Hey Lean Muscle Builder:

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

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

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

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

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

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

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

Sincerely,

Mike Westerdal & Patrick McGuire

1 1/2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat	1.50 PC 3.00 P	Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let
7 Egg whites	3.50 P	vegetables cool. Mix eggs and milk together, then
1 Pepper (bell or cubanelle)	.50 C	add the cooled vegetables and cheese. Bake at 400
2 tsp Olive or monounsaturated oil, 3 slice Whole grain bread	6.00 F 6.00 C	degrees until set.
S Sice Whole grain bread	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
6 oz Cheese, low or non fat	Portions 6.00 P	Cheese, Nuts & Fruit
1 1/2 Cantaloupes	6.00 C	Enjoy items separately!
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
2 Oranges	4.00 C	Make a basic chicken salad adding a little celery and
2 slice Whole grain bread	4.00 C	onion if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	3.00 F 3.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
3 cups Grapes	6.00 C	Put all ingredients in blender over ice and blend.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Add water to create desired consistency. Enjoy!
	Calories: 492	
Dinner - Meal Portions: P:8 C:8 F:6	ltem	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables. Enjoy!
2 cups Carrots 1 1/2 cups Corn, canned	2.00 C 6.00 C	
2 tsp Olive or monounsaturated oil	6.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unti
1 Cantaloupe	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	available mix protein powder with cold water and
	492	have remaining ingredients on the side.
	ein: 42 Carbohyc	trates: 42 Fat: 30 Calories: 3498
** Remember to drink b	etween 12 and 1	4 glasses of water per day. **
Have you h	ad your Protein S	Smoothie today?

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
4 1/2 oz Chicken breast, deli style 10 Egg whites 1 1/2 cups Onions 3 1/2 cups Spinach 1 cup Celery 1 Tomato	3.00 P 5.00 P 3.00 C 1.00 C .50 C .50 C	Chicken Omelets and Oatmeal Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have yoru oatmeal on the side (60 seconds with water itne microwave will do).
1 cup Oatmeal 2 tsp Olive or monounsaturated oil	3.00 C 6.00 F Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 2 Peaches 24 Peanuts 1 Bagel	6.00 P 2.00 C 4.00 F 4.00 C	Cheese, Peaches & Nuts Enjoy items separately.
2	Calories: 492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 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:	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
	674 Item	
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492	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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Rice 1 cup Cauliflower 1 cup Broccoli 1 Pepper (bell or cubanelle) 1/2 cup Onions 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	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.
Total Daily Portions: Prote	-	I drates: 42 Fat: 30 Calories: 3498

Have a Protein Smoothie be Empowered

3 Eggs, whole 5 oz Cheses, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts 3.00 P 4.00 C 4.00 C 6.00 F 36 Peanuts 6.00 F Calories: 674 Snack - Meal Portions: P:6 C:6 F:4 1 1/3 cups Cottage cheese, low fat 1 slice Whole grain bread 2 4 Peanuts Preparation Suggestions: Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings! Mid Meal - Meal Portions: P:8 C:8 F:6 1 /2 cup Chions 8 oz Beef, lean cuts 1 2/2 cup Chions 1 /2 cup Chions 9 cz Beef, lean cuts 1 2/2 cup Chions 1 /2 cups Yogurt, plain 2 tige Sordurdough bread 2 cupc Calories: 674 Preparation Suggestions: 674 Snack - Meal Portions: P:8 C:8 F:4 1 /2 cups Yogurt, plain 3 cups Strawberries Hem Portions 6 oz Chicken breast, skinless 6 oz Chicken breast, ski	Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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Calories: 674 Snack - Meal Portions: P:6 C:6 F: 4 Item Portions Preparation Suggestions: 1 1/2 cups Yogurt, plain 3.00 PC 21 grams Protein powder 3.00 PC 1 1/3 tsp Olive or monounsaturated oil 3.00 PC 3 cups Strawberries 3.00 C Calories: 492 Dinner - Meal Portions: P:8 C:8 F:6 Item Portions 6 oz Chicken breast, skinless 6.00 P 2 oz Cheese, low or non fat 2.00 P 1/2 cup Onions 1.00 C 1 Apple 1.00 C 1 Apple 2.00 C 1 whole Pita 2.00 C 2 tsp Olive or monounsaturated oil 6.00 F Snack - Meal Portions: P:6 C:6 F:4 2.00 C 2 tsp Olive or monounsaturated oil 6.00 F 2 tsp Olive or monounsaturated oil 6.00 F 2 tsp Olive or monounsaturated oil 2.00 PC 2 tsp Olive or monounsaturated oil 7.00 C 3 cups Strawberries 3.00 C 2 cups Milk, low fat (1%) 2.00 PC 2 stag arms Protein powder 3.00 C 3 cups Strawberries 3.00 C 1/3 tsp Olive	0		
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1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries3.00 PC 4.00 F 3.00 C Calories: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:6Item Portions 2 oz Cheese, low or non fat 1/2 cup OnionsPreparation Suggestions: Chicken Wrap 2.00 P Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.2 Peppers (bell or cubanelle) 1 cup Salsa 2 typ Olive or monounsaturated oil2.00 C 6.00 F Calories:Preparation Suggestions: Protein Shake3 Source - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups StrawberriesPreparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.	Snack - Meal Portions: P:6 C:6 F: 4		Preparation Suggestions:
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1 1/3 tsp Olive or monounsaturated oil 4.00 F Add water to create desired consistency. Enjoy! 3 cups Strawberries 4.00 F 3.00 C Calories: 492 492 Dinner - Meal Portions: P:8 C:8 F:6 Item Preparation Suggestions: 6 oz Chicken breast, skinless 6.00 P Cut chicken wrap 2 oz Cheese, low or non fat 2.00 P Cut chicken to oil with desired seasonings and pan 1/2 cup Onions 1.00 C Add chicken to oil with desired seasonings and pan 1 cup Salsa 2.00 C 2.00 C 1 whole Pita 2.00 C 2.00 C 2 tsp Olive or monounsaturated oil 2.00 F Calories: 674 Tem Preparation Suggestions: 9 cups Milk, low fat (1%) 2.00 C P 2 sig on Milk, low fat (1%) 2.00 P 4.00 P 3 cups Strawberries 3.00 C 4.00 F 1 1/3 tsp Olive or monounsaturated oil 4.00 F Add origination powder with cold water and have remaining ingredients on the side. 1 1/3 cup Oatmeal 2.00 C 2.00 F Add chicken the cup and and cice cubes un a			
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Calories: 492Dinner - Meal Portions: P:8 C:8 F:6Item PortionsPreparation Suggestions:6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 1/2 cup Onions6.00 P 2.00 PChicken Wrap Cut chicken into strips. In a medium pan heat oil.1/2 cup Onions 2 Peppers (bell or cubanelle)1.00 C 1.00 CAdd chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.1 Apple 2 tsp Olive or monounsaturated oil2.00 C 6.00 F Calories: 674Preparation Suggestions: Preparation Suggestions:2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups Strawberries2.00 PC 4.00 PPreparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.			Add water to create desired consistency. Enjoy!
492Dinner - Meal Portions: P:8 C:8 F:6Item Portions6 oz Chicken breast, skinless6.00 P2 oz Cheese, low or non fat2.00 P1/2 cup Onions1.00 C2 Peppers (bell or cubanelle)1.00 C1 cup Salsa2.00 C1 cup Salsa2.00 C1 whole Pita2.00 C2 tsp Olive or monounsaturated oil6.00 FCalories:674Snack - Meal Portions: P:6 C:6 F:4Item Portions2 cups Milk, low fat (1%) 28 grams Protein powder2.00 P3 cups Strawberries3.00 C1 1/3 tsp Olive or monounsaturated oil4.00 F1 1/3 cup Oatmeal4.00 F1 1/3 cup Oatmeal4.00 F1 1/3 cup Oatmeal4.00 F1 20 Cup Oatmeal4.00 F1 3 cup Oatmeal4.00 F1 3 cup Oatmeal4.00 F1 4 3 cup Oatmeal4.00 F1 3 cup Oatmeal4.00 F1 4 3 cup Oatmeal4.00 F1 3 cup Oatmeal4.00 F1 4 3 cup Oatmeal4.00 F1 3 cup Oatmeal4.00 F1 4 3 cup Oatmeal4.00 F1 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	3 cups Strawberries		
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1/3 cup Oatmeal 1.00 C have remaining ingredients on the side. Calories: 492			
Calories: 492			
492	1/3 cup Uatmeai		nave remaining ingredients on the side.
Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498	Total Daily Portions: Protein		drates: 42 Fat: 30 Calories: 3498

+ eneraized + transformed + empowered +

Day:	4
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Item Portions	Preparation Suggestions:
3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Item	Preparation Suggestions:
6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Another great, on-the-go snack!
Item	Preparation Suggestions:
8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Item Portions	Preparation Suggestions:
6.00 P 3.00 F 1.00 F 2.00 C 2.00 C 2.00 C Calories: 492	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.
Item	Preparation Suggestions:
8.00 P 1.00 C .50 C 2.00 C .50 C 1.00 C 3.00 C 6.00 F Calories: 674	Pork Chops with Vegetables
Item Portions	Preparation Suggestions:
4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
_	Portions 3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674 Item Portions 6.00 P 4.00 C 4.00 C 4.00 F 2.00 C Calories: 492 Item Portions 8.00 P 4.00 C 6.00 F 3.00 C 50 C 50 C 50 C Calories: 674 Item Portions 6.00 P 3.00 C 50 C 2.00 C 3.00 C 3.00 C 3.00 C 4.00 F 2.00 C 3.00 C 3.0

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries 2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 	5.00 P 3.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Apples 12 Walnuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers	8.00 P 6.00 C 6.00 F 1.33 C .50 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: 4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, low fat 28 grams Protein powder 3/4 Cantaloupe 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	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 	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 topping for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:6 C:6 F:4 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 1/3 tsp Olive or monounsaturated oil	4.00 P 4.00 C 4.00 F Calories: 492	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.
	ein: 42 Carbohyo	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Sauté vegetables until they are tender. Mix eggs and
1 cup Yogurt, plain	2.00 PC	yogurt until smooth. Add salt, pepper, dill, chives,
1/4 cup Beans, black	1.00 C	turmeric, chili powder, and celery salt to taste. Cook
2 cups Spinach	.57 C	the egg mixture and spices in a pan and add the
1 Tomato	.50 C	cooked vegetables.
1 Bagel	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 oz Cheddar cheese	2.00 P	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
C an Chasse law as non fat	Portions	
6 oz Cheese, low or non fat	6.00 P	Black Bean Salsa
1/2 cup Onions	1.00 C	Mix black beans, diced tomato, chopped onion, olive
1 cup Beans, black	4.00 C	oil, lime juice, and cilantro in a bowl. Seed jalapeno
2 Tomatoes	1.00 C 4.00 F	peppers and chop finely and add to mixture.
1 1/3 tsp Olive or monounsaturated oil	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	r reparation ouggestions.
12 oz Haddock	8.00 P	Haddock with a Salad
2 cups Lettuce, romaine	.20 C	Prepare the fish any way you like. Make a salad ou
1 cup Tomatoes	.67 C	of the vegetables and a dressing out of olive oil,
1 cup Cucumber	.25 C	vinegar, and seasonings of your choice. Enjoy!
1 Pepper (bell or cubanelle)	.50 C	
1 cup Broccoli	.33 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 cups Rice	6.00 C	
	Calories: 674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes un
4 Kiwis	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories: 492	have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken with fruit and applesauce on the side.
1 cup Applesauce	3.00 C	
2/3 cup Fruit cocktail	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3/4 cup Pasta	3.00 C	
	Calories: 674	
Speak Meel Portioner D.C.C.C.F.4	Item	Propagation Suggestions:
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2/3 tsp Olive or monounsaturated oil	2.00 F	Blend all ingredients together, except nuts, and add
12 Peanuts	2.00 F	ice cubes until desired consistency is reached. If a
1 cup Pineapple	2.00 C	blender is not available mix protein powder with cold
1 cup Strawberries	1.00 C	water and have remaining ingredients on the side.
3 Kiwis	3.00 C	Nuts on the side.
	Calories:	
	492	

