
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Roz Beef, lean cuts 1 cup Spinach 1 ty2 cups Spinach 1 cup Rice  Snack - Meal Portions: P:6 C:6 F: 3 3 cup Milk, low fat (1%) 3 Peaches 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 Peaches 1 tsp Olive or monounsaturated oil 4 cup Spinach 1 tsp Olive or monounsaturated oil 5 calories: 465  Dinner - Meal Portions: P:8 C:8 F:6 8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:8 C:8 F:6  Boz Lobster 4 cups Baanspoo shoots 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo  Portions 8 No P Calories: 674  Ltem Portions 8 Oz Lobster 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo  Preparation Suggestions:  Preparation Suggestions:  Preparation Suggestions:  Preparation Suggestions:  Preparation Suggestions:  Preparation Suggestions:  Freparation Suggestions:  Preparation Suggestions:  Protains 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!  Dinter - Meal Portions: P:8 C:8 F:6 Portions 8 oz Lobster 2 cups Mushrooms 1 .00 C 1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo  Snack - Meal Portions: P:6 C:6 F:3  Preparation Suggestions:  Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!  Mix these ingredients together to create a simple and delicious snack.  Mix these ingredients together to create a simple and delicious snack.		465	
8 oz Beef, lean cuts 1 cup Leeks 3 1/2 cups Spinach 1 1/2 cups Bean sprouts 2 tsp Olive or monounsaturated oil 1 cup Rice  Snack - Meal Portions: P:6 C:6 F:3 3 cups Mushrooms 8 oz Lobster 2 cups Mushrooms 8 oz Lobster 2 cups Bushoods hoots 1 1/2 cups Bamboo shoots 1 1/2 cups Bushrooms 8 oz Lobster 2 cups Bushrooms 8 oz Lobster 2 cups Bushrooms 1 1/2 cups Spinach 2 cup Rice  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!  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!  Preparation Suggestions:  Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!  Preparation Suggestions:  No C Calories: 674  Snack - Meal Portions: P:6 C:6 F:3  Item Portions 6 00 P Calories: 674  Preparation Suggestions:  Mix these ingredients together to create a simple and delicious snack.	Mid Meal - Meal Portions: P:8 C:8 F:6		Preparation Suggestions:
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  Snack - Meal Portions: P:6 C:6 F:3 3 cups Milk, low fat (1%) 2 1 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 top Main to the same pan as the beef. Sauté until the vegetables are tender, adding Soya sauce, salt & pepper, garlic and ginger for flavor. Enjoyl  Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoyl  Dinner - Meal Portions: P:8 C:8 F:6 8 oz Lobster 2 cups Mushrooms 8 oz Lobster 2 cups Mushrooms 1 1/2 cups Spinach 4 oz Matzo 1 cup Water chestnuts 6 top Main to the same pan as the beef. Sauce, salt & pepper, garlic and ginger for flavor. Enjoyl  Preparation Suggestions:  Lobater Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoyl  Preparation Suggestions: Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoyl  Freparation Suggestions:  Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoyl  Freparation Suggestions:  Notation the vegetables and add to the same pan as the beef. Sauce, salt & pepper, garlic and ginger for flavor.  Enjoyl  Preparation Suggestions: Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoyl  Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoyl  Freparation Suggestions:  Notation Suggestions of the mix	8 oz Roof Joan cuts		
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Calories: 674  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts  Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.  3.00 F Calories: 465			
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Calories: 465			delicious stidon.
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otein Smoothie  It all ingredients in a blender over ice and blend, ding water to create desired consistency. If a ender is not available, set aside the fruit and shake
x it all together, then eat the fruit on the side. njoy!
eparation Suggestions:  Ilmon Sandwich  x salmon and mayonnaise or oil, salt and pepper taste. For some added crunch add a handful of tuce, celery or bean sprouts.
eparation Suggestions:  B Banana Monster  end all ingredients together and add ice cubes until sired consistency is reached. If a blender is not ailable mix protein powder with cold water and ve remaining ingredients on the side. Enjoy!
eparation Suggestions:  bicy Curried Mussels hop vegetables and saute in a small pan. Season th salt, pepper and curry powder (or cumin & rmeric). Add yogurt and a little water and bring to a nmer. Add mussels, cover and cook until done. erve over rice.
eparation Suggestions: quick and tasty snack.

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

Day:	35
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 cup Peaches, canned</li> <li>2 Plums</li> <li>30 Peanuts</li> <li>2 slice Whole grain bread</li> <li>4 Eggs, whole</li> </ul>	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674	Preparation Suggestions:  Pasta with Feta Cheese, Shredded Chicken and Greens  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.  This dish refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories:	Preparation Suggestions:  Mix all the ingredients together and enjoy cold.

Day: 3	36
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647	Mix all ingredients together and enjoy this refreshing meal!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions:  Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal	Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465	Preparation Suggestions:  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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P .33 C .25 C .50 C 4.00 C 3.00 C 6.00 F Calories: 674	Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetable and nuts. Enjoy the applesauce on the side.
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465	Preparation Suggestions:  Mix yogurt and oatmeal together, topping with nuts.  Enjoy cheese on the side or grate and mix together.

Day	<b>/</b> :	37	7

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

Day:∶	38
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>3 cups Milk, low fat (1%)</li><li>21 grams Protein powder</li><li>3 Plums</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise	8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	Portions 6.00 P 6.00 C 3.00 F Calories: 465	A quick and tasty snack.
	in: 42 Carbohyo	drates: 42 Fat: 26 Calories: 3390
** Remember to drink be	etween 10 and 1.	2 glasses of water per day. ** s and be empowered

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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold 1 cup Grapes 15 Walnuts	Portions 4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647	A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%)  3 Macadamia nuts  3 oz Cheddar cheese, light/low fat  3 Rice cakes	Item Portions 3.00 PC 3.00 F 3.00 P 3.00 C Calories: 465	Preparation Suggestions:  If you don't know what to do with this, we need a lot of help getting you to eat to grow.
	n: 42 Carbohyo	drates: 42 Fat: 26 Calories: 3390 2 glasses of water per day. **

Day:	40
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	A refreshing breakfast.
2 Bananas	6.00 C	A remedining breaklast.
5 Macadamia nuts	5.00 F	
4 Eggs, whole	4.00 P	
1 slice Rye bread	2.00 C	
•	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
	Portions	. 55
1 cup Cottage cheese, light/low fat	4.00 P 2.00 C	Cottage Cheese, Raspberries & Peanuts  A great, quick snack, mix it all up fast and go!
2 cups Raspberries 18 Peanuts	3.00 C	A great, quick shack, thix it all up last and go!
14 grams Protein powder	2.00 P	
2/3 cup Applesauce	2.00 C	
1 tbsp Barley	2.00 C	
,	Calories:	
	465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts	Portions 8.00 P	Barbecued Beef
1/2 cup Onions	1.00 C	Barbecueu Beer
1 cup Tomato, puree	2.00 C	Simple but tasty.
6 cups Broccoli	2.00 C	Cimpio but tacty.
2 tsp Olive or monounsaturated oil	6.00 F	
1 cup Rice	3.00 C	
·	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
1 our Vaguet plain low fot	Portions 2.00 PC	Protein Shake with Fruit
1 cup Yogurt, plain, low fat 28 grams Protein powder	4.00 PC	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	2.00 C	adding water to create desired consistency. If a
2 cups Strawberries	2.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	465	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak	8.00 P	Baked Salmon
12 spears Asparagus	1.00 C	Bake the salmon on high, with a couple wedges of
3/4 cup Chickpeas 2 Peppers (bell or cubanelle)	3.00 C 1.00 C	lemon on top if you like. Serve the vegetables on the
2 tsp Olive or monounsaturated oil	6.00 F	side.
		side.
1 cup Rice	1 3 00 C	
1 cup Rice	3.00 C Calories:	
1 cup Rice	3.00 C Calories: 674	
·	Calories:	Preparation Suggestions
Snack - Meal Portions: P:6 C:6 F:3	Calories: 674 Item Portions	Preparation Suggestions:
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat	Calories: 674 Item Portions 2.00 PC	Grate the cheese and mix with the remaining
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat	Calories: 674 Item Portions 2.00 PC 2.00 P	
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes	Calories: 674 Item Portions 2.00 PC 2.00 P 2.00 C	Grate the cheese and mix with the remaining
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts	Calories: 674 Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F	Grate the cheese and mix with the remaining
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes	Calories: 674 Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC	Grate the cheese and mix with the remaining
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts	Calories: 674 Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F	Grate the cheese and mix with the remaining

Day: 41
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Decilion Media de la Badassa	Item	B
Breakfast - Meal Portions: P:8 C:8 F:5  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	Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice	Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2/3 cup Applesauce 1 Peach 1 cup Strawberries 1 Apple 3 tbsp Almonds, slivered	Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  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.
Total Daily Portions: Protein: A		drates: 42 Fat: 26 Calories: 3390

Day:	42
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Breakfast - Meal Portions: P:8 C:8 F:5	ltem Portions	Preparation Suggestions:
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	6.00 P .86 C 1.33 C 1.33 C .50 C 5.00 F 2.00 P 4.00 C Calories: 647	Scrambled eggs and vegetables. If you like things a bit spicier, try adding some crushed chili peppers along with some salt and pepper.
Snack - Meal Portions: P:6 C:6 F:3 2 cups Milk, low fat (1%)	Item Portions 2.00 PC	Preparation Suggestions:  Protein Shake with Fruit
28 grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 4.00 C 3.00 F Calories: 465	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>12 oz Salmon steak</li><li>1 Nectarine</li><li>3 slice Whole grain bread</li><li>6 tsp Mayonnaise</li></ul>	8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Pheasant 3/4 cup Cranberries 1 1/2 cups Beans, green or yellow 2 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>1 cup Cottage cheese, light/low fat</li><li>2 cups Strawberries</li><li>3 tbsp Almonds, slivered</li><li>1 tbsp Barley</li></ul>	2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.