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil	2.00 PC 6.00 P 6.00 C 6.00 F Calories: 674	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 cups Grapes 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:6 C:6 F: 4 1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: 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!
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 1 cup Lettuce, romaine 1 cup Tomatoes 1 Cantaloupe 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	Item Portions 8.00 P .25 C .50 C .25 C .10 C .67 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil	4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		+ Training + Supplements

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Cheese, low or non fat	8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
6 of Chasse low or pen fot	Portions 6.00 P	
6 oz Cheese, low or non fat 1 Apple	2.00 F	Cheese, Apples & Peanuts A quick snack to keep you going through the day!
24 Peanuts	4.00 C	A quick shack to keep you going through the day:
1 Muffin	4.00 C	
1 Wanni	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
2 cups Cottage cheese, low fat	8.00 P	Cottage Cheese with Fruit
2 Apples	4.00 C	Combine all ingredients with cinnamon & nutmeg
2 cups Grapes 36 Peanuts	4.00 C 6.00 F	(optional spices).
36 Peanuts	Calories:	
	674	
	Item	
Snack - Meal Portions: P:6 C:6 F: 4	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 1/2 Tangerines	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
2 2/3 cups Potato	8.00 C	Brush chicken with oil, then broil or grill. Mix oil with
2 tsp Olive or monounsaturated oil	6.00 F	your spices of choice to add flavor.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	2.00 C 4.00 F	
1 1/3 tsp Olive of monourisaturated on	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498
** Remember to drink b	etween 12 and 1	4 glasses of water per day. **
Put up a fight, be empo	owered and visit v	www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 2/3 cups Oatmeal	8.00 C	
2 tsp Olive or monounsaturated oil	6.00 C	
3 Eggs, whole	3.00 P	
5 Lygs, whole	Calories:	
	674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Orange and Peanuts.
3 Oranges	6.00 C	A quick snack to keep you going!
24 Peanuts	4.00 E	A quick shack to keep you going:
24 1 Canuts	Calories:	
	492	
	Item	
Aid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
9 oz Turkey breast, deli style	6.00 P	Deli Meat Sandwich
2 oz Cheese, low or non fat	2.00 P	Use ingredients to make a sandwich. Add onion and
4 slice Whole grain bread	8.00 C	a leaf of lettuce for flavour.
24 Peanuts	4.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Proposition Suggestions
Shack - Mear Portions: Pio Cio Fi 4	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.
3 Plums	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
·	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Ground beef (< 10% fat)	8.00 P	Ground Beef and Vegetables
1 cup Bamboo shoots	.25 C	Brown the beef in a saucepan and steam the
1 cup Bean sprouts	.67 C	vegetables. Using a light seasoning on the beef and
1 1/3 cups Applesauce	4.00 C	vegetables really enhances this quick meal. The
2 tsp Olive or monounsaturated oil	6.00 F	applesauce is a great dessert!
1 cup Rice	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Bananas
2 Bananas	6.00 C	If you have access to a blender, blend fruit, protein
24 Peanuts	4.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	492	remaining ingredients on the side. If desired add
		sweetener to taste.
		drates: 42 Fat: 30 Calories: 3498
** Remember to drink betw	een 12 and 1	4 glasses of water per day. **
Save money look	oreat! www.er	npowerednutrition.net
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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 C	
3 Eggs, whole	3.00 P	
6 tsp Peanut butter, natural	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C	
24 Peanuts	4.00 F	
	Calories:	
	492 Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Beef and vegetable pasta. Enjoy!
1/4 cup Celery	.13 C	
1/4 cup Onions	.50 C	
1/4 cup Tomato, puree	.50 C	
1 3/4 cups Pasta	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
•	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
10 sectors Drotoin nouvelor	Portions	
42 grams Protein powder	6.00 P 4.00 C	Protein Shake with Fruit
2 cups Grapes	4.00 C 4.00 F	Blend all ingredients together and add ice cubes unt
1 1/3 tsp Olive or monounsaturated oil 1 Tangerine	4.00 F 2.00 C	desired consistency is reached. If a blender is not available mix protein powder with cold water and
i langenne	Calories:	have remaining ingredients on the side. Enjoy!
	492	have remaining ingredients on the side. Enjoy:
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	Freparation Suggestions.
7 1/2 oz Ground beef (< 10% fat)	5.00 P	Soft Buritto
3 oz Cheese, low or non fat	3.00 P	Cook meat over medium heat until cooked through,
2 Peppers (bell or cubanelle)	1.00 C	spice as desired. Place mixture on tortilla, garnish
2 Tomatoes	1.00 C	with toppings and fold.
6 Corn tortillas	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	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 1/2 cups Pineapple	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
·	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Take your vitamins, be acti	ve & eat well.	www.empowerednutrition.net

3 cups Milk, low fat (1%) 10 Egg whites	Portions 3.00 PC	I
1/2 Cantaloupe2 tsp Olive or monounsaturated oil1 cup Grits, cooked	5.00 P 2.00 C 6.00 F 3.00 C Calories: 674	Cook egg whites any style for a nutritious breakfast. Get Big Grits just like Ronnie Coleman and Jay Cutler!
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492 Item	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Tuna, canned in water 3 whole Pita 1 Pear 6 tsp Mayonnaise	Portions 8.00 P 6.00 C 2.00 C 6.00 F 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: 4 1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes und 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 Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 cup Cherry tomatoes 2 cups Zucchini 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 2/3 cups Rice	Item Portions 8.00 P .50 C .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674	Preparation Suggestions: Chicken and Vegetable Kabob Prepare marinade by blending oil with 1 tbsp red wine,1 tsp each of lemon juice and salt,1 clove garlic,and a dash of pepper.In a dish combine chicken and marinade, refrigerate for 20 mins. On skewers combine chunks and grill.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes und desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
** Remember to drink betw	: 42 Carbohyo ween 12 and 1	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. ** www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 6 oz Cheddar cheese 6 oz Cereal, cold 1 Banana 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 6.00 P 3.00 C 3.00 C 6.00 F Calories: 674	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes 1 cup Oatmeal 24 Peanuts	Item Portions 6.00 P 3.00 C 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:8 F:6 2 oz Cheese, low or non fat 6 oz Tuna, canned in water 4 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 2.00 P 6.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 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: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:6 C:6 F:4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
28 grams Protein powder 24 Peanuts 1 Banana 1/3 cup Oatmeal	4.00 P 4.00 F 3.00 C 1.00 C Calories: 492	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.
Snack - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%)	Item Portions 2.00 PC	Preparation Suggestions: Protein Shake with Fruit
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Snack - Meal Portions: P:6 C:6 F:4 1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts	Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492	Preparation Suggestions: Cottage cheese, yogurt, fruit and nuts taste great mixed together!
Breakfast - Meal Portions: P:8 C:8 F:6 8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: Toasted egg sandwich with fruit.

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
12 Egg whites2 Bagels6 tsp Cream cheese2 oz Cheddar cheese	6.00 P 8.00 C 6.00 F 2.00 P Calories:	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 Apple 1/3 cup Applesauce 1 Peach 1 cup Strawberries 12 Walnuts 1/3 cup Oatmeal	674 Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 4.00 F 1.00 C Calories: 492	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmee and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
Mid Meal - Meal Portions: P:8 C:8 F:6 1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise	Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4 3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
** Remember to drink betwe	en 12 and 1	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. ** empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 C	
3 Eggs, whole	3.00 P	
6 tsp Peanut butter, natural	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail 24 Peanuts	4.00 C 4.00 F	
	4.00 F 2.00 C	
1 slice Whole grain bread	Calories:	
	492	
/lid Meal - Meal Portions: P:8 C:8 F:6	Item	Propagation Suggestions:
	Portions	Preparation Suggestions:
6 Egg whites	3.00 P	Chicken noodle soup, egg-drop style. Heat up the
2 1/2 cups Chicken noodle soup	5.00 A	soup and drop in the egg-whites. Crumble the
2/3 Banana	2.00 C	crackers on top. Enjoy!
4 Crackers	1.00 C	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	674 Item	
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain	3.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes unt
1 Banana	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side. Enjoy!
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Pork chop	8.00 P	Pork Chops with Vegetables
3 cups Broccoli	1.00 C	
2 cups Cauliflower	.50 C	
1 cup Onions 1 cup Celery	2.00 C .50 C	
	.50 C 1.00 C	
2 Peppers (bell or cubanelle) 1 cup Rice	3.00 C	
2 tsp Olive or monounsaturated oil	3.00 C 6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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 cups Pineapple	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	: 42 Carbohyd	l drates: 42 Fat: 30 Calories: 3498
** Remember to drink betw	veen 12 and 1	4 glasses of water per day. **
Take you	r vitamins. Be	empowered

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 F	
3 Eggs, whole	3.00 C	
6 tsp Peanut butter, natural	6.00 F	
o top i canat batter, natural	Calories:	
	674	
Smark Mark Partianas DrC CrC Fr4	Item	Proposition Compositions
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Nuts & Fruit
1 1/2 Cantaloupes	6.00 C	Enjoy items separately!
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 of Tupe, conned in water	Portions 8.00 P	Tuna Stuffed Pita & Fruit
8 oz Tuna, canned in water 3 whole Pita	6.00 P	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
6 tsp Mayonnaise	6.00 C	extra crunch add in a handful of chopped lettuce or
2 cups Bean sprouts	1.33 C	bean sprouts. Have fruit for dessert.
1 cup Jalapeno peppers	.50 C	bean spiouls. Have null for dessert.
r cup salapeno peppers	Calories:	
	674	
	Item	Brannatian Organizational
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
3 cups Grapes	6.00 C	Put all ingredients in blender over ice and blend.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Add water to create desired consistency. Enjoy!
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 oz Chickon broast skiploss	Portions 8.00 P	Chickon Stir Env
8 oz Chicken breast, skinless 2 cups Rice	6.00 F	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic
1 cup Cauliflower	.25 C	and saute, then add chicken. Add chopped
1 cup Broccoli	.25 C	vegetables, soy sauce and seasonings (salt and
	.50 C	
1 Pepper (bell or cubanelle) 1/2 cup Onions	1.00 C	cayenne pepper should do it). Stir until vegetables are tender and enjoy!
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Smark Mart Partiana, D.C. C.C. F.4	Item	Properties Suggestienes
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1/3 cup Oatmeal	1.00 C	desired consistency is reached. If a blender is not
1 Banana	3.00 C	available mix protein powder with cold water and
1 1/3 tsp Olive or monounsaturated oil	4.00 F	have remaining ingredients on the side.
	Calories:	
	492	
		Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Today's checklist: 1	.Protein 2. Multi	3. Eat 4. Train 5. GROW!
-		

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries 2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 	5.00 P 3.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts 	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts	8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 1 cup Lettuce, romaine 1 cup Tomatoes 1 Cantaloupe 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	Item Portions 8.00 P .25 C .50 C .25 C .10 C .67 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		npowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Cheese, low or non fat	Portions 8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, guick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C	
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, low fat	8.00 P	Cottage Cheese with Fruit
2 Apples	4.00 C	Combine all ingredients with cinnamon & nutmeg
2 cups Grapes	4.00 C	(optional spices).
36 Peanuts	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain	3.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes unt
1 Banana	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories: 492	have remaining ingredients on the side. Enjoy!
	ltem	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables. Enjoy!
2 cups Carrots	2.00 C	
1 1/2 cups Corn, canned	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients, except nuts together and add
24 Peanuts 1 Banana	4.00 F 3.00 C	ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold
1/3 cup Oatmeal	1.00 C	water and have remaining ingredients on the side.
no oup outriour	Calories:	Eat nuts separately.
	492	
		rates: 42 Fat: 30 Calories: 3498
** Remember to drink	between 12 and 1	4 glasses of water per day. **
All The Essentials, N	lo Hype, NO BS <u>w</u>	ww.empowerednutrition.net
tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
3 Eggs, whole	3.00 P	
5 oz Cheese, low or non fat	5.00 P	
2 cups Peaches, canned	4.00 C	
1 1/3 cups Oatmeal	4.00 C	
36 Peanuts	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C	
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Haddock	8.00 P	Haddock with a Salad
2 cups Lettuce, romaine 1 cup Tomatoes	.20 C .67 C	Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil,
1 cup Cucumber	.07 C	vinegar, and seasonings of your choice. Enjoy!
1 Pepper (bell or cubanelle)	.50 C	
1 cup Broccoli	.33 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 cups Rice	6.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
3 cups Milk, low fat (1%)	Portions 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 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 an Chicken breast skinlags	Portions	
8 oz Chicken breast, skinless	8.00 P 3.00 C	Chicken with fruit and applesauce on the side.
1 cup Applesauce 2/3 cup Fruit cocktail	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3/4 cup Pasta	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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 cup Strawberries 1 cup Pineapple	1.00 C 2.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	2.00 C 4.00 F	
	Calories:	
	492	
	2 Carbohyo	rates: 42 Fat: 30 Calories: 3498
** Remember to drink betwe	en 12 and 1	4 glasses of water per day. **

		Preparation Suggestions:
5 oz Cheese, low or non fat 2 2/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 3 Eggs, whole	Portions 5.00 P 8.00 C 6.00 F 3.00 P Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts	Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492 Item	Preparation Suggestions: Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
Aid Meal - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories:	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil	674 Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	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.
** Remember to drink betw		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. ** ednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Cheese, low or non fat	Portions 8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
6 oz Cheese, low or non fat	Portions 6.00 P	Cheese, Orange and Peanuts.
3 Oranges	6.00 F	A quick snack to keep you going!
24 Peanuts	4.00 F	A quick chuck to koop you going.
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 of Chasse low or per fat	Portions 8.00 P	Tomato Cucumber Salad
8 oz Cheese, low or non fat 4 cups Cucumber	8.00 P 1.00 C	Mix ingredients with 1 clove of minced garlic and 1/3
2 Tomatoes	1.00 C	tbsp of chopped fresh basil leaves. Add balsamic
2 Apples	4.00 C	vinegar, salt & pepper to taste.
2 tsp Olive or monounsaturated oil	6.00 F	
1 slice Sourdough bread	2.00 C	
C C	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
2 auna Vagurt plain	Portions 4.00 PC	Protein Shake with Fruit
2 cups Yogurt, plain 14 grams Protein powder	2.00 P	Blend all ingredients together and add ice cubes unt
2 cups Strawberries	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with Vegetables. Enjoy!
2 cups Carrots	2.00 C	
1 1/2 cups Corn, canned	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674 Item	
Snack - Meal Portions: P:6 C:6 F:4	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 Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1 cup Pineapple	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	ein: 42 Carbohyd	arates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, Iow fat (1%) 42 grams Protein powder 2 cups Oatmeal	2.00 PC 6.00 P 6.00 C	Combine over heat and enjoy this stick-to-your-ribs breakfast.
2 tsp Olive or monounsaturated oil	6.00 F Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 1/2 Cantaloupes 24 Peanuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheese, Nuts & Fruit Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise	1.00 P 7.00 P 8.00 C 6.00 F Calories: 674	Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, low fat 28 grams Protein powder 3/4 Cantaloupe 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492	Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:8 C:8 F:6 12 oz Ground beef (< 10% fat) 1 cup Bamboo shoots 1 cup Bean sprouts 1 1/3 cups Applesauce 2 tsp Olive or monounsaturated oil 1 cup Rice	Item Portions 8.00 P .25 C .67 C 4.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables really enhances this quick meal. The applesauce is a great dessert!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, Iow fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		Results. http://empowerednutrition.com/critical-bench

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
11/2 of Chicken broast delictule	Portions	
4 1/2 oz Chicken breast, deli style	3.00 P	Chicken Omelets and Oatmeal
10 Egg whites	5.00 P	Sauté vegetables until softened, stir in egg whites
1 1/2 cups Onions	3.00 C	and diced chicken. Cook until set with seasoning of
3 1/2 cups Spinach	1.00 C	your choice. have yoru oatmeal on the side (60
1 cup Celery	.50 C	seconds with water itne microwave will do).
1 Tomato	.50 C	
1 cup Oatmeal	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C	
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Haddock	8.00 P	Haddock with a Salad
2 cups Lettuce, romaine	.20 C	Prepare the fish any way you like. Make a salad out
1 cup Tomatoes	.67 C	of the vegetables and a dressing out of olive oil,
1 cup Cucumber	.25 C	vinegar, and seasonings of your choice. Enjoy!
1 Pepper (bell or cubanelle)	.50 C	
1 cup Broccoli	.33 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 cups Rice	6.00 C	
	Calories:	
	674 Item	
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 tsp Olive or monounsaturated oil	3.00 F	Blend all ingredients together, except nuts, and add
6 Peanuts	3.00 F	
		ice cubes until desired consistency is reached. If a
2 cups Strawberries	2.00 C 2.00 C	blender is not available mix protein powder with cold
2 Kiwis		water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	492 Item	
Dinner - Meal Portions: P:8 C:8 F:6	пеш	
Dinner - Wear Portions: P:6 C:6 P:6		Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	Portions 8.00 P	Preparation Suggestions: Chicken with Vegetables. Enjoy!
8 oz Chicken breast, skinless 2 cups Carrots	Portions 8.00 P 2.00 C	
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned	Portions 8.00 P 2.00 C 6.00 C	
8 oz Chicken breast, skinless 2 cups Carrots	Portions 8.00 P 2.00 C 6.00 C 6.00 F	
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories:	
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Chicken with Vegetables. Enjoy!
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item	
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions	Chicken with Vegetables. Enjoy! Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions 4.00 P	Chicken with Vegetables. Enjoy! Preparation Suggestions: Protein Shake
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%)	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions 4.00 P 2.00 PC	Chicken with Vegetables. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions 4.00 P 2.00 PC 1.00 C	Chicken with Vegetables. Enjoy! Preparation Suggestions: Protein Shake
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C	Chicken with Vegetables. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions 4.00 P 2.00 PC 1.00 C	Chicken with Vegetables. Enjoy! Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.

Day:	24
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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 35 grams Protein powder 2 1/2 cups Bran cereal, all varieties 2 tsp Olive or monounsaturated oil	3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts 	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 6 oz Tuna, canned in water 4 slice Whole grain bread 6 tsp Mayonnaise	2.00 P 6.00 P 8.00 C 6.00 F Calories: 674	Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 2/3 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		Smoothie today?

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries	5.00 P 3.00 P 1.00 C	Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!
2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil	7.00 C 6.00 F Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Oranges 24 Peanuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:8 C:8 F:6 12 oz Haddock 2 cups Lettuce, romaine 1 cup Tomatoes 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Broccoli 2 tsp Olive or monounsaturated oil 2 cups Rice	Item Portions 8.00 P .20 C .67 C .25 C .50 C .33 C 6.00 F 6.00 C Calories: 674	Preparation Suggestions: Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream	8.00 P 8.00 C 6.00 F Calories: 674	Steak with a baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Have a Pro	otein Smoothie,	be Empowered

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 C	
3 Eggs, whole	3.00 P	
6 tsp Peanut butter, natural	6.00 F	
•	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
0 Ohanna law anna fat	Portions	
6 oz Cheese, low or non fat	6.00 P 6.00 C	Cheese and Grape Snack Enjoy items separately!
3 cups Grapes 24 Peanuts	4.00 F	Enjoy hems separately!
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
2 oz Cheese, low or non fat 6 oz Tuna, canned in water	2.00 P 6.00 P	Tuna Melt
4 slice Whole grain bread	8.00 P 8.00 C	Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on
6 tsp Mayonnaise	6.00 E	bread and melt the cheese on top.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
 tsp Olive or monounsaturated oil Peanuts 	3.00 F 1.00 F	Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a
2 cups Strawberries	2.00 C	blender is not available mix protein powder with colo
2 Kiwis	2.00 C	water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
2 2/3 cups Potato	8.00 C	Brush chicken with oil, then broil or grill. Mix oil with
2 tsp Olive or monounsaturated oil	6.00 F	your spices of choice to add flavor.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%) 21 grams Protein powder	3.00 PC 3.00 P	Protein Shake Put all ingredients in blender over ice and blend.
3 Peaches	3.00 F	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Add water to create desired consistency. Enjoy:
	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498
** Remember to drink b	petween 12 and 1	4 glasses of water per day. **
+ energiz	ed + transformed	+ empowered +
otes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin	6.00 P 2.00 C 4.00 F 4.00 C Calories: 492	Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise	6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:6 C:6 F: 4 42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: 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!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Total Daily Portions: Protein: 4. ** Remember to drink betwee		Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Snack - Meal Portions: P:6 C:6 F:4 3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 1/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 7 1/2 oz Ground beef (< 10% fat) 3 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 Tomatoes 6 Corn tortillas 2 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674 Item	Preparation Suggestions: Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.
Snack - Meal Portions: P:6 C:6 F: 4 1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: 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 8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 Apples 12 Walnuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492 Item	Preparation Suggestions: Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Breakfast - Meal Portions: P:8 C:8 F:6 12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese	Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674	Preparation Suggestions: Eggs with a bagel on the side. Enjoy!