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Day: 43	3
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bananas</li><li>5 Macadamia nuts</li><li>4 Eggs, whole</li><li>1 slice Rye bread</li></ul>	4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container t mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container t mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions: 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!
Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions: A quick and tasty snack.

Day: 44
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Portions	
	Veggie Omelets
	Sauté vegetables until softened, stir in egg whites.
	Cook until set with seasoning of your choice. Enjoy
	nectarine separately.
	Preparation Suggestions:
	Cottage Cheese, Raspberries & Peanuts
	A great, quick snack, mix it all up fast and go!
3.00 F	
Calories:	
465	
Item	Preparation Suggestions:
Portions	
3.00 P	Soup with grated cheese on top. Enjoy the fruit for
5.00 A	dessert.
2.00 C	
1.00 C	
1.00 F	
Calories:	
674	
Item	Preparation Suggestions:
Portions	Freparation Suggestions.
3.00 PC	Protein Shake
3.00 P	Put all ingredients in blender over ice and blend.
3.00 C	Add water to create desired consistency. Enjoy!
3.00 F	, , ,
Calories:	
465	
Item	Preparation Suggestions:
Portions	
8.00 P	Chicken and Potato with Grapes
1.00 C	
3.00 C	A simple grilled chicken breast with sauteed
1.00 C	mushrooms over top potato and some fruit on the
6.00 F	side.
3.00 C	
Calories:	
674	
Item	Bassaction Occurrentian
Portions	Preparation Suggestions:
	A guick and tasty snack.
Calories:	
465	
	2.00 P 2.00 C 2.00 C 2.00 C Calories: 465  Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674  Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465  Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674  Item Portions 8.00 P 1.00 C 3.00 F

Day:	45
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>2 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li><li>3/4 cup Cranberries</li></ul>	3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 oz Salmon steak 2/3 cup Fruit cocktail 3 slice Whole grain bread 6 tsp Mayonnaise	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Salmon Sandwich Mix salmon and mayonnaise or oil, salt and pepper to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3  1 cup Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul> <li>2 oz Cheese, low or non fat</li> <li>6 oz Chicken breast, skinless</li> <li>1 cup Lettuce, romaine</li> <li>1 cup Salsa</li> <li>1 cup Grapes</li> <li>2 whole Pita</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674	Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)	Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories:	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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Day:	46
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
21 grams Protein powder	3.00 P	
1 1/2 cups Bran cereal, all varieties	3.00 C Calories:	
	647	
2 1 1 12 11 22 22 22 2	Item	<b>5 6</b>
Snack - Meal Portions: P:6 C:6 F:3	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes unti
1 Banana	3.00 C	desired consistency is reached. If a blender is not
1 tsp Olive or monounsaturated oil	3.00 F Calories:	available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	465	Thave remaining ingredients on the side. Enjoy:
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak	8.00 P	Salmon Sandwich
2/3 cup Fruit cocktail	2.00 C	Mix salmon and mayonnaise or oil, salt and pepper
3 slice Whole grain bread 6 tsp Mayonnaise	6.00 C 6.00 F	to taste. For some added crunch add a handful of lettuce, celery or bean sprouts.
o tsp Mayorinaise	Calories:	lettuce, celety of beatt sprouts.
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
2 oung Milk low fot (19/)	Portions 2.00 PC	Protein Shake with Fruit
2 cups Milk, low fat (1%) 28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
4 cups Raspberries	4.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side.
Dinner Mool Partiana, P.O.C.O.F.C	Item	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Ultra-Fast Beef Dinner with Vegetables
1 cup Broccoli	.33 C	Brown ground beef and mix with chopped vegetables
1 cup Cauliflower 1 cup Mushrooms	.25 C .50 C	and nuts. Enjoy the applesauce on the side.
1 1/3 cups Applesauce	4.00 C	
3/4 cup Pasta	3.00 C	
18 Almonds, whole	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat	6.00 P	A quick and tasty snack.
3 oz Pretzels	6.00 C	1
9 Walnuts	3.00 F	
	Calories:	
	465	1 10 5 100 0 1 1 2000
Total Daily Portions: Prote	in: 42 Carbohyo	drates: 42 Fat: 26 Calories: 3390

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Day:	47
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bagels</li><li>5 tsp Cream cheese</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.
Snack - Meal Portions: P:6 C:6 F:3  1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674	Preparation Suggestions:  Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  Lobster Dinner  Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories: 465	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

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

Have you had your Protein Smoothie today?

Day: 4	8
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Breakfast - Meal Portions: P:8 C:8 F:5  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	Item Portions 3.00 PC 5.00 P 4.00 C 1.00 C 5.00 F Calories: 647	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions:  Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%)  28 grams Protein powder  2 Nectarines  1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Binner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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 necessar. When the vegetables are done, let the water evaporate, then season with salt and pepper. Enjoy
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold.

Day: 4	19
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>6 Egg whites</li> <li>1 cup Blueberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> <li>2 slice Whole grain bread</li> </ul>	Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Tuna, canned in water</li><li>16 Cherries</li><li>2 whole Pita</li><li>6 tsp Mayonnaise</li><li>4 Tomatoes, sun dried</li></ul>	8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  Baked Salmon  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes	Item Portions 6.00 P 4.00 C 3.00 F 2.00 C	Preparation Suggestions:  Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
3/5 oz Sunflower seeds 1 tbsp Barley	Calories:	

Day:	50
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered	2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	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!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Tuna, canned in water</li><li>16 Cherries</li><li>2 whole Pita</li><li>6 tsp Mayonnaise</li><li>4 Tomatoes, sun dried</li></ul>	8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Chicken and Potato with Grapes  A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread	6.00 P 4.00 C 3.00 F 2.00 C Calories:	Cheese, Nuts & Fruit Enjoy items separately!

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

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Day: 5	2
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Decelerate Mari Decilian D. C. C. C. C.	Item	Barranetian Orangetian
Breakfast - Meal Portions: P:8 C:8 F:5  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	Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal	6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465	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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674	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!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Cottage cheese, light/low fat</li><li>2 cups Grapes</li><li>3/5 oz Sunflower seeds</li><li>1 tbsp Barley</li></ul>	6.00 P 4.00 C 3.00 F 2.00 C Calories:	Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	465	I control of the second of the