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 Egg whites2 Bagels6 tsp Cream cheese2 oz Cheddar cheese	Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674	Eggs with a bagel on the side. Enjoy!
nack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts	4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492	Cottage cheese, yogurt, fruit and nuts taste great mixed together!
lid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise	6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674	Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
nack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Item Breakfast - Meal Portions: P:8 C:8 F:6 **Preparation Suggestions:** Portions 3 Eggs, whole 3.00 P 5 oz Cheese, low or non fat 5.00 P 2 cups Peaches, canned 4.00 C 1 1/3 cups Oatmeal 4.00 C 36 Peanuts 6.00 F Calories: 674 Item Snack - Meal Portions: P:6 C:6 F:4 **Preparation Suggestions:** Portions 6 oz Cheese, low or non fat 6.00 P Cheese, Orange and Peanuts. 3 Oranges 6.00 C A quick snack to keep you going! 24 Peanuts 4.00 F Calories: 492 Item Mid Meal - Meal Portions: P:8 C:8 F:6 **Preparation Suggestions:** Portions 8 oz Cheese, low or non fat 8.00 P Tomato Cucumber Salad 4 cups Cucumber 1.00 C Mix ingredients with 1 clove of minced garlic and 1/3 1.00 C 2 Tomatoes tbsp of chopped fresh basil leaves. Add balsamic 2 Apples 4.00 C vinegar, salt & pepper to taste. 2 tsp Olive or monounsaturated oil 6.00 F 1 slice Sourdough bread 2.00 C Calories: 674 Item Snack - Meal Portions: P:6 C:6 F: 4 **Preparation Suggestions:** Portions 3.00 PC 1 1/2 cups Yogurt, plain Protein Shake with Fruit 21 grams Protein powder 3.00 P Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not 1 Banana 3.00 C 1 1/3 tsp Olive or monounsaturated oil 4.00 F available mix protein powder with cold water and Calories: have remaining ingredients on the side. Enjoy! 492 Item Dinner - Meal Portions: P:8 C:8 F:6 **Preparation Suggestions:** Portions 12 oz Ground beef (< 10% fat) 8.00 P Pasta & Sauce 1/2 cup Onions 1.00 C In a sauce pan saute onion until done. Add meat 1/2 cup Tomato sauce 1.00 C and spices to onion mixture and simmer until meat is 1 1/2 cups Pasta 6.00 C done. Add tomato sauce and reduce heat. Pour 6.00 F over cooked pasta and serve. 2 tsp Olive or monounsaturated oil

Calories: 674 Item Snack - Meal Portions: P:6 C:6 F:4 Preparation Suggestions: Portions 2.00 PC 2 cups Milk, low fat (1%) Protein Shake with Fruit 28 grams Protein powder 4.00 P Blend all ingredients, except nuts together and add 24 Peanuts 4.00 F ice cubes until desired consistency is reached. 3.00 C Blender not available? Mix protein powder with cold 1 Banana 1/3 cup Oatmeal 1.00 C water and have remaining ingredients on the side. Calories: Eat nuts separately. 492 Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. ** 3 steps for success today: Nutrition + Training + Supplements

Notes:

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%) 10 Egg whites	3.00 PC 5.00 P	Cook egg whites any style for a nutritious breakfast.
1/2 Cantaloupe	2.00 F	Get Big Grits just like Ronnie Coleman and Jay
2 tsp Olive or monounsaturated oil	6.00 F	Cutler!
1 cup Grits, cooked	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
24 Peanuts	4.00 F	
1 Bagel	4.00 C	
C C	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, deli style	6.00 P	Deli Meat Sandwich
2 oz Cheese, low or non fat	2.00 P	Use ingredients to make a sandwich. Add onion and
4 slice Whole grain bread	8.00 C	a leaf of lettuce for flavour.
24 Peanuts	4.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
3 cups Grapes	6.00 C	Put all ingredients in blender over ice and blend.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Add water to create desired consistency. Enjoy!
	Calories:	
	492 Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Stir Fry
2 cups Rice	6.00 C	Cube chicken and set aside. Chop 1 clove of garlic
1 cup Cauliflower	.25 C	and saute, then add chicken. Add chopped
1 cup Broccoli	.33 C	vegetables, soy sauce and seasonings (salt and
1 Pepper (bell or cubanelle)	.50 C	cayenne pepper should do it). Stir until vegetables
1/2 cup Onions	1.00 C	are tender and enjoy!
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	Protein Shake with Fruit
2 cups Milk, low fat (1%) 28 grams Protein powder	2.00 PC 4.00 P	Blend all ingredients together and add ice cubes unt
4 cups Strawberries	4.00 P	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Put up a fight, be emp	owered and visit v	www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Cheese, low or non fat	8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C	
24 Peanuts	4.00 F	
	Calories:	
	492 Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
6 Egg whites	3.00 P	Chicken noodle soup, egg-drop style. Heat up the
2 1/2 cups Chicken noodle soup	5.00 A	soup and drop in the egg-whites. Crumble the
2/3 Banana	2.00 C	crackers on top. Enjoy!
4 Crackers	1.00 C	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 tsp Olive or monounsaturated oil	3.00 F	Blend all ingredients together, except nuts, and add
6 Peanuts 2 cups Strawberries	1.00 F 2.00 C	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo
2 Kiwis	2.00 C	water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
7 1/2 oz Ground beef (< 10% fat)	5.00 P	Soft Buritto
3 oz Cheese, low or non fat	3.00 P	Cook meat over medium heat until cooked through,
2 Peppers (bell or cubanelle)	1.00 C	spice as desired. Place mixture on tortilla, garnish
2 Tomatoes	1.00 C	with toppings and fold.
6 Corn tortillas	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Strawberries 1 cup Peaches, canned	2.00 C 2.00 C	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
2/3 cup Oatmeal	2.00 C	have remaining ingredients on the side. Enjoy!
	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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	Dortions	Preparation Suggestions:
2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal	Portions 2.00 PC 6.00 P 6.00 C 6.00 F	Combine over heat and enjoy this stick-to-your-ribs breakfast.
2 tsp Olive or monounsaturated oil	Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Apples 12 Walnuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
/lid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes	8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 1 cup Lettuce, romaine 1 cup Tomatoes 1 Cantaloupe 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	8.00 P .25 C .50 C .25 C .10 C .67 C 4.00 C 6.00 F 2.00 C Calories: 674	Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		rates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 35 grams Protein powder 2 1/2 cups Bran cereal, all varieties 2 tsp Olive or monounsaturated oil	3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 1/2 Cantaloupes 24 Peanuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheese, Nuts & Fruit Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6 12 oz Haddock 2 cups Lettuce, romaine 1 cup Tomatoes 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Broccoli 2 tsp Olive or monounsaturated oil 2 cups Rice	Item Portions 8.00 P .20 C .67 C .25 C .50 C .33 C 6.00 F 6.00 C Calories: 674	Preparation Suggestions: Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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:
 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 	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:4 42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis 	Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492	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.
Total Daily Portions: Proteir	· 12 Carbobyc	Instas: 12 Est: 30 Calories: 3498

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 6 oz Cheddar cheese 6 oz Cereal, cold 1 Banana 2 tsp Olive or monounsaturated oil	2.00 PC 6.00 P 3.00 C 3.00 C 6.00 F Calories: 674	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts	4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492	Cottage cheese, yogurt, fruit and nuts taste great mixed together!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/4 cup Celery 1/4 cup Onions 1/4 cup Tomato, puree 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil	8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 8 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 cup Cherry tomatoes 2 cups Zucchini 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 2/3 cups Rice 	8.00 P .50 C .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674	Chicken and Vegetable Kabob Prepare marinade by blending oil with 1 tbsp red wine,1 tsp each of lemon juice and salt,1 clove garlic,and a dash of pepper.In a dish combine chicken and marinade, refrigerate for 20 mins. On skewers combine chunks and grill.
Snack - Meal Portions: P:6 C:6 F:4 28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

reparation Suggestions:
our favorite cereal mixed with fruit. Enjoy the neese on the side.
reparation Suggestions:
ottage Cheese, Fruit Cocktail and Peanuts nice, quick snack to satisfy those cravings!
reparation Suggestions:
hicken Salad Sandwich ake a basic chicken salad adding a little celery an nion if desired, and salt and pepper to taste.
reparation Suggestions: rotein Shake with Fruit lend all ingredients together and add ice cubes un esired consistency is reached. If a blender is not vailable mix protein powder with cold water and ave remaining ingredients on the side. Enjoy!
reparation Suggestions: hicken Wrap ut chicken into strips. In a medium pan heat oil. dd chicken to oil with desired seasonings and pan y until cooked. You can fry the vegetables or have em raw. Mix all ingredients into pita and enjoy.
reparation Suggestions: rotein Shake with Bananas you have access to a blender, blend fruit, protein owder and ice cubes. If a blender is not available, ix protein powder with cold water and have maining ingredients on the side. If desired add veetener to taste.
rote you owd ix p ma

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	
3 slice Whole grain bread	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Black Bean Salsa
1/2 cup Onions	1.00 C	Mix black beans, diced tomato, chopped onion, olive
1 cup Beans, black	4.00 C	oil, lime juice, and cilantro in a bowl. Seed jalapeno
2 Tomatoes	1.00 C 4.00 F	peppers and chop finely and add to mixture.
1 1/3 tsp Olive or monounsaturated oil	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Beef, lean cuts	Portions 8.00 P	Barbecued Beef Sandwich
1/2 cup Onions	1.00 C	
1/2 cup Tomato, puree	1.00 C	Simple but tasty.
2 tsp Olive or monounsaturated oil	6.00 F	
2 slice Sourdough bread	4.00 C	
1 Orange	2.00 C	
	Calories: 674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder 4 Kiwis	4.00 P 4.00 C	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 C	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
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 topping
1 cup Salsa	2.00 C	for extra crunch. Use the remaining vegetable
1 cup Grapes 2 whole Pita	2.00 C 4.00 C	ingredients to make a salad.
2 tsp Olive or monounsaturated oil	4.00 C 6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2/3 tsp Olive or monounsaturated oil	2.00 F	Blend all ingredients together, except nuts, and add
12 Peanuts	2.00 F	ice cubes until desired consistency is reached. If a
1 cup Pineapple	2.00 C	blender is not available mix protein powder with cold
1 cup Strawberries	1.00 C	water and have remaining ingredients on the side.
3 Kiwis	3.00 C	Nuts on the side.
	Calories: 492	
	ein: 42 Carbohyd	l drates: 42 Fat: 30 Calories: 3498
		4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 C	
3 Eggs, whole	3.00 P	
6 tsp Peanut butter, natural	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	Another great, on the go shack
24 Peanuts	4.00 F	
1 slice Whole grain bread	2.00 C	
ő	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
6 Egg whites	Portions 3.00 P	
6 Egg whites 2 1/2 cups Chicken noodle soup	5.00 P	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the
2/3 Banana	2.00 C	crackers on top. Enjoy!
4 Crackers	1.00 C	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
	Portions	
2 cups Yogurt, plain	4.00 PC	Protein Shake with Fruit
14 grams Protein powder 2 cups Strawberries	2.00 P 2.00 C	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 C	available mix protein powder with cold water and
1 1/3 top Olive of monourisaturated on	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Grilled Beef Salad with Cantaloupe
1 cup Cauliflower	.25 C	Grill beef and set atop this great mixed salad. Enjoy
1 cup Celery 1 cup Cucumber	.50 C .25 C	the cantaloupe for dessert.
1 cup Cucumber 1 cup Lettuce, romaine	.25 C .10 C	
1 cup Tomatoes	.10 C	
1 Cantaloupe	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1/2 cup Pasta	2.00 C	
.1	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
1 cup Vogurt, plain	Portions 2.00 PC	Protein Shake with Fruit
1 cup Yogurt, plain 28 grams Protein powder	4.00 PC	Blend all ingredients together and add ice cubes unt
1 Cantaloupe	4.00 F	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 C	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
		drates: 42 Fat: 30 Calories: 3498
	veen 12 driu 1	4 glasses of water per day. **
Take you	r vitamina Ro	empowered