Day: 5	53
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### Proteins Protein powder   2 slice Whole grain bread   5.00 P   4.00 C   1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries   1.00 C   Calories: 647    ### Snack - Meal Portions: P:6 C:6 F:3   Item Portions   2 cups Milk, low fat (1%)   2 grams Protein powder   4.00 C   4.00 P   4.00 C   2 strawberries   4.00 P   4.00 C   4.00 P   4		1	T
1 1/2 cups Yogurt, plain, low fat 36 grams Protein powder 2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 4 0.0 C 4 cups Strawberries 4 0.0 C 1 3/3 cups Splanach 1 3/3 cups Splanach 2 cups Milk, low fat (1%) 4 0.0 C 2 stp Olive or monounsaturated oil 4 0.0 C 2 cups Strawberries 4 0.0 C 2 cups Cups Milk, low fat (1%) 4 0.0 C 2 cups Cups Milk, low fat 3 0.0 F 6 0.0 F	Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
35 grams Protein powder 2 slice Whole grain bread 3/4 cup Cranberries 3/4 cup Cranberries 2 cups Milk, low fat (1%) 2 cups Milk, low fat (1%) 2 grams Protein powder 4 cups Strawberries 4 cups Cranberries 4 cups Cranberries 2 cups Milk, low fat (1%) 2 grams Protein powder 4 cups Strawberries 4 cups Cranberries 5 cups Cranberries 6 cups Cranberries 6 cups Cranberries 8 cups Cranberries 8 cups Multiplain, low fat 4 cups Cranberries 8 cups Raspberries 2 cups Cranberries 8 cups Cranberries 8 cups Multiplain, low fat 5 cups Cranberries 8 cups Multiplain, low fat 9 cups Raspberries 9 cups Cranberries 1 cup Cranberries 8 cups Cranberries 8 cups Cranberries 8 cups Cranberries 8 cups Cranberries 9 cups Multiplain, low fat 9 cups Cranberries 1 cup Cranberries 1 cup Cranberries 2 cups Cranberries 2 cups Cranberries 3 cups Cranberries 4 cups Cranberries 5 cups Cranberries 6 cups Cranberries 6 cups Cranberries 7 cups Cranberries 8 cups Cranberries 9 cups Cranberries 1 cup Cranberries 1 cup Cranberries 2 cups Cranberries 2 cups Cranberries 3 cups Cranberries 4 cups Cranberrie	1.1/2 cups Yogurt, plain, low fat		Yogurt and toast Mix the protein powder and olive
2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries  Snack - Meal Portions: P:6 C:6 F:3 2 cups Milk, low fat (1%) 2 8 grams Protein powder 4 cups Strawberries 4 00 P 4 0 C Shicken breast, skinless 4 0 C C Stocken breast, skinless 1 cup Squrt, plain, low fat 1 cup Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil 4 oz C Shicken breast, skinless 5 nack - Meal Portions: P:6 C:6 F:3 1 cup Yogurt, plain, low fat 2 cups Strawberries 1 tsp Olive or monounsaturated oil 5 0 F 2 cups Raspberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 0 C C Shicken breast, skinless 1 cup Yogurt, plain, low fat 2 cups Strawberries 2 cups Strawberries 3 cups Raspberries 2 cups Strawberries 3 cups Strawberries 3 cups Strawberries 4 cups Grapes 3 cups Mushrooms 1 1/2 cups Grapes 1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3 750 c Sunflower seeds 4 655 1 tsp Dilve or monounsaturated oil 1 cup Potalions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:8 C:8 F:6  Borner - Meal Portions: P:8 C:8 F:6  Source - Meal Portions: P:8 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3  Snack - M			
1 2/3 tsp Olive or monounsaturated oil 3/4 cup Cranberries  Snack - Meal Portions: P:6 C:6 F:3 2 cups Milk, low fat (1%) 2 8 grams Protein powder 4 cups Strawberries 4 00 C 1 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 tsp Olive or monounsaturated oil 9 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 2 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 3 tsp Olive or monounsaturated oil 4 tsp Olive or monounsaturated oil 5 tsp Olive or monounsaturated oil 6 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 7 tsp Olive or monounsaturated oil 8 oz Chicken breast, skinless 2 cups Kustweries 2 tsp Olive or monounsaturated oil 1 tsp			on and the yegant Injey.
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 2 d grams Protein powder 4 cups Strawberries 1 tsp Olive or monounsaturated oil 2 tsp Clicken breast, skinless 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless 2 tsp Olive or monounsaturated oil 4 oz Chicken breast, skinless 5 claps Strawberries 1 cup Yogurt, plain, low fat 2 cups Strawberries 2 cups Strawberries 3 oz Cups Strawberries 4 oz Feta cheese, light/low fat 3 1/2 cups Strawberries 4 oz Feta cheese, light/low fat 4 oz Chicken breast, skinless 4 oz Feta cheese, light/low fat 3 1/2 cups Strawberries 4 oz Chicken breast, skinless 5 claps Strawberries 5 claps Strawberries 5 claps Strawberries 6 claps Strawberries 7 claps Strawberries 8 oz Chicken breast, skinless 8 oz Chicken breast skinless 8 oz Chicken breast, skinless 8 oz Chicken breast skinless 8 oz Chicken brea		5.00 F	
Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 2 typ Strawberries 1 typ Olive or monounsaturated oil 2 to 2 chicken breast, skinless 2 typ Yogurt, plain, low fat 2 cups Strawberries 3 cup Yogurt, plain, low fat 2 cups Strawberries 4 cup Yogurt, plain, low fat 2 cups Strawberries 5 cup Strawberries 4 oz Chicken breast, skinless 5 cup Strawberries 6 cup Yogurt, plain, low fat 2 cups Strawberries 7 cup Yogurt, plain, low fat 2 cups Strawberries 8 cup Yogurt, plain, low fat 2 cups Strawberries 9 cups Raspberries 1 cup Yogurt, plain, low fat 2 cups Strawberries 1 typ Olive or monounsaturated oil 2 typ Olive or monounsaturated oil 3 cup Applesauce 1 typ Olive or monounsaturated oil 4 cups Strawberries 5 cups Strawberries 6 cups Strawberries 6 cups Strawberries 7 cup Yogurt, plain, low fat 2 cups Strawberries 8 cup Yogurt, plain, low fat 2 cups Strawberries 1 typ Olive or monounsaturated oil 2 cups Raspberries 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 3 cup Applesauce 1 typ Olive or monounsaturated oil 5 calories: 465  1 typ Olive or monounsaturated oil 6 cup Facility Strawberries 8 cup Kappberries 9 cups Raspberries 1 cup Yogurt, plain, low fat 2 cups Cappberries 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 3 cup Applesauce 1 typ Olive or monounsaturated oil 1 cup Potato  Snack - Meal Portions: P:6 C:6 F:3 1 liem Portions 8 cup Harries Portions 8 cup Harries Portions 9 cups Raspberries 2 cups Mushrooms 1 cup Yogurt, plain, low fat 2 cups Cappes 3 cup Applesauce 4 cups Grapes 3 cup Applesauce 1 cup Potato  Snack - Meal Portions: P:6 C:6 F:3 1 liem Portions 1 cup Yogurt, plain, low fat 2 cups Cappes 3 cups Strawberries 2 cups Mushrooms 3 cup Applesauce 4 cups Grapes 3 cups Grapes 4 cups Grapes 4 cups Grapes 4 cups Grapes 5 cups Grapes 5 cu	3/4 cup Cranberries		
Item   Portions   Proparation   Preparation   Preparatio			
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Calories: 465   When the green are done, crumble cheese over top and add pasta.   This dish refrigerates well so you can prepare it well in advance.			
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4 oz Chicken breast, skinless  4 .00 P Calories: 674    Meanwhile, chop greens and and chicken saute in a frying pan. Add 1 bsp basil, 1/2 bsp oregano, salt, pepper and garlic to taste. When the greens are done, crumble cheese over top and add pasta.  This dish refrigerates well so you can prepare it well in advance.    Item Portions   1 cup Yogurt, plain, low fat   2 cups Raspberries   2 cups Strawberries   2 cups Strawberries   3 cup Strawberries   4 cup Strawberries   5 cup Strawberries   6 cut Herm Portions   6 cut Herm Portion			Cook pasta according to package directions
Calories: 674  Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
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Cone, crumble cheese over top and add pasta.		674	
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2 cups Mushrooms 1 1/2 cups Grapes 3.00 C 1 /3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1 1/2 cups Grapes 4/5 A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.  A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.  Cottage: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	8 oz Chicken breast, skinless		Chicken and Potato with Grapes
1 1/2 cups Grapes 1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3.00 C Calories: 674  Item Portions 1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.  Freparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  Calories: 465			2.54
1/3 cup Applesauce 2 tsp Olive or monounsaturated oil 1 cup Potato  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  1.00 C 6.00 F 3.00 C Calories: 674  Item Portions 6.00 P 4.00 C Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  1.00 C 6.00 F 3.00 C Calories: 465	1 1/2 cups Grapes	3.00 C	
1 cup Potato  3.00 C Calories: 674  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  2.00 C Calories: 465	1/3 cup Applesauce		
Calories: 674  Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  2.00 C Calories: 465			side.
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  2.00 C Calories: 465	1 cup Potato		
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!  Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
Portions  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Charle Meel Postioner D-C 0-2 5-2		Drawaretian Commention -
2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley  4.00 C 3.00 F 2.00 C Calories: 465		Portions	
3/5 oz Sunflower seeds 1 tbsp Barley 2.00 C Calories: 465 way, you're on your way to a healthy lifestyle!			
1 tbsp Barley 2.00 C Calories: 465			
Calories: 465			way, you're on your way to a healthy lifestyle!
465	i lusp bariey		
	Total Daily Portions: Protein: 4		drates: 42 Fat: 26 Calories: 3390

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 cup Egg substitute</li><li>4 slice Whole grain bread</li><li>5 tsp Peanut butter, natural</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 3 Apples 9 Almonds, whole	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions: Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F: 3  42 grams Protein powder 1 Orange 2 cups Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts 2/3 cup Oatmeal	Item Portions 6.00 P 2.00 C 2.00 C 2.00 F 1.00 F 2.00 C Calories: 465	Preparation Suggestions:  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.
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Chicken and Potato with Grapes A simple grilled chicken breast with sauteed mushrooms over top potato and some fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread	Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!

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

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

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Day:	57
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Breakfast - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%)	Item Portions 3.00 PC	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk
35 grams Protein powder	5.00 P	and fruit. Stir in the protein powder to add flavour -
2 cups Cereal, cold	4.00 C	and protein, or course, which will get you started on
1 cup Strawberries	1.00 C	your day right.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647 Item	
Snack - Meal Portions: P:6 C:6 F:3	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
2 Kiwis	2.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F 2.00 C	up the remaining ingredients in a closed container to
2/3 cup Oatmeal	Calories:	mix it all together, then eat the fruit on the side. Enjoy!
	465	Lijoy:
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
4 oz Feta cheese, light/low fat	4.00 P	Pasta with Feta Cheese, Shredded Chicken and
3 1/2 cups Spinach	1.00 C	Greens
1 3/4 cups Pasta	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	Cook pasta according to package directions.
4 oz Chicken breast, skinless	4.00 P Calories:	Meanwhile, chop greens and and chicken saute in a
	674	frying pan. Add 1 tbsp basil, 1/2 tbsp oregano, salt, pepper and garlic to taste. When the greens are
	074	done, crumble cheese over top and add pasta.
		This dish refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1 cup Mango	3.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
Dinney Meel Destines D.O.C.5.0	465 Item	Drangration Suggestions
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Ginger and Peach Chicken
2 Peaches	2.00 C	If you have fresh ginger, grate it and enrights aver
2/3 cup Water chestnuts 1 1/2 cups Snow peas	2.00 C 1.00 C	If you have fresh ginger, grate it and sprinkle over the chicken breast - otherwise use ginger powder.
2 tsp Olive or monounsaturated oil	6.00 F	Slice the peach and place on top, bake on high for
1 cup Rice	3.00 C	30 minutes or until done. Enjoy the vegetables on
	Calories:	the side.
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	If you don't know what to do with this, we need a lot
3 Macadamia nuts	3.00 F	of help getting you to eat to grow.
3 oz Cheddar cheese, light/low fat	3.00 P	
3 Rice cakes	3.00 C	
	Calories: 465	
Total Daily Portions: Protein:		l drates: 42 Fat: 26 Calories: 3390
		2 alasses of water per day. **

Day:	58	
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Peaches, canned 2 Plums 30 Peanuts 2 slice Whole grain bread	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
4 Eggs, whole	Calories: 647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>35 grams Protein powder</li><li>1 Grapefruit</li><li>18 Peanuts</li><li>3 tbsp Raisins</li></ul>	1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 oz Salmon steak 1 Nectarine 3 slice Whole grain bread 6 tsp Mayonnaise	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3 1 1/2 cups Yogurt, plain, low fat	Portions 3.00 PC	Preparation Suggestions: Protein Shake
21 grams Protein powder 2 1/4 cups Watermelon 1 tsp Olive or monounsaturated oil	3.00 P 3.00 C 3.00 F Calories: 465	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/4 cups Cottage cheese, light/low fat</li><li>7 cups Cherry tomatoes</li><li>3 cups Zucchini</li><li>3 tbsp Almonds, slivered</li><li>1 cup Milk, low fat (1%)</li></ul>	5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465	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!
		drates: 42 Fat: 26 Calories: 3390

Day:	59
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bagels</li><li>5 tsp Cream cheese</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.
Snack - Meal Portions: P:6 C:6 F:3  42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 2 Kiwis 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 1.00 C 2.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  12 oz Ground beef (< 10% fat) 1 cup Broccoli 1 cup Cauliflower 1 cup Mushrooms 1 1/3 cups Applesauce 3/4 cup Pasta	Item Portions 8.00 P .33 C .25 C .50 C 4.00 C 3.00 C	Preparation Suggestions:  Ultra-Fast Beef Dinner with Vegetables Brown ground beef and mix with chopped vegetables and nuts. Enjoy the applesauce on the side.
18 Almonds, whole	6.00 F Calories: 674 Item	Proporation Suggestions:
Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheese, low or non fat 1 Cantaloupe 18 Peanuts 1 slice Rye bread	Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!  drates: 42 Fat: 26 Calories: 3390

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Day: 6
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Item Portions	Preparation Suggestions:
2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647	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.
Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Item Portions 8.00 P 2.00 C 6.00 C 3.00 F 3.00 F Calories: 674	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Item Portions 8.00 P 2.00 C 1.00 C .50 C .50 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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
Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 2.00 C 3.00 F Calories:	Preparation Suggestions:  Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
	Portions 2.00 PC 4.00 P 4.00 C 5.00 F 2.00 P 2.00 C Calories: 647  Item Portions 3.00 PC 3.00 F Calories: 465  Item Portions 8.00 P 2.00 C 6.00 C 3.00 F Calories: 674  Item Portions 8.00 P 2.00 C 6.00 C 3.00 F Calories: 674  Item Portions 3.00 PC 3.00 F Calories: 674  Item Portions 8.00 P 2.00 C 1.00 C 5.0 C 1.00 C

D	ay:	61

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>1/2 cup Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>5 Macadamia nuts</li> </ul>	3.00 PC 2.00 P 3.00 P 4.00 C 1.00 C 5.00 F Calories: 647	Mix all ingredients together and enjoy this refreshing meal!
Snack - Meal Portions: P:6 C:6 F:3  1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 3 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.67 C 1.33 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley	Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
		drates: 42 Fat: 26 Calories: 3390

Remember to take your vitamins and be empowered

Day: 62	•
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	Scrambled eggs and vegetables. If you like things a
3 cups Spinach, cooked	.86 C	bit spicier, try adding some crushed chili peppers
2 cups Spinacri, cooked 2 cups Beans, green or yellow		along with some salt and pepper.
	1.33 C	along with some sait and pepper.
1/3 cup Kidney beans	1.33 C	
1/4 cup Onions	.50 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
2 slice Sourdough bread	4.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
10 B 1 '	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
2 Kiwis	2.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
2/3 cup Oatmeal	2.00 C	mix it all together, then eat the fruit on the side.
	Calories:	Enjoy!
	465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken with Rice and Vegetables.
2 cups Mushrooms	1.00 C	Season the vegetables any way you like. Enjoy!
2 1/3 cups Rice	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
40 B 4 '	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 Orange	2.00 C	Blend all ingredients together, except nuts, and add
2 cups Raspberries	2.00 C	ice cubes until desired consistency is reached. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available mix protein powder with cold
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	465	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
O on Channe law on the	Portions	1
2 oz Cheese, low or non fat	2.00 P	Chicken Soft Tacos
6 oz Chicken breast, skinless	6.00 P	Brush chicken with oil and spices and grill or broil
1 cup Lettuce, romaine	.10 C	until cooked. Fill pita shells and garnish with toppings
1 cup Salsa	2.00 C	for extra crunch. Use the remaining vegetable
1 cup Grapes	2.00 C	ingredients to make a salad.
2 whole Pita	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Cheddar cheese, light/low fat	6.00 P	A quick and tasty snack.
3 oz Pretzels	6.00 C	
9 Walnuts	3.00 F	
	Calories:	
	465	
Total Daily Portions: Protein	: 42 Carbohyo	drates: 42 Fat: 26 Calories: 3390
		2 glasses of water per day. **

Day:	63
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>6 Egg whites</li> <li>1 cup Blueberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> <li>2 slice Whole grain bread</li> </ul>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  1 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 1/2 cups Guava 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie  Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!
Snack - Meal Portions: P:6 C:6 F:3  6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories:	Preparation Suggestions: A quick and tasty snack.

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

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>6 Egg whites</li> <li>1 cup Blueberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> <li>2 slice Whole grain bread</li> </ul>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Grapefruit 18 Peanuts 3 tbsp Raisins	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F 3.00 C Calories: 465	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  12 oz Salmon steak 2/3 cup Fruit cocktail 2 whole Pita 6 tsp Mayonnaise 1/2 cup Hummus	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions:  Salmon Stuffed Pita & Fruit Mix salmon & mayonnaise.Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 P 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold.

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	Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bananas</li><li>5 Macadamia nuts</li><li>4 Eggs, whole</li><li>1 slice Rye bread</li></ul>	4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>2 cups Milk, low fat (1%)</li><li>28 grams Protein powder</li><li>4 Kiwis</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul> <li>3 oz Cheese, low or non fat</li> <li>3 1/3 cups Beef and vegetable soup</li> <li>1 Orange</li> <li>4 Crackers</li> <li>1/3 tsp Olive or monounsaturated oil</li> </ul>	3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674	Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Raspberries 1 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 4.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul> <li>1 cup Yogurt, plain, low fat</li> <li>12 oz Mussels</li> <li>12 spears Asparagus</li> <li>2 cups Cauliflower</li> <li>1 1/2 cups Rice</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 1/4 cups Cottage cheese, light/low fat</li><li>7 cups Cherry tomatoes</li><li>3 cups Zucchini</li><li>3 tbsp Almonds, slivered</li><li>1 cup Milk, low fat (1%)</li></ul>	5.00 P 3.50 C 1.50 C 3.00 F 1.00 PC Calories: 465	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!
	40 0 1 1	drates: 42 Fat: 26 Calories: 3390

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Day: 67
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Milk, low fat (1%)</li> <li>6 Egg whites</li> <li>1 cup Blueberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> <li>2 slice Whole grain bread</li> </ul>	2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Tuna, steak</li><li>2 cups Rice</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>1/3 cup Fruit juice</li></ul>	8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 1/4 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>12 oz Salmon steak</li><li>12 spears Asparagus</li><li>3/4 cup Chickpeas</li><li>2 Peppers (bell or cubanelle)</li><li>2 tsp Olive or monounsaturated oil</li><li>1 cup Rice</li></ul>	8.00 P 1.00 C 3.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Baked Salmon  Bake the salmon on high, with a couple wedges of lemon on top if you like. Serve the vegetables on the side.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley	Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories:	Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.