Day:	39
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Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 Eggs, whole	Portions 8.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	Toasted egg sandwich with huit.
3 slice Whole grain bread	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	
24 Peanuts	4.00 F	
1 slice Whole grain bread	2.00 C	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Beef and vegetable pasta. Enjoy!
1/4 cup Celery	.13 C	Deel and vegetable pasta. Enjoy:
1/4 cup Onions	.50 C	
1/4 cup Tomato, puree	.50 C	
1 3/4 cups Pasta	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
•	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unt
4 cups Strawberries	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
2 2/3 cups Potato	8.00 C	Brush chicken with oil, then broil or grill. Mix oil with
2 tsp Olive or monounsaturated oil	6.00 F	your spices of choice to add flavor.
•	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1/3 cup Oatmeal	1.00 C	Add water to create desired consistency. Enjoy!
1 Banana	3.00 C	, , , , , , , , , , , , , , , , , , ,
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Today's checklist. T.Pro	Diein Z. Muiti	3. Eat 4. Train 5. GROW!

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 8 Egg whites 1 cup Yogurt, plain 1/4 cup Beans, black 2 cups Spinach 1 Tomato 1 Bagel 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese 	4.00 P 2.00 PC 1.00 C .57 C .50 C 4.00 C 6.00 F 2.00 P Calories: 674	Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin	Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
 Snack - Meal Portions: P:6 C:6 F: 4 42 grams Protein powder 1 tsp Olive or monounsaturated oil 6 Peanuts 2 cups Strawberries 2 Kiwis 2/3 cup Oatmeal 	Item Portions 6.00 P 3.00 F 1.00 F 2.00 C 2.00 C 2.00 C Calories: 492	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 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken breast with baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2 Bananas 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.

		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492	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.
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F: 4 1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, low fat 28 grams Protein powder 3/4 Cantaloupe 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492	Preparation Suggestions: Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674 Item	Preparation Suggestions: Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken throughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.
 Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread 	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Another great, on-the-go snack!
Breakfast - Meal Portions: P:8 C:8 F:6 12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese	Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674	Preparation Suggestions: Eggs with a bagel on the side. Enjoy!

		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Snack - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 2 cups Rice 1 cup Cauliflower 1 cup Broccoli 1 Pepper (bell or cubanelle) 1/2 cup Onions 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674 Item	Preparation Suggestions: Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
 Snack - Meal Portions: P:6 C:6 F: 4 42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine 	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: 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 8 oz Chicken breast, skinless 2 Oranges 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 4.00 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:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Another great, on-the-go snack!
Breakfast - Meal Portions: P:8 C:8 F:6 12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese	Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674	Preparation Suggestions: Eggs with a bagel on the side. Enjoy!

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
5 oz Cheese, low or non fat 2 2/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 3 Eggs, whole	Portions 5.00 P 8.00 C 6.00 F 3.00 P Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 Apples 12 Walnuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes	8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492	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.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken with Vegetables. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
2 Face whole	Portions	
3 Eggs, whole 5 oz Cheese, low or non fat	3.00 P 5.00 P	
2 cups Peaches, canned	4.00 C	
1 1/3 cups Oatmeal 36 Peanuts	4.00 C 6.00 F	
36 Peanuis	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
24 Peanuts	4.00 F	
1 Bagel	4.00 C	
-	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
9 oz Turkey breast, deli style	6.00 P	Deli Meat Sandwich
2 oz Cheese, low or non fat	2.00 P	Use ingredients to make a sandwich. Add onion and
4 slice Whole grain bread	8.00 C	a leaf of lettuce for flavour.
24 Peanuts	4.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain	4.00 PC	Protein Shake with Fruit
14 grams Protein powder	2.00 P	Blend all ingredients together and add ice cubes unti
2 cups Strawberries	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories: 492	have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
6 oz Chicken breast, skinless	6.00 P	Chicken Wrap
2 oz Cheese, low or non fat	2.00 P	Cut chicken into strips. In a medium pan heat oil.
1/2 cup Onions	1.00 C	Add chicken to oil with desired seasonings and pan
2 Peppers (bell or cubanelle)	1.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa	2.00 C	them raw. Mix all ingredients into pita and enjoy.
1 Apple	2.00 C	
1 whole Pita	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
–	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 PC	Blend all ingredients together and add ice cubes unt
4 cups Strawberries	4.00 P 4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 C 4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
		drates: 42 Fat: 30 Calories: 3498
Kernernber to drink b	erween 12 and 1	4 glasses of water per day. **
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	Item	
Breakfast - Meal Portions: P:8 C:8 F:6 2 cups Milk, low fat (1%) 6 oz Cheddar cheese 6 oz Cereal, cold 1 Banana 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 6.00 P 3.00 C 3.00 C 6.00 F Calories: 674	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
 Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread 	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 cup Cherry tomatoes 2 cups Zucchini 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 2/3 cups Rice	Item Portions 8.00 P .50 C .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674	Preparation Suggestions: Chicken and Vegetable Kabob Prepare marinade by blending oil with 1 tbsp red wine,1 tsp each of lemon juice and salt,1 clove garlic,and a dash of pepper.In a dish combine chicken and marinade, refrigerate for 20 mins. On skewers combine chunks and grill.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes un desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries 2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 	5.00 P 3.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, low fat 1 Apple 1/3 cup Applesauce 1 Peach 1 cup Strawberries 12 Walnuts 1/3 cup Oatmeal 	6.00 P 2.00 C 1.00 C 1.00 C 1.00 C 4.00 F 1.00 C Calories: 492	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.
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1/4 cup Celery 1/4 cup Onions 1/4 cup Tomato, puree 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 6.00 C 6.00 F Calories: 674	Chicken with Vegetables. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2 Bananas 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	remaining ingredients on the side. If desired add sweetener to taste.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		powerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 4 1/2 oz Chicken breast, deli style 10 Egg whites 1 1/2 cups Onions 3 1/2 cups Spinach 1 cup Celery 1 Tomato 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 	Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C 3.00 C 6.00 F Calories: 674	Chicken Omelets and Oatmeal Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have yoru oatmeal on the side (60 seconds with water itne microwave will do).
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes 1 cup Oatmeal 24 Peanuts	6.00 P 3.00 C 3.00 C 4.00 F Calories: 492	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 6.00 C 2.00 C 6.00 F 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: 4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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:
 7 1/2 oz Ground beef (< 10% fat) 3 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 Tomatoes 6 Corn tortillas 2 tsp Olive or monounsaturated oil 	5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Milk, Iow fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil	4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492	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.
Total Daily Portions: Protein: 4		drates: 42 Fat: 30 Calories: 3498

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
Ω and $Mills$ law fat (40/)	Portions 2.00 PC	
2 cups Milk, low fat (1%) 6 oz Cheddar cheese	6.00 PC	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
		cheese on the side.
6 oz Cereal, cold 1 Banana	3.00 C 3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
	ltem	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Black Bean Salsa
1/2 cup Onions	1.00 C	Mix black beans, diced tomato, chopped onion, olive
1 cup Beans, black	4.00 C	oil, lime juice, and cilantro in a bowl. Seed jalapeno
2 Tomatoes	4.00 C	peppers and chop finely and add to mixture.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	peppers and chop linely and add to mixture.
1 1/3 tsp Olive of monourisaturated on	Calories:	
	492	
	492 Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
2 Oranges	4.00 C	Make a basic chicken salad adding a little celery and
2 slice Whole grain bread	4.00 C	onion if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
3 tsp Mayonnaise	3.00 F	
o top Mayonnaise	Calories:	
	674	
One sty March Dantian as D.C. O.C. F. 4	Item	Brannatian Orangetianas
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1 tsp Olive or monounsaturated oil	3.00 F	Blend all ingredients together, except nuts, and add
6 Peanuts	1.00 F	ice cubes until desired consistency is reached. If a
2 cups Strawberries	2.00 C	blender is not available mix protein powder with cold
2 Kiwis	2.00 C	water and have remaining ingredients on the side.
2/3 cup Oatmeal	2.00 C	Nuts on the side.
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
6 oz Chicken breast, skinless	6.00 P	Chicken Wrap
2 oz Cheese, low or non fat	2.00 P	Cut chicken into strips. In a medium pan heat oil.
1/2 cup Onions	1.00 C	Add chicken to oil with desired seasonings and pan
2 Peppers (bell or cubanelle)	1.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa	2.00 C	them raw. Mix all ingredients into pita and enjoy.
1 Apple	2.00 C	
1 whole Pita	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
	Item Portions	Preparation Suggestions:
Snack - Meal Portions: P:6 C:6 F:4	r ortions	Protein Shake with Fruit
	6 00 P	
42 grams Protein powder	6.00 P 2 00 F	Blend all indredients together except puts and add
42 grams Protein powder 2/3 tsp Olive or monounsaturated oil	2.00 F	Blend all ingredients together, except nuts, and add
42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts	2.00 F 2.00 F	ice cubes until desired consistency is reached. If a
42 grams Protein powder2/3 tsp Olive or monounsaturated oil12 Peanuts1 cup Pineapple	2.00 F 2.00 F 2.00 C	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil12 Peanuts1 cup Pineapple1 cup Strawberries	2.00 F 2.00 F 2.00 C 1.00 C	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.
42 grams Protein powder2/3 tsp Olive or monounsaturated oil12 Peanuts1 cup Pineapple	2.00 F 2.00 F 2.00 C	ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold