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Day:	68
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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
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	Portions 2.00 PC 3.00 P 2.00 C 5.00 F 3.00 P 4.00 C Calories: 647	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:6 F:3  3 oz Cheese, low or non fat 3 tbsp Raisins 9 Walnuts 21 grams Protein powder 1 cup Fruit juice	Item Portions 3.00 P 3.00 C 3.00 F 3.00 P 3.00 C Calories: 465	Preparation Suggestions: A Shake, Cheese, Raisins & Walnuts Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6  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	Item Portions 4.00 P 1.00 C 7.00 C 6.00 F 4.00 P Calories: 674	Preparation Suggestions:  Pasta with Feta Cheese, Shredded Chicken and Greens  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.  This dish refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 2.00 C 2.00 C 1.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 1 cup Cottage cheese, light/low fat 2 cups Strawberries 3 tbsp Almonds, slivered 1 tbsp Barley	Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.

Day:	69
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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 2.00 PC 2/3 cup Fruit juice 2.00 PC 2/3 cup Fruit juice 2.00 C Calories: 647  Snack - Meal Portions: P:6 C:6 F:3  2 cups Milk, low fat (1%) 2 cups Strawberries 4.00 P 4 cups Strawberries 4.00 P 4 cups Strawberries 4.00 P 4 cups Strawberries 4.00 P 6 Calories: 465  Mid Meal - Meal Portions: P:8 C:8 F:6  So z Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 2 cup Rice 2.00 C 2 tsp Olive or monounsaturated oil 3.00 C 2 tsp Olive or monounsaturated oil 1 cup Rice 3.00 C Calories: 674  Snack - Meal Portions: P:6 C:6 F: 3  Dinner - Meal Portions: P:8 C:8 F:6  Portions 3 cups Milk, low fat (1%) 2.00 P 1 tup Onions 1 tup Olive or monounsaturated oil 3.00 P 1 tup Olive or monounsaturated oil 3.00 P 1 cup Onions 2.00 C 2 cups Cauliflower 2 cups Cauliflower 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 3/4 cup Pasta  Snack - Meal Portions: P:6 C:6 F:3  Snack - Meal Portions: P:6 C:6 F:3	eparation Suggestions:
Portions   Portions	nealthy breakfast with plenty of fibre. Add a dash olive oil to your cereal along with milk to perfectly lance the meal. Enjoy the cheese on the side.
### Portions   Portions   Portions   Portions   Roo P   Roo   Roo P   Roo P	eparation Suggestions:  otein Shake with Fruit t all ingredients in a blender over ice and blend, ding water to create desired consistency. If a ender is not available, set aside the fruit and shake the remaining ingredients in a closed container to x it all together, then eat the fruit on the side. joy!
Snack - Meal Portions: P:6 C:6 F: 3	eparation Suggestions: rbecued Beef mple but tasty.
Item	eparation Suggestions: otein Shake t all ingredients in blender over ice and blend. d water to create desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3 Item Portions P	eparation Suggestions: rk Chops with Vegetables b the pork with cracked black pepper, salt, basil d rosemary, then grill (or bake at 350 for 20-25 nutes) until done. Meanwhile, slice the veggies ely, then steam by tossing them in a hot pan with at a little water, replenishing the water if necessary nen the vegetables are done, let the water apporate, then season with salt and pepper. Enjoy
	eparation Suggestions:  x yogurt and oatmeal together, topping with nuts. joy cheese on the side or grate and mix together.

Day:	70
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Breakfast - Meal Portions: P:8 C:8 F:5  2 cups Yogurt, plain, low fat 1 cup Ricotta cheese, skim 1 cup Cereal, cold	Item Portions 4.00 PC 4.00 P 2.00 C	Preparation Suggestions:  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.
1 cup Grapes 15 Walnuts	2.00 C 5.00 F Calories: 647	ingrediente tegerner und enjey eeld.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1/2 Cantaloupe</li><li>1 1/3 cups Honeydew melon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise	8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Mango 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Lobster 2 cups Mushrooms 3 1/2 cups Spinach 4 cups Bamboo shoots	8.00 P 1.00 C 1.00 C 1.00 C	Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!
1 cup Water chestnuts 6 tbsp Almonds, slivered 4 oz Matzo	3.00 C 6.00 F 2.00 C Calories: 674	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>2 oz Cheese, low or non fat</li><li>1 cup Grapes</li><li>18 Peanuts</li><li>2 cups Milk, low fat (1%)</li></ul>	Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories:	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
	Calories:	

Have you had your Protein Smoothie today?

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

Have a Protein Smoothie, he Empowered

Day:	72
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
21 grams Protein powder	3.00 P	
1 1/2 cups Bran cereal, all varieties	3.00 C Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Raspberries & Peanuts
2 cups Raspberries	2.00 C	A great, quick snack, mix it all up fast and go!
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
2/3 cup Applesauce	2.00 C	
1 tbsp Barley	2.00 C	
	Calories: 465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 oz Mackerel	Portions 8.00 P	Mackerel with a Salad
1/4 head Lettuce, iceberg	.13 C	Try pan-frying the mackerel until done and then
1 cup Artichoke hearts	1.00 C	adding lemon juice and seasonings for flavor.
3 cups Broccoli	1.00 C	adding femon jaide and seasonings for havor.
1 cup Chickpeas	4.00 C	You can make a salad dressing out of olive oil,
2 cups Celery	1.00 C	vinegar, and spices if you like. Enjoy!
1 1/2 cups Bean sprouts	1.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
40 Bratain annulus	Portions	
42 grams Protein powder  1 Orange	6.00 P 2.00 C	Protein Shake with Fruit Blend all ingredients together, except nuts, and add
2 cups Raspberries	2.00 C	ice cubes until desired consistency is reached. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available mix protein powder with cold
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	465	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak and Vegetable Dinner
2 1/2 cups Brussels sprouts	1.67 C	Saute the vegetables in olive oil. Add 1 tbsp basil,
2 cups Beans, green or yellow	1.33 C	1/2 tbsp oregano, salt, pepper and garlic to taste.
2 cups Artichoke hearts	2.00 C	Grill the steak and season as you like. Montreal
2 tsp Olive or monounsaturated oil 1 cup Rice	6.00 F 3.00 C	steak spice is especially good on beef!
i cup nice	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
2/3 cup Applesauce	2.00 C	Combine cottage cheese with cinnamon and nutmeg
1 Peach	1.00 C	and blend until smooth. Pour over fruit in a small
1 cup Strawberries	1.00 C	bowl and top with slivered almonds. Serve
1 Apple	2.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	

Day:	73
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bagels</li><li>5 tsp Cream cheese</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Eggs & cheese with bagel and cream cheese spread. Too easy for the builder with time constraints.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1/2 Cantaloupe</li><li>1 1/3 cups Honeydew melon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674	Soup with grated cheese on top. Enjoy the fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
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	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	Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheddar cheese, light/low fat 3 oz Pretzels 9 Walnuts	6.00 P 6.00 C 3.00 F Calories:	A quick and tasty snack.

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

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Prockfoot Meel Portions, D.9 C.9 E.E	Item	Dronavation Suggestions
Breakfast - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	A refreshing breakfast.
2 Bananas	6.00 C	
5 Macadamia nuts	5.00 F	
4 Eggs, whole	4.00 P	
1 slice Rye bread	2.00 C	
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%)	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 1/2 cups Peaches, canned	3.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side.
	14 ~	Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
12 oz Mackerel	8.00 P	Mackerel with a Salad
1/4 head Lettuce, iceberg	.13 C	Try pan-frying the mackerel until done and then
1 cup Artichoke hearts	1.00 C	adding lemon juice and seasonings for flavor.
3 cups Broccoli	1.00 C	adding lemon juice and seasonings for havor.
1 cup Chickpeas	4.00 C	You can make a salad dressing out of olive oil,
2 cups Celery	1.00 C	vinegar, and spices if you like. Enjoy!
1 1/2 cups Bean sprouts	1.00 C	viriegal, and spices if you like. Enjoy:
2 tsp Olive or monounsaturated oil	6.00 F	
2 tsp Olive of Monourisaturated on	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%)	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1 1/2 Tangerines	3.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	465	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Broccoli-Ginger Chicken Delight
1 1/2 cups Broccoli	.50 C	In a pan heat oil and saute chicken until partially
1 1/2 cups Shoccoli 1 1/2 cups Snow peas	1.00 C	cooked. Add vegetables, ginger and water. Cook
3/4 cup Onions	1.50 C	until chicken is done, then reduce heat for about 20
1 cup Grapes	2.00 C	minutes. Serve grapes for dessert.
	6.00 F	minutes. Serve grapes for dessett.
2 tsp Olive or monounsaturated oil	3.00 C	
1 cup Rice	Calories:	
	674	
	Item	
Snack - Meal Portions: P:6 C:6 F:3	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Mix all the ingredients together and enjoy cold.
1/2 cup Cottage cheese, light/low fat	2.00 P	and migrosionio togotiloi una onjoy oolu.
16 Cherries	2.00 C	
18 Peanuts	3.00 F	
14 grams Protein powder	2.00 P	
2/3 cup Oatmeal	2.00 C	
2,0 Sup Guilloui	Calories:	
	465	

Day:	75
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	A refreshing breakfast.
3 oz Mozzarella cheese, light/low fat	3.00 P	
1 cup Fruit cocktail	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
21 grams Protein powder	3.00 P	
1 1/2 cups Bran cereal, all varieties	3.00 C Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
3 oz Cheese, low or non fat	3.00 P	A Shake, Cheese, Raisins & Walnuts
3 tbsp Raisins	3.00 C	Another great, on-the-go snack!
9 Walnuts	3.00 F	3 1 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
21 grams Protein powder	3.00 P	
1 cup Fruit juice	3.00 C	
	Calories: 465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Salmon steak 1 Nectarine	8.00 P 2.00 C	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to
3 slice Whole grain bread	6.00 C	taste. For some crunch add a handful of chopped
6 tsp Mayonnaise	6.00 F	lettuce, celery or bean sprouts.
	Calories:	,,
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 Nectarines	4.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories: 465	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	403	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Ginger and Peach Chicken
2 Peaches	2.00 C	
2/3 cup Water chestnuts	2.00 C	If you have fresh ginger, grate it and sprinkle over
1 1/2 cups Snow peas	1.00 C	the chicken breast - otherwise use ginger powder.
2 tsp Olive or monounsaturated oil	6.00 F	Slice the peach and place on top, bake on high for
1 cup Rice	3.00 C	30 minutes or until done. Enjoy the vegetables on
	Calories: 674	the side.
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
6 oz Cheese, low or non fat	Portions 6.00 P	Cheese, Applesauce & Peanuts
2 cups Applesauce	6.00 F	Enjoy this quick snack.
18 Peanuts	3.00 F	
	Calories:	
	465	1

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

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Day:	76
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>4 oz Cheese, low or non fat</li><li>2 Bananas</li><li>5 Macadamia nuts</li><li>4 Eggs, whole</li><li>1 slice Rye bread</li></ul>	4.00 P 6.00 C 5.00 F 4.00 P 2.00 C Calories: 647	A refreshing breakfast.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1/2 Cantaloupe</li><li>1 1/3 cups Honeydew melon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Tuna, canned in water</li><li>16 Cherries</li><li>2 whole Pita</li><li>6 tsp Mayonnaise</li><li>4 Tomatoes, sun dried</li></ul>	8.00 P 2.00 C 4.00 C 6.00 F 2.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 1/2 cups Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1 1/2 cups Guava</li><li>1 tsp Olive or monounsaturated oil</li></ul>	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Pork, lean 1/2 cup Tomato, puree	8.00 P 1.00 C	Sweet and Sour Pork
<ul><li>1 1/4 cups Pineapple</li><li>1/2 cup Fruit cocktail</li><li>2 tsp Olive or monounsaturated oil</li><li>1 cup Rice</li></ul>	2.50 C 1.50 C 6.00 F 3.00 C Calories: 674	A unique blend of tastes and flavors!
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 2 Oranges 18 Peanuts 2 Rice cakes	6.00 P 4.00 C 3.00 F 2.00 C	Cheese, Orange and Peanuts. A quick snack to keep you going!
	Calories:	
Total Daily Portions: Prote		drates: 42 Fat: 26 Calories: 3390

3 steps for success today: Nutrition + Training + Supplements

Day:	77	
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>1 cup Egg substitute</li><li>4 slice Whole grain bread</li><li>5 tsp Peanut butter, natural</li><li>4 Eggs, whole</li></ul>	4.00 P 8.00 C 5.00 F 4.00 P Calories: 647	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Mulberries 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 2/3 cups Honeydew melon 2 whole Pita 6 tsp Mayonnaise	8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
<ul><li>1 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>2 cups Raspberries</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P .50 C 1.00 C 1.50 C 2.00 C 6.00 F 3.00 C Calories: 674	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.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts	6.00 P 6.00 C 3.00 F Calories:	Cheese, Applesauce & Peanuts Enjoy this quick snack.

**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
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Item Portions	Preparation Suggestions:
4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647	A neat twist on the classic cereal breakfast, this mea will fill you up and start off your day right. Mix all the ingredients together and enjoy cold.
Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Barbecued Beef Simple but tasty.
Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
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	Preparation Suggestions:  Lobster Dinner Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!
Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C Calories:	Preparation Suggestions:  Mix all the ingredients together and enjoy cold. This dish refrigerates well so you can prepare it well in advance.
	4.00 PC 4.00 P 2.00 C 2.00 C 5.00 F Calories: 647  Item Portions 2.00 PC 4.00 P 2.00 C 2.00 C 3.00 F Calories: 465  Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 6.00 F 3.00 C Calories: 674  Item Portions 3.00 PC 3.00 P 3.00 C Calories: 465  Item Portions 8.00 P 1.00 C 1.00 C 3.00 F Calories: 465  Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465  Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 3.00 F 2.00 C Calories: 674  Item Portions 8.00 P 1.00 C 1.00 C 3.00 F 2.00 C Calories: 674  Item Portions 2.00 PC 4.00 P 2.00 C 3.00 F 2.00 C 3.00 F 2.00 C

Day:	79
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 ours Milk low fot (19/)	2.00 PC	A classic cereal breakfast with nuts and fruit added
2 cups Milk, low fat (1%) 42 grams Protein powder	6.00 P	for crunch and flavor. Enjoy!
		Tor crunch and havor. Enjoy!
1 cup Blueberries	2.00 C	
2 cups Cereal, cold	4.00 C	
5 tbsp Almonds, slivered	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
4/0	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Yogurt, Fruit & Nuts
35 grams Protein powder	5.00 P	Mix all ingredients and enjoy!
1 Grapefruit	2.00 C	
18 Peanuts	3.00 F	
3 tbsp Raisins	3.00 C	
	Calories:	
	465	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Veal	8.00 P	Veal Stew
2 cups Cherry tomatoes	1.00 C	
4 cups Turnip greens	1.00 C	Simple but delicious. Brown the meat with the
2 cups Mushrooms	1.00 C	onions in the olive oil, then add vegetables and some
1 cup Onions	2.00 C	water. Season with salt, pepper, garlic, and
2 tsp Olive or monounsaturated oil	6.00 F	rosemary.
1 cup Potato	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 3	Item	Preparation Suggestions:
2 ours Milk low fot (19/)	Portions 3.00 PC	Protein Shake
3 cups Milk, low fat (1%) 21 grams Protein powder	3.00 PC	Put all ingredients in a blender over ice and blend,
3 Peaches	3.00 F	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
1 top onve of monounsaturated on	Calories:	up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side.
	400	Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	
Diffici - Mical Fulliulis. F.o C.o F.o	Portions	Preparation Suggestions:
8 oz Pork, lean	8.00 P	Sweet and Sour Pork
1/2 cup Tomato, puree	1.00 C	
1 1/4 cups Pineapple	2.50 C	A unique blend of tastes and flavors!
1/2 cup Fruit cocktail	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1 cup Rice	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
2/3 cup Applesauce	2.00 C	Combine cottage cheese with cinnamon and nutmeg
1 Peach	1.00 C	and blend until smooth. Pour over fruit in a small
1 cup Strawberries	1.00 C	bowl and top with slivered almonds. Serve
1 Apple	2.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	465	
	465	drates: 42 Fat: 26 Calories: 3390

Day:	80
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 cup Peaches, canned</li> <li>2 Plums</li> <li>30 Peanuts</li> <li>2 slice Whole grain bread</li> <li>4 Eggs, whole</li> </ul>	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 Kiwis 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 3.00 PC 3.00 P 2.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:8 C:8 F:6  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	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	Preparation Suggestions:  Lobster Dinner  Cook lobster in boiling water, sauté vegetables in oil (add water if desired), season to taste. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Cottage cheese, light/low fat 2 cups Grapes 3/5 oz Sunflower seeds 1 tbsp Barley	Item Portions 6.00 P 4.00 C 3.00 F 2.00 C Calories: 465	Preparation Suggestions:  Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 1 cup Blueberries 2 cups Cereal, cold 5 tbsp Almonds, slivered	2.00 PC 6.00 P 2.00 C 4.00 C 5.00 F Calories: 647	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.  Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Chicken breast, skinless 2 cups Mushrooms 2 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  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!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 2.00 PC 6.00 P 1.00 C .50 C 4.50 C 6.00 F Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F:3 6 oz Cheese, low or non fat 2 cups Applesauce 18 Peanuts	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.  drates: 42 Fat: 26 Calories: 3390

**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:	82
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>1 cup Peaches, canned</li> <li>2 Plums</li> <li>30 Peanuts</li> <li>2 slice Whole grain bread</li> <li>4 Eggs, whole</li> </ul>	4.00 P 2.00 C 2.00 C 5.00 F 4.00 C 4.00 P Calories: 647	Eggs, Cheese, Fruit and Toast with Nuts to go. You know what to do, get in your belly and grow.
Snack - Meal Portions: P:6 C:6 F:3	Item Portions	Preparation Suggestions:
<ul><li>6 oz Cheese, low or non fat</li><li>3 Apples</li><li>9 Almonds, whole</li></ul>	6.00 P 6.00 C 3.00 F Calories: 465	Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
<ul><li>12 oz Salmon steak</li><li>1 Nectarine</li><li>3 slice Whole grain bread</li><li>6 tsp Mayonnaise</li></ul>	8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Salmon Sandwich Mix salmon and mayonnaise, salt and pepper to taste. For some crunch add a handful of chopped lettuce, celery or bean sprouts.
Snack - Meal Portions: P:6 C:6 F: 3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Nectarines 1 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674	Sweet and Sour Pork  A unique blend of tastes and flavors!
Snack - Meal Portions: P:6 C:6 F:3  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	Item Portions 2.00 PC 2.00 P 4.00 C 3.00 F 2.00 P Calories: 465	Preparation Suggestions:  Mix yogurt and oatmeal together, topping with nuts.  Enjoy cheese on the side or grate and mix together.  drates: 42 Fat: 26 Calories: 3390