Total Daily Portions: Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498

	Item	
Breakfast - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 Egg whites	4.00 P	Sauté vegetables until they are tender. Mix eggs and
1 cup Yogurt, plain	2.00 PC	yogurt until smooth. Add salt, pepper, dill, chives,
1/4 cup Beans, black	1.00 C	turmeric, chili powder, and celery salt to taste. Cook
2 cups Spinach	.57 C	the egg mixture and spices in a pan and add the
1 Tomato	.50 C	cooked vegetables.
1 Bagel	4.00 C	5
2 tsp Olive or monounsaturated oil	6.00 F	
2 oz Cheddar cheese	2.00 P	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Fresh Fruit with Creamy Sauce
1 Apple	2.00 C 1.00 C	Combine cottage cheese with cinnamon and nutmee and blend until smooth. Pour over fruit in a small
1/3 cup Applesauce 1 Peach	1.00 C	bowl and top with slivered almonds. Serve
1 cup Strawberries	1.00 C	immediately.
12 Walnuts	4.00 F	
1/3 cup Oatmeal	1.00 C	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Tuna, canned in water	Portions 8.00 P	Tuna Stuffed Pita & Fruit
3 whole Pita	6.00 F	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
1 Pear	2.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F	bean sprouts. Have fruit for dessert.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
1.1/2 ourse Vaguet plain	Portions 3.00 PC	Protein Shake with Fruit
1 1/2 cups Yogurt, plain 21 grams Protein powder	3.00 PC 3.00 P	Blend all ingredients together and add ice cubes unt
1 Banana	3.00 F 3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side. Enjoy!
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	Portions 8.00 P	Ground Beef and Vegetables
1 cup Bamboo shoots	.25 C	Brown the beef in a saucepan and steam the
1 cup Bean sprouts	.23 C	vegetables. Using a light seasoning on the beef and
1 1/3 cups Applesauce	4.00 C	vegetables. Using a light seasoning on the beer and vegetables really enhances this quick meal. The
2 tsp Olive or monounsaturated oil	6.00 F	applesauce is a great dessert!
1 cup Rice	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
3 cups Milk, Iow 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 cups Pineapple	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
	492	

Enter the challenge and	d WIN! + <u>wwv</u>	v.empowerednutrition.net
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
1 Banana 1 1/3 tsp Olive or monounsaturated oil	3.00 C 4.00 F Calories: 492	ratao: 42. Eat: 20. Calariao: 2409
28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana	4.00 P 2.00 PC 1.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
Dinner - Meal Portions: P:8 C:8 F:6 12 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 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: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6 1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise	Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 cups Grapes 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
Breakfast - Meal Portions: P:8 C:8 F:6 3 cups Milk, low fat (1%) 35 grams Protein powder 2 1/2 cups Bran cereal, all varieties 2 tsp Olive or monounsaturated oil	Portions 3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674	Preparation Suggestions: A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 4 1/2 oz Chicken breast, deli style 10 Egg whites 1 1/2 cups Onions 3 1/2 cups Spinach 1 cup Celery 1 Tomato 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 	Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C 3.00 C 6.00 F Calories: 674	Chicken Omelets and Oatmeal Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have yoru oatmeal on the side (60 seconds with water itne microwave will do).
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 2 Peaches 24 Peanuts 1 Bagel	6.00 P 2.00 C 4.00 F 4.00 C Calories: 492	Cheese, Peaches & Nuts Enjoy items separately.
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 6 oz Tuna, canned in water 4 slice Whole grain bread 6 tsp Mayonnaise	2.00 P 6.00 P 8.00 C 6.00 F Calories: 674	Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 3/4 cup Pasta	8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		ww.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Milk, low fat (1%)	1.50 PC	Cook all the vegetables in the oil. Add celery salt,
3 oz Cheese, low or non fat	3.00 P	curry powder and minced garlic to taste. Let
7 Egg whites	3.50 P	vegetables cool. Mix eggs and milk together, then
1 Pepper (bell or cubanelle)	.50 C	add the cooled vegetables and cheese. Bake at 400
2 tsp Olive or monounsaturated oil,	6.00 F	degrees until set.
3 slice Whole grain bread	6.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Black Bean Salsa
1/2 cup Onions	1.00 F	Mix black beans, diced tomato, chopped onion, olive
1 cup Beans, black	4.00 C	oil, lime juice, and cilantro in a bowl. Seed jalapeno
2 Tomatoes	4.00 C	peppers and chop finely and add to mixture.
1 1/3 tsp Olive or monounsaturated oil	4.00 C	peppers and chop intery and add to mixture.
1 1/3 tsp Olive of monourisaturated of	Calories:	
	492	
	Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
1 oz Cheese, low or non fat	1.00 P	Deli Style Meat in a Pita
10 1/2 oz Turkey breast, deli style	7.00 P	Add a handful of lettuce and onion for extra flavor.
4 whole Pita	8.00 C	
6 tsp Mayonnaise	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	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.
2 1/4 cups Watermelon	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Pork chop	8.00 P	Pork Chops with Vegetables
3 cups Broccoli	1.00 C	
2 cups Cauliflower	.50 C	
1 cup Onions	2.00 C	
1 cup Celery	.50 C	
2 Peppers (bell or cubanelle)	1.00 C	
1 cup Rice	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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.
3 Peaches	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	Lester 42 Fet 20 Calarian 2400
		arotoc: 42 Eat: 30 Caloriac: 3408
Total Daily Portions: Protein: 4 ** Remember to drink betwee		4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6 1 1/2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 7 Egg whites 1 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil,	Item Portions 1.50 PC 3.00 P	Preparation Suggestions: Cook all the vegetables in the oil. Add celery salt,
3 oz Cheese, low or non fat 7 Egg whites 1 Pepper (bell or cubanelle)	1.50 PC	
3 oz Cheese, low or non fat 7 Egg whites 1 Pepper (bell or cubanelle)		
7 Egg whites 1 Pepper (bell or cubanelle)		curry powder and minced garlic to taste. Let
1 Pepper (bell or cubanelle)	3.50 P	vegetables cool. Mix eggs and milk together, then
	.50 C	add the cooled vegetables and cheese. Bake at 400
3 slice Whole grain bread	6.00 F 6.00 C	degrees until set.
3 slice whole grain bread		
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Fresh Fruit with Creamy Sauce
1 Apple	2.00 F	Combine cottage cheese with cinnamon and nutmeg
1/3 cup Applesauce	2.00 C	and blend until smooth. Pour over fruit in a small
1/S cup Applesauce 1 Peach	1.00 C	bowl and top with slivered almonds. Serve
1 cup Strawberries	1.00 C	immediately.
12 Walnuts	4.00 C	Interiority.
1/3 cup Oatmeal	4.00 F 1.00 C	
1/0 dup Valineai	Calories:	
	492	
	Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Tuna, canned in water	8.00 P	Tuna Stuffed Pita & Fruit
3 whole Pita	6.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
6 tsp Mayonnaise	6.00 F	extra crunch add in a handful of chopped lettuce or
2 cups Bean sprouts	1.33 C	bean sprouts. Have fruit for dessert.
1 cup Jalapeno peppers	.50 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
1.1/2 auna Vaguet plain	Portions 3.00 PC	Protein Shake
1 1/2 cups Yogurt, plain		
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
1 1/3 tsp Olive or monounsaturated oil	4.00 F 3.00 C	Add water to create desired consistency. Enjoy!
3 cups Strawberries		
	Calories: 492	
	Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
6 oz Chicken breast, skinless	6.00 P	Chicken Wrap
2 oz Cheese, low or non fat	2.00 P	Cut chicken into strips. In a medium pan heat oil.
1/2 cup Onions	1.00 C	Add chicken to oil with desired seasonings and pan
2 Peppers (bell or cubanelle)	1.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa	2.00 C	them raw. Mix all ingredients into pita and enjoy.
1 Apple	2.00 C	
1 whole Pita	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Strawberries	2.00 C	Blend all ingredients together and add ice cubes unti
1 cup Peaches, canned	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
2/3 cup Oatmeal	2.00 C	have remaining ingredients on the side. Enjoy!
	Calories:	
	492	

3 cups Milk, low fat (1%) 3.0 35 grams Protein powder 5. 2 1/2 cups Bran cereal, all varieties 5. 2 tsp Olive or monounsaturated oil 6. Call 6. Snack - Meal Portions: P:6 C:6 F:4 Po 6 oz Cheese, low or non fat 6. 1 Apple 2. 24 Peanuts 4. 1 Muffin 4. Call 7. 8 oz Beef, lean cuts 8. 1/2 cup Tomato, puree 1. 1/2 cup Tomato, puree 1. 2 tsp Olive or monounsaturated oil 6. 2 slice Sourdough bread 4. 1 Orange 2. Call 7. 3 cups Milk, low fat (1%) 3.0 21 grams Protein powder 3. 1 1/2 cups Peaches, canned 3. 1 1/2 cups Peaches, canned 3. 1 1/3 tsp Olive or monounsaturated oil 4. Call 7. Call 7. Call 7. Call 7. Call 7. Call 7.	Preparation Suggestions: A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy! 00 F lories: 674 tem Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day! 00 C lories: 492 tem Preparation Suggestions: 00 C lories: 492 tem Preparation Suggestions: Barbecued Beef Sandwich 00 C 00 P Put all ingredients in blender over ice and blend.
35 grams Protein powder 5. 2 1/2 cups Bran cereal, all varieties 5. 2 tsp Olive or monounsaturated oil 6. Snack - Meal Portions: P:6 C:6 F:4 Po 6 oz Cheese, low or non fat 6. 1 Apple 2. 24 Peanuts 4. 1 Muffin 4. Cal 2 Mid Meal - Meal Portions: P:8 C:8 F:6 Po 8 oz Beef, lean cuts 8. 1/2 cup Onions 1. 1/2 cup Tomato, puree 1. 2 tsp Olive or monounsaturated oil 6. 2 slice Sourdough bread 4. 1 Orange 2. Sups Milk, low fat (1%) 3. 2 1 grams Protein powder 3. 1 1/2 cups Peaches, canned 3. 1 1/3 tsp Olive or monounsaturated oil 4. Cal Cal Cal Cal 1 1/2 cups Peaches, canned 3. 1 1/3 tsp Olive or monounsaturated oil 4. Cal Cal Cal Cal Goz Chicken breast, skinless 6. 1 cup Salsa <td< td=""><td>00 P favorite bran cereal, add protein powder, olive oil and milk and enjoy! 00 F milk and enjoy! 674 Preparation Suggestions: 674 Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F Oo C 00 C Iories: 492 Preparation Suggestions: 00 P Barbecued Beef Sandwich 00 C Simple but tasty. 00 F Simple but tasty. 00 C Preparation Suggestions: 00 C Preparation Suggestions: 00 C Do C 00 C Simple but tasty. 00 C Protein Shake 00 P Put all ingredients in blender over ice and blend. 00 C Add water to create desired consistency. Enjoy! 00 F Pit all ingredients in blender over ice and blend. 00 F Put all ingredients in blender over ice and blend. 00 F Pit all ingredients in blender over ice and blend. 00 F Pit all ingredients in blender over ice and blend. 00 F Chicken Soft Tacos</td></td<>	00 P favorite bran cereal, add protein powder, olive oil and milk and enjoy! 00 F milk and enjoy! 674 Preparation Suggestions: 674 Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F Oo C 00 C Iories: 492 Preparation Suggestions: 00 P Barbecued Beef Sandwich 00 C Simple but tasty. 00 F Simple but tasty. 00 C Preparation Suggestions: 00 C Preparation Suggestions: 00 C Do C 00 C Simple but tasty. 00 C Protein Shake 00 P Put all ingredients in blender over ice and blend. 00 C Add water to create desired consistency. Enjoy! 00 F Pit all ingredients in blender over ice and blend. 00 F Put all ingredients in blender over ice and blend. 00 F Pit all ingredients in blender over ice and blend. 00 F Pit all ingredients in blender over ice and blend. 00 F Chicken Soft Tacos
2 1/2 cups Bran cereal, all varieties 5.1 2 tsp Olive or monounsaturated oil 6. Cal Cal Snack - Meal Portions: P:6 C:6 F:4 In 6 oz Cheese, low or non fat 6. 1 Apple 2. 24 Peanuts 4. 1 Muffin 4. Mid Meal - Meal Portions: P:8 C:8 F:6 In 8 oz Beef, lean cuts 8. 1/2 cup Onions 1. 1/2 cup Tomato, puree 1. 2 tsp Olive or monounsaturated oil 6. 2 slice Sourdough bread 4. 1 Orange 2. Cal Cal Snack - Meal Portions: P:6 C:6 F: 4 Po 3 cups Milk, low fat (1%) 3.0 21 grams Protein powder 3. 1 1/2 cups Peaches, canned 3. 1 1/3 tsp Olive or monounsaturated oil 4. Cal Cal Dinner - Meal Portions: P:8 C:8 F:6 Po 2 oz Cheese, low or non fat 6. 6 oz Chicken breast, skinless 6. 1 cup Salsa 2. 1 cup Salsa 2.	00 C milk and enjoy! 00 F Preparation Suggestions: 674 Cheese, Apples & Peanuts 00 P Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F Preparation Suggestions: 00 C Barbecued Beef Sandwich 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Do C 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Protein Shake 00 P Put all ingredients in blender over ice and blend. 00 C Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Put all ingredients in blender over ice and blend. 00 F Put all ingredients in blender over ice and blend. 00 F Protein Shake 00 F Put all ingredients in blender over ice and blend. 00 F Ories: 492 Preparation Suggestions: 00 F Chicken Soft Tacos
2 tsp Olive or monounsaturated oil 6. Cal Cal Snack - Meal Portions: P:6 C:6 F:4 Po 6 oz Cheese, low or non fat 6. 1 Apple 2. 24 Peanuts 4. 1 Muffin Cal Mid Meal - Meal Portions: P:8 C:8 F:6 Po 8 oz Beef, lean cuts 8. 1/2 cup Onions 1. 1/2 cup Tomato, puree 1. 2 tsp Olive or monounsaturated oil 6. 2 slice Sourdough bread 4. 1 Orange Cal Snack - Meal Portions: P:6 C:6 F: 4 Po 3 cups Milk, low fat (1%) 3.0 21 grams Protein powder 3. 1 1/2 cups Peaches, canned 3. 1 1/2 cups Peaches, canned 3. 1 1/3 tsp Olive or monounsaturated oil 4. Cal Cal Cal Cal Goz Cheese, low or non fat Po 3 cups Milk, low fat (1%) 3.0 2 oz Cheese, low or non fat Cal 6 oz Chicken breast, skinless 6. 1 cup Salsa 2. <td< td=""><td>00 F Iories: 674 Preparation Suggestions: 00 P Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F OC 00 C Iories: 492 Preparation Suggestions: 100 F Barbecued Beef Sandwich 00 C Simple but tasty. 00 F OC 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Preparation Suggestions: 00 F Preparation Suggestions: 00 F Preparation Suggestions: 00 F Protein Shake 00 P Put all ingredients in blender over ice and blend. 00 F Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Chicken Soft Tacos</td></td<>	00 F Iories: 674 Preparation Suggestions: 00 P Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F OC 00 C Iories: 492 Preparation Suggestions: 100 F Barbecued Beef Sandwich 00 C Simple but tasty. 00 F OC 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Simple but tasty. 00 F Preparation Suggestions: 00 C Preparation Suggestions: 00 F Preparation Suggestions: 00 F Preparation Suggestions: 00 F Protein Shake 00 P Put all ingredients in blender over ice and blend. 00 F Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Chicken Soft Tacos
Cal GSnack - Meal Portions: P:6 C:6 F:4If6 oz Cheese, low or non fat 1 Apple6.24 Peanuts4.1 MuffinCal CalMid Meal - Meal Portions: P:8 C:8 F:6If8 oz Beef, lean cuts8.1/2 cup Onions1.1/2 cup Tomato, puree1.2 tsp Olive or monounsaturated oil6.2 slice Sourdough bread4.1 OrangeCalCal CalDinner - Meal Portions: P:8 C:8 F:62 oz Cheese, low or non fat 6 oz Chicken breast, skinless6 oz Chicken breast, skinless6.1 cup Salsa2.1 cup Salsa2.1 cup Salsa2.1 cup Salsa2.2 tsp Olive or monounsaturated oil4.2 tsp Olive or monounsaturated oil6.2 tsp Olive or monounsaturated oil4.2 tsp Olive or monounsaturated oil6.2 tsp Olive or	674 Preparation Suggestions: tem Cheese, Apples & Peanuts 00 C A quick snack to keep you going through the day! 00 F O 00 C Iories: 492 Preparation Suggestions: 100 F Barbecued Beef Sandwich 00 C Simple but tasty. 00 C Simple but tasty. 00 C Preparation Suggestions: 00 C Preparation Suggestions: 00 C Simple but tasty. 00 C Preparation Suggestions: 00 C Preparation Suggestions: 00 C Preparation Suggestions: 00 C Protein Shake Put all ingredients in blender over ice and blend. 00 F Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Preparation Suggestions: 00 F Pit all ingredients in blender over ice and blend. 00 F Add water to create desired consistency. Enjoy! 00 F Preparation Suggestions: 00 F Chicken Soft Tacos
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1 cup Salsa2.11 cup Grapes2.12 whole Pita4.12 tsp Olive or monounsaturated oil6.Cal	.00 P Brush chicken with oil and spices and grill or broil
1 cup Grapes2.2 whole Pita4.2 tsp Olive or monounsaturated oil6.Cal	10 C until cooked. Fill pita shells and garnish with topping
2 whole Pita4.2 tsp Olive or monounsaturated oil6.Call	00 C for extra crunch. Use the remaining vegetable
2 tsp Olive or monounsaturated oil 6. Cal	.00 C ingredients to make a salad.
Cal	00 C .00 F
	lories:
	674
	tem Preparation Suggestions:
Po	
	00 PC Protein Shake with Fruit .00 P Blend all ingredients, except nuts together and add
	.00 F lice cubes until desired consistency is reached.
	.00 C Blender not available? Mix protein powder with cold
	.00 C water and have remaining ingredients on the side.
Cal	lories: Eat nuts separately.
	492 arbohydrates: 42 Fat: 30 Calories: 3498
	2 and 14 glasses of water per day. **
Put up a fight, be empowered an	

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Combine over heat and enjoy this stick-to-your-ribs
42 grams Protein powder	6.00 P	breakfast.
2 cups Oatmeal	6.00 C	brouwaot.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Mix the grapes and oatmeal in with the cottage
1 1/2 cups Grapes	3.00 C	cheese for a new taste sensation. Try topping with
1 cup Oatmeal	3.00 C	the almonds!
24 Peanuts	4.00 F	
	Calories: 492	
	Item	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Pita
2 whole Pita	4.00 C	Grill and dice chicken breast. Mix with a little
6 tsp Mayonnaise	6.00 F	chopped onion and tomato if desired. Stuff mixture
1 Banana	3.00 C	into pita and top with a handful of lettuce.
1/4 cup Pineapple	.50 C	
1 cup Cherry tomatoes	.50 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	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.
3 Plums	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken breast with baked potato and vegetables.
1 2/ cup Beans, green or yellow	-1.00 C	Chicken breast with baked polato and vegetables.
3 cups Potato	9.00 C	
3 tbsp Sour cream	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1/3 cup Oatmeal	1.00 C 3.00 C	Add water to create desired consistency. Enjoy!
1 Banana 1 1/3 tsp Olive or monounsaturated oil	4.00 C	
1 1/3 tsp Olive of monourisaturated on	Calories:	
	492	
	ein: 42 Carbohyd	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		npowerednutrition.net
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otes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Fried eggs with melted cheese and fruit and oatmea
3 oz Cheese, low or non fat	3.00 P	on the side. Enjoy!
		on the side. Enjoy!
1 cup Strawberries	1.00 C	
2 1/3 cups Oatmeal	7.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Fresh Fruit with Creamy Sauce
1 Apple	2.00 F	Combine cottage cheese with cinnamon and nutmee
		and blend until smooth. Pour over fruit in a small
1/3 cup Applesauce	1.00 C	
1 Peach	1.00 C	bowl and top with slivered almonds. Serve
1 cup Strawberries	1.00 C	immediately.
12 Walnuts	4.00 F	
1/3 cup Oatmeal	1.00 C	
	Calories:	
	492	
/id Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Barbecued Beef Sandwich
1/2 cup Onions	1.00 C	
1/2 cup Tomato, puree	1.00 C	Simple but tasty.
2 tsp Olive or monounsaturated oil	6.00 F	
2 slice Sourdough bread	4.00 C	
1 Orange	2.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 ourse Mille low fat (10/)	3.00 PC	Protein Shake
3 cups Milk, low fat (1%)	3.00 PC	
21 grams Protein powder		Put all ingredients in blender over ice and blend.
2 1/4 cups Watermelon	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Pasta & Sauce
1/2 cup Onions	1.00 C	In a sauce pan saute onion until done. Add meat
1/2 cup Tomato sauce	1.00 C	and spices to onion mixture and simmer until meat is
1 1/2 cups Pasta	6.00 C	done. Add tomato sauce and reduce heat. Pour
2 tsp Olive or monounsaturated oil	6.00 F	over cooked pasta and serve.
	Calories:	over cooked pasta and serve.
	674	
maak Maal Dartianas D.C.O.C.F.4	Item	Proposation Suggestions
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1/3 cup Oatmeal	1.00 C	desired consistency is reached. If a blender is not
1 Banana	3.00 C	available mix protein powder with cold water and
1 1/3 tsp Olive or monounsaturated oil	4.00 F	have remaining ingredients on the side.
	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