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

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Day: 8	33
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
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	3.00 PC 5.00 P 4.00 C 5.00 F 1.00 C Calories: 647	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Papaya 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories:	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	465	mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice	Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	Preparation Suggestions: 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.
Snack - Meal Portions: P:6 C:6 F: 3  2 cups Milk, low fat (1%) 28 grams Protein powder 1 Banana 1/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C 3.00 F Calories: 465	Preparation Suggestions:  PB Banana Monster Blend all ingredients together and add ice cubes untite desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6  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	Item Portions 8.00 P 1.00 C 2.50 C 1.50 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:6 C:6 F:3  1 1/2 cups Ricotta cheese, skim 2 cups Mandarin orange, canned 9 Walnuts	Item Portions 6.00 P 6.00 C 3.00 F Calories: 465	Preparation Suggestions:  Mix these ingredients together to create a simple and delicious snack.
Total Daily Portions: Prote		drates: 42 Fat: 26 Calories: 3390

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Breakfast - Meal Portions: P:8 C:8 F:5  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	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	Preparation Suggestions:  Veggie Omelets Sauté vegetables until softened, stir in egg whites. Cook until set with seasoning of your choice. Enjoy nectarine separately.
Snack - Meal Portions: P:6 C:6 F:3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6  8 oz Tuna, steak 2 cups Rice 2 Peppers (bell or cubanelle) 2 tsp Olive or monounsaturated oil 1/3 cup Fruit juice	Item Portions 8.00 P 6.00 C 1.00 C 6.00 F 1.00 C Calories: 674	Preparation Suggestions:  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.
Snack - Meal Portions: P:6 C:6 F: 3  3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 3.00 F Calories: 465	Preparation Suggestions:  Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Boz 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	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	Preparation Suggestions:  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!
Snack - Meal Portions: P:6 C:6 F:3  1 cup Yogurt, plain, low fat 2 oz Cheese, low or non fat 1 cup Grapes 18 Peanuts 2 cups Milk, low fat (1%)	Item Portions 2.00 PC 2.00 P 2.00 C 3.00 F 2.00 PC Calories:	Preparation Suggestions:  Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.

# **Grocery List**

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

#### Protein 12 Egg whites 8 oz Cheddar cheese, light/low fat 434 grams Protein powder 16 oz Tuna, canned in water

8 oz Beef, lean cuts 31 oz Cheese, low or non fat

1 cup Egg substitute 12 Eggs, whole 31 oz Chicken breast,

skinless 12 oz Ground beef (< 10% fat)

36 oz Salmon steak 1 1/2 cups Cottage cheese, light/low fat 2 1/2 cups Ricotta

cheese, skim 8 oz Veal 12 oz Mussels

8 oz Tuna, steak

### Carbohydrates

3 cups Spinach, cooked 4 cups Beans, green or yellow 1/3 cup Kidney beans

3 cups Onions

2 slice Sourdough bread

1 1/4 Cantaloupes

3 1/3 cups Honeydew melon

2 Kiwis & 32 Cherries

3 1/3 cups Oatmeal

4 whole Pita

4 Tomatoes, sun dried

1 1/2 cups Guava

2 1/2 cups Brussels sprouts

2 cups Artichoke hearts

7 1/2 cups Rice

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

#### Fats

32 tsp Olive or monounsaturated oil 27 tsp Mayonnaise 36 Almonds, whole 5 tsp Peanut butter, natural

60 Peanuts 8 tbsp Almonds.

slivered

42 Walnuts

5 tsp Cream cheese 5 Macadamia nuts

Other

13 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%)

# **Grocery List**

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

Protein 3 oz Mozzarella cheese, light/low fat 427 grams Protein powder 23 oz Cheese, low or non fat 34 oz Chicken breast, skinless 5 3/4 cups Cottage cheese, light/low fat 16 oz Beef, lean cuts 8 oz Lobster 10 Egg whites 10 Eggs, whole 12 oz Mackerel 4 oz Feta cheese, light/low fat 8 oz Pheasant 8 oz Pork, lean 9 oz Cheddar cheese, light/low fat 12 oz Salmon steak

8 oz Pork chop

Carbohydrates 2 1/6 cups Fruit cocktail 3 1/2 cups Bran cereal, all varieties 6 Kiwis &1 Orange 4 Crackers 7 cups Strawberries 3 cups Romaine & 5 cups Celery 5 Peppers (bell or cubanelle) 2 cups Cucumber 3/4 cup Kidney beans 8 1/3 cups Rice & 1 cup Potato 7 cups Cherry tomatoes 3 cups Zucchini 2/3 cup Fruit juice

1 Grapefruit & 3 tbsp Raisins 1 1/2 cups Onions 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

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

10 1/2 cups Spinach

1/4 head Lettuce, iceberg 1 cup Artichoke hearts 1 cup Chickpeas & 1 cup Mango

3 cups Mulberries

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

**Fats** 

40 2/3 tsp Olive or monounsaturated oil 15 tbsp Almonds. slivered 102 Peanuts 8 Macadamia nuts 3/5 oz Sunflower

seeds 6 tsp Mayonnaise 3 tsp Peanut butter,

> natural 9 Walnuts

Other

42 cups Milk, low fat (1%) 3 1/3 cups Beef and vegetable soup

5 1/2 cups Yogurt, plain, low fat

## Grocery List

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

Protein 2 1/2 cups Ricotta cheese, skim 413 grams Protein powder 8 oz Tuna, steak 16 oz Beef, lean cuts 6 cups Cottage cheese, light/low fat 13 oz Cheese, low or non fat 36 oz Chicken breast, skinless 6 oz Mozzarella cheese, light/low fat 12 oz Salmon steak 12 oz Cheddar cheese, light/low fat 8 oz Veal 1 cup Egg substitute 4 Eggs, whole 4 oz Feta cheese, light/low fat 16 oz Pheasant 16 oz Tuna, canned in water

Carbohydrates
3 cups Cereal, cold
4 1/2 cups Grapes
3 cups Peaches, canned
11 cups Rice
4 Peppers (bell or cubanelle)
2 cups Fruit juice
2 Kiwis
5 cups Strawberries
5 cups Brussels sprouts
7 cups Beans, green or yellow
4 cups Artichoke hearts
2 cups Mandarin orange, canned

1 Cantaloupe 4 Apples 1 Orange

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

Fats
51 Walnuts
7 1/2 of 36 2/3 tsp Olive or monounsaturated oil
12 tbsp Almonds, slivered
5 Macadamia nuts
9 Almonds, whole
21 tsp Mayonnaise
3/5 oz Sunflower seeds

11 tsp Peanut butter,

natural

Other
7 1/2 cups Yogurt,
plain, low fat
35 cups Milk, low
fat (1%)

## **Grocery List**

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

**Protein** 413 grams Protein powder 8 oz Veal 32 oz Chicken breast, skinless 2 cups Cottage cheese, light/low fat 2 cups Egg substitute 15 Eggs, whole 23 oz Cheese, low or non fat 16 oz Beef, lean cuts 1 1/2 cups Ricotta cheese, skim 16 Egg whites 8 oz Tuna, canned in water 48 oz Salmon steak 8 oz Cheddar cheese, light/low fat 12 oz Mackerel 8 oz Pheasant

Carbohydrates 2 cups Cereal, cold 5 cups Strawberries 3 cups Mulberries 2 cups Cherry tomatoes 4 cups Turnip greens 4 cups Mushrooms 1 3/4 cups Onions 2 cups Potato 5 1/2 Nectarines 2 cups Grapes 1 cup Applesauce & 32 Cherries 2 2/3 cups Oatmeal 13 slice Whole grain bread 3 tbsp Raisins 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

Fats
39 tsp Olive or
monounsaturated oil
72 Peanuts
10 tsp Peanut butter,
natural
18 Walnuts
18 tsp Mayonnaise
11 Macadamia nuts
9 Almonds, whole
5 tsp Cream cheese

Other 34 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat

#### **Protein**

16 Egg whites 8 oz Cheddar cheese. light/low fat 392 grams Protein powder 24 oz Salmon steak 26 oz Chicken breast. skinless 32 oz Cheese, low or non fat 12 oz Ground beef (< 10% fat) 4 cups Ricotta cheese, skim 12 oz Mackerel 11 Eggs, whole 16 oz Beef, lean cuts 8 oz Pork chop 1 3/4 cups Cottage cheese, light/low fat 8 oz Lobster 12 oz Mussels 4 oz Feta cheese. light/low fat

8 oz Pork, lean

#### Carbohydrates

17 cups Spinach, cooked 2 cups Beans, green or yellow 1 1/12 cups Kidney beans 1 1/4 cups Onions 2 slice Sourdough bread 7 Plums 1 5/6 cups Fruit cocktail 17 slice Whole grain bread 5 Nectarines 3 cups Lettuce, romaine 5 cups Celery 5 Peppers (bell or cubanelle) 2 cups Cucumber 5 1/2 cups Rice 2 1/3 cups Oatmeal 1 cup Blueberries 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

Fats

35 tsp Olive or monounsaturated oil 15 tsp Mayonnaise 45 Almonds, whole 14 tbsp Almonds, slivered 96 Peanuts 42 Walnuts 3 tsp Peanut butter, natural Other
32 cups Milk, low
fat (1%)
8 cups Yogurt,
plain, low fat

#### **Protein**

4 cups Cottage cheese, light/low fat 427 grams Protein powder 36 oz Salmon steak 12 oz Ground beef (< 10% fat) 15 oz Cheese, low or non fat 24 oz Beef, lean cuts 15 oz Chicken breast, skinless 16 oz Cheddar cheese, light/low fat 24 Egg whites 8 oz Tuna, canned in water 12 oz Mussels 1 cup Ricotta cheese, skim 16 oz Pheasant 4 Eggs, whole 8 oz Tuna, steak

Carbohydrates 1 1/2 Cantaloupes 3 1/2 cups Grapes 1 1/2 cups Mulberries 2/3 cup Fruit cocktail 4 whole Pita 1/2 cup Hummus 1 Orange 6 cups Raspberries 2 cups Oatmeal 14 1/2 cups Broccoli 3 cups Cauliflower 1 cup Mushrooms 2 2/3 cups Applesauce 1 1/2 cups Pasta 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

#### Fats

16 Macadamia nuts 36 2/3 tsp Olive or monounsaturated oil 18 tsp Mayonnaise 42 Peanuts 27 Almonds, whole 11 tbsp Almonds, slivered 33 Walnuts Other 14 cups Yogurt, plain, low fat 29 cups Milk, low fat (1%)

# **Grocery List**

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

Protein 22 oz Cheese, low or non fat 14 Eggs, whole 455 grams Protein powder 12 oz Mackerel 22 oz Chicken breast. skinless 18 oz Cheddar cheese, light/low fat 10 Egg whites 3 cups Cottage cheese, light/low fat 48 oz Salmon steak 3 oz Mozzarella cheese, light/low fat 12 oz Ground beef (< 10% fat) 8 oz Lobster 8 oz Pork chop 8 oz Tuna, canned in water

Carbohydrates 3 Bananas 1 slice Rye bread 2 1/4 cups Papaya 1/4 head Lettuce, iceberg 1 cup Artichoke hearts 7 cups Broccoli 1 3/4 cups Chickpeas 5 cups Celery 1 1/2 cups Bean sprouts 3 Peaches 3 cups Lettuce, romaine 7 Peppers (bell or cubanelle) 2 cups Cucumber 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

Fats
5 Macadamia nuts
33 tsp Olive or
monounsaturated oil
27 Walnuts
90 Peanuts
24 tsp Mayonnaise
18 Almonds, whole
5 tsp Cream cheese
6 tbsp Almonds,
slivered
3/5 oz Sunflower
seeds

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

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

Protein 441 grams Protein powder 16 oz Tuna, canned in water 40 oz Chicken breast, skinless 53 oz Cheese, low or non fat 11 Eggs, whole 4 1/2 cups Cottage cheese, light/low fat 12 oz Salmon steak 8 oz Veal 16 oz Beef, lean cuts 4 oz Feta cheese. light/low fat 1 cup Egg substitute 4 Egg whites 12 oz Mussels

Carbohydrates 1 cup Blueberries 2 cups Cereal, cold 2 1/4 cups Papaya 32 Cherries 10 whole Pita 8 Tomatoes, sun dried 8 Kiwis 8 cups Strawberries 8 cups Mushrooms 11 cups Grapes 3 2/3 cups Applesauce 4 cups Potato 5 Cantaloupes 4 slice Rve 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

Fats
11 tbsp Almonds,
slivered
34 2/3 tsp Olive or
monounsaturated oil
18 tsp Mayonnaise
120 Peanuts
5 tsp Cream cheese
1 1/5 oz Sunflower
seeds
5 tsp Peanut butter,
natural
9 Almonds, whole
5 Macadamia nuts

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

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

Protein 483 grams Protein powder 4 oz Feta cheese, light/low fat 65 oz Chicken breast, skinless 17 oz Cheddar cheese, light/low fat 20 oz Cheese, low or non fat 11 Eggs, whole 12 oz Salmon steak 4 1/4 cups Cottage cheese, light/low fat 12 oz Ground beef (< 10% fat) 8 oz Pork chop 8 oz Beef, lean cuts 18 Egg whites 8 oz Veal

Carbohydrates
2 cups Cereal, cold
4 cups Strawberries
2 3/4 Cantaloupes
2 cups Honeydew melon
2 2/3 cups Oatmeal
6 1/2 cups Spinach
4 cups Pasta
1 cup Mango & 6 Kiwis & 3 Peaches
2/3 cup Water chestnuts
3 cups Snow peas

2/3 cup Water chestnuts
3 cups Snow peas
10 cups Rice
3 Rice cakes & 2 Bagels
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

#### Fats

41 1/3 tsp Olive or monounsaturated oil 8 Macadamia nuts 90 Peanuts 9 tsp Mayonnaise 9 tbsp Almonds, slivered 5 tsp Cream cheese 18 Almonds, whole 18 Walnuts Other 26 cups Milk, low fat (1%) 8 cups Yogurt, plain, low fat

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

Protein	Carbohydrates
413 grams Protein	11 slice Whole grain bread
powder	3/4 cup Cranberries
27 oz Chicken breast,	3 Bananas
skinless	2 Oranges
12 oz Ground beef (<	6 Kiwis
10% fat)	9 cups Strawberries
24 oz Cheese, low or	10 cups Broccoli
non fat	5 cups Cauliflower
18 Egg whites	3 cups Mushrooms
13 Eggs, whole	3 1/3 cups Applesauce
24 oz Salmon steak	4 cups Pasta
3 3/4 cups Cottage	3 cups Blueberries
cheese, light/low fat	1 Grapefruit
12 oz Mussels	6 tbsp Raisins
8 oz Tuna, steak	2/3 cup Fruit cocktail
4 oz Feta cheese,	4 whole Pita
light/low fat	1/2 cup Hummus
8 oz Beef, lean cuts	2 cups Mango
8 oz Pork chop	2 1/2 cups Onions
1 cup Ricotta cheese,	2 cups Cabbage
skim	1/2 cup Jalapeno peppers
8 oz Tuna, canned in	8 Peppers (bell or cubanelle)
water	16 Cherries
8 oz Lobster	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
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**Fats** 36 2/3 tsp Olive or monounsaturated oil 15 tsp Mayonnaise 18 tbsp Almonds, slivered 27 Almonds, whole 72 Peanuts 5 Macadamia nuts 24 Walnuts

Other
14 cups Yogurt,
plain, low fat
36 cups Milk, low
fat (1%)
3 1/3 cups Beef
and vegetable
soup

# **Grocery List**

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

Protein 427 grams Protein powder 46 oz Chicken breast, skinless 42 oz Cheese. low or non fat 6 oz Mozzarella cheese, light/low fat 3 cups Cottage cheese, light/low fat 24 oz Mackerel 8 oz Beef, lean cuts 16 Eggs, whole 6 oz Cheddar cheese, light/low fat 12 oz Salmon steak 16 oz Tuna, canned in water 8 oz Pork, lean 1 cup Egg substitute

Carbohydrates 2 cups Cereal, cold 4 cups Strawberries 3 cups Mulberries 7 Oranges 10 slice Whole grain bread 3 cups Guava 3 1/2 cups Onions 4 cups Cabbage 1 cup Jalapeno peppers 4 Peppers (bell or cubanelle) 1 1/2 cups Pasta 4 Rice cakes 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

Fats
36 tsp Olive or
monounsaturated oil
21 tsp Mayonnaise
114 Peanuts
3 tbsp Almonds,
slivered
5 tsp Cream cheese
18 Walnuts
10 Macadamia nuts
5 tsp Peanut butter,
natural

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

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

Protein 2 1/2 cups Ricotta cheese, skim 441 grams Protein powder 8 oz Beef, lean cuts 16 oz Lobster 4 cups Cottage cheese, light/low fat 8 oz Veal 24 oz Pork, lean 26 oz Cheese, low or non fat 11 Eggs, whole 16 oz Chicken breast. skinless 12 oz Mussels 12 oz Salmon steak 16 oz Tuna, steak 4 Egg whites 8 oz Pork chop

Carbohydrates 5 cups Cereal, cold 4 cups Grapes 1/2 Cantaloupe 1 1/3 cups Honeydew melon 2 1/2 cups Onions 2 1/2 cups Tomato, puree 9 cups Broccoli 14 1/6 cups Rice 1 1/2 cups Guava 10 cups Mushrooms 7 cups Spinach 8 cups Bamboo shoots 2 cups Water chestnuts 8 oz Matzo 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

Fats
24 Walnuts
34 1/3 tsp Olive or
monounsaturated oil
31 tbsp Almonds,
slivered
114 Peanuts
3/5 oz Sunflower
seeds
6 tsp Peanut butter,
natural
18 Almonds, whole
6 tsp Mayonnaise

Other 10 1/2 cups Yogurt, plain, low fat 35 cups Milk, low fat (1%)