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Breakfast - Meal Portions: P:8 C:8 F:6	ltem	Preparation Suggestions:
\mathbf{O} and \mathbf{N} with law fat (40())	Portions	
3 cups Milk, low fat (1%)	3.00 PC	Cook egg whites any style for a nutritious breakfast.
10 Egg whites	5.00 P	Cat Dir Crita just like Dannis Caleman and Jay
1/2 Cantaloupe 2 tsp Olive or monounsaturated oil	2.00 C 6.00 F	Get Big Grits just like Ronnie Coleman and Jay Cutler!
1 cup Grits, cooked	3.00 C	Culler
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, low fat	6.00 P	Cottage Cheese, Fruit Cocktail and Peanuts
1 1/3 cups Fruit cocktail	4.00 C	A nice, quick snack to satisfy those cravings!
1 slice Whole grain bread	2.00 C 4.00 F	
24 Peanuts	4.00 F Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Tuna, canned in water	8.00 P	Tuna Stuffed Pita & Fruit
3 whole Pita	6.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
1 Pear	2.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F	bean sprouts. Have fruit for dessert.
	Calories: 674	
	ltem	
Snack - Meal Portions: P:6 C:6 F: 4	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 1/2 cups Peaches, canned	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Ground Beef and Vegetables
1 cup Bamboo shoots	.25 C	Brown the beef in a saucepan and steam the
1 cup Bean sprouts	.67 C	vegetables. Using a light seasoning on the beef and
1 1/3 cups Applesauce	4.00 C	vegetables really enhances this quick meal. The
2 tsp Olive or monounsaturated oil	6.00 F	applesauce is a great dessert!
1 cup Rice	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unt
1 Cantaloupe	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
		Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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tes:		

Breakfast - Meal Portions: P:8 C:8 F:6 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 6.00 P 6.00 C 6.00 F Calories:	Preparation Suggestions: Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread	674 Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6 2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts	Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).
Snack - Meal Portions: P:6 C:6 F: 4 1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries	Item Portions 3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492	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 Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream	Item Portions 8.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 6.00 P 2.00 C 2.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes u desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	42 Carbohyo	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 2/3 cups Oatmeal	8.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3 Eggs, whole	3.00 P	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
C an Chasse law as non fat	Portions	
6 oz Cheese, low or non fat 3 cups Grapes	6.00 P 6.00 C	Cheese and Grape Snack Enjoy items separately!
24 Peanuts	4.00 C	Enjoy liems separately!
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Tuna, canned in water	8.00 P	Tuna Stuffed Pita & Fruit
3 whole Pita	6.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
6 tsp Mayonnaise	6.00 F	extra crunch add in a handful of chopped lettuce or
2 cups Bean sprouts	1.33 C	bean sprouts. Have fruit for dessert.
1 cup Jalapeno peppers	.50 C Calories:	
	674	
	Item	Provention Oceano dia no
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Grapes	4.00 C	Blend all ingredients together and add ice cubes un
1 1/3 tsp Olive or monounsaturated oil	4.00 F	desired consistency is reached. If a blender is not
1 Tangerine	2.00 C	available mix protein powder with cold water and
	Calories: 492	have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Pork chop	8.00 P	Pork Chops with Vegetables
3 cups Broccoli	1.00 C	
2 cups Cauliflower	.50 C	
1 cup Onions	2.00 C	
1 cup Celery	.50 C 1.00 C	
2 Peppers (bell or cubanelle) 1 cup Rice	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes un
1/3 cup Oatmeal 1 Banana	1.00 C	desired consistency is reached. If a blender is not
1 Banana 1 1/3 tsp Olive or monounsaturated oil	3.00 C 4.00 F	available mix protein powder with cold water and have remaining ingredients on the side.
	Calories:	nave remaining ingredients on the side.
	492	
	ein: 42 Carbohyc	Irates: 42 Fat: 30 Calories: 3498
** Remember to drink b	etween 12 and 1-	4 glasses of water per day. **
Feel the burn & incin	erate the fat. ww	w.empowerednutrition.net
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Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 F	Toasted egg sandwich with hult.
3 slice Whole grain bread	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Properties Suggestienes
Shack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
24 Peanuts	4.00 F	
1 Bagel	4.00 C	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
9 oz Chiekon broast skizlas-	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
4 slice Whole grain bread	8.00 C	Mix your favourite seasonings with oil and brush on
2/3 tsp Olive or monounsaturated oil	2.00 F	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise	4.00 F Calories:	top with mayonnaise. You may also wish to add lettuce for crunch.
	674	lettuce for crunch.
	ltem	
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Grapes	4.00 C	Blend all ingredients together and add ice cubes unt
1 1/3 tsp Olive or monounsaturated oil	4.00 F	desired consistency is reached. If a blender is not
1 Tangerine	2.00 C	available mix protein powder with cold water and
-	Calories:	have remaining ingredients on the side. Enjoy!
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken and Vegetable Kabob
1 Pepper (bell or cubanelle)	.50 C	Prepare marinade by blending oil with 1 tbsp red
1 cup Cherry tomatoes	.50 C	wine,1 tsp each of lemon juice and salt,1 clove
2 cups Zucchini	1.00 C	garlic, and a dash of pepper. In a dish combine
1/2 cup Onions	1.00 C	chicken and marinade, refrigerate for 20 mins. On
2 tsp Olive or monounsaturated oil	6.00 F	skewers combine chunks and grill.
1 2/3 cups Rice	5.00 C	skewers combine chanks and gini.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1 cup Pineapple	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
Total Daily Portions: Prote		I drates: 42 Fat: 30 Calories: 3498
** Remember to drink be	etween 12 and 1	4 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 1 1/2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 7 Egg whites 1 Pepper (bell or cubanelle) 2 tsp Olive or monounsaturated oil, 3 slice Whole grain bread 	Portions 1.50 PC 3.00 P 3.50 P .50 C 6.00 F 6.00 C Calories: 674	Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.
Snack - Meal Portions: P:6 C:6 F:4 1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts	Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492	Preparation Suggestions: Cottage cheese, yogurt, fruit and nuts taste great mixed together!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1/4 cup Celery 1/4 cup Onions 1/4 cup Tomato, puree 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4 42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	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!
Dinner - Meal Portions: P:8 C:8 F:6 12 oz Ground beef (< 10% fat) 1 cup Bamboo shoots 1 cup Bean sprouts 1 1/3 cups Applesauce 2 tsp Olive or monounsaturated oil 1 cup Rice	Item Portions 8.00 P .25 C .67 C 4.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Ground Beef and Vegetables Brown the beef in a saucepan and steam the vegetables. Using a light seasoning on the beef and vegetables really enhances this quick meal. The applesauce is a great dessert!
Snack - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492	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.
		rates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
	<u>tween 12 and 1</u> our vitamins. Be	

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 4 1/2 oz Chicken breast, deli style 10 Egg whites 1 1/2 cups Onions 3 1/2 cups Spinach 1 cup Celery 1 Tomato 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 	Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C 3.00 C 6.00 F Calories: 674	Chicken Omelets and Oatmeal Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have yoru oatmeal on the side (60 seconds with water itne microwave will do).
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat1 1/2 cups Grapes1 cup Oatmeal24 Peanuts	6.00 P 3.00 C 3.00 C 4.00 F Calories: 492	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread 	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674	Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	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.
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Pork chop 3 cups Broccoli 2 cups Cauliflower 1 cup Onions 1 cup Celery 2 Peppers (bell or cubanelle) 1 cup Rice 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C .50 C 2.00 C .50 C 1.00 C 3.00 C 6.00 F Calories: 674	Pork Chops with Vegetables
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

** Remember to drink between 12 and 14 classes of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 8 Egg whites 1 cup Yogurt, plain 1/4 cup Beans, black 2 cups Spinach 1 Tomato 1 Bagel 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese 	4.00 P 2.00 PC 1.00 C .57 C .50 C 4.00 C 6.00 F 2.00 P Calories: 674	Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 cups Grapes 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1/2 cup Onions 1/2 cup Tomato, puree 2 tsp Olive or monounsaturated oil 2 slice Sourdough bread 1 Orange	Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 4.00 C 2.00 C Calories:	Preparation Suggestions: Barbecued Beef Sandwich Simple but tasty.
Snack - Meal Portions: P:6 C:6 F: 4 2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil	674 Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	Preparation Suggestions: 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.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 1 cup Lettuce, romaine 1 cup Tomatoes 1 Cantaloupe 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	Item Portions 8.00 P .25 C .50 C .25 C .10 C .67 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder	Item Portions 6.00 P	Preparation Suggestions: Protein Shake with Fruit
1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil	4.00 C 2.00 C 4.00 F Calories:	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.

** Remember to drink between 12 and 14 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries 2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 	5.00 P 3.00 P 1.00 C 7.00 C 6.00 F Calories: 674	Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1/2 cup Onions 1 cup Beans, black 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil	6.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 492	Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers	8.00 P 6.00 C 6.00 F 1.33 C .50 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: 4 1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, low fat 28 grams Protein powder 3/4 Cantaloupe 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492	Preparation Suggestions: Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 3/4 cup Pasta	Item Portions 8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Chicken with fruit and applesauce on the side.
 Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis 	Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 8 Egg whites 1 cup Yogurt, plain 1/4 cup Beans, black 2 cups Spinach 1 Tomato 1 Bagel 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese 	Portions 4.00 P 2.00 PC 1.00 C .57 C .50 C 4.00 C 6.00 F 2.00 P Calories:	Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.
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Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 1 1/2 Cantaloupes 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 6.00 C 2.00 C 6.00 F 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: 4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	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	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:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	in: 42 Carbohy	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	
2 Bagels	8.00 C	
3 Eggs, whole	3.00 P	
6 tsp Peanut butter, natural	6.00 F	
o top i ballat battol, flataral	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
6 oz Cheese, low or non fat	6.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
24 Peanuts	4.00 F	
1 Bagel	4.00 C	
	Calories: 492	
	ltem	
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
6 Egg whites	3.00 P	Chicken noodle soup, egg-drop style. Heat up the
2 1/2 cups Chicken noodle soup	5.00 A	soup and drop in the egg-whites. Crumble the
2/3 Banana	2.00 C	crackers on top. Enjoy!
4 Crackers	1.00 C	
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Melon Shake with a Chaser
1/4 cup Cottage cheese, low fat	1.00 P	Make a shake, in the regualar fashion, out of melons
28 grams Protein powder	4.00 P 3.00 C	milk and olive oil. Sprinkle oatmeal and almonds on
3/4 Cantaloupe 2/3 cup Oatmeal	2.00 C	top of cottage cheese and eat separately.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
12 oz Ground beef (< 10% fat)	8.00 P	Ground Beef and Vegetables
1 cup Bamboo shoots	.25 C	Brown the beef in a saucepan and steam the
1 cup Bean sprouts	.67 C	vegetables. Using a light seasoning on the beef and
1 1/3 cups Applesauce	4.00 C 6.00 F	vegetables really enhances this quick meal. The applesauce is a great dessert!
2 tsp Olive or monounsaturated oil 1 cup Rice	3.00 C	applesauce is a great dessert!
	Calories:	
	674	
Speak Meal Partiana, D.C. C.C. F.A	Item	Propagation Suggestions:
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes until
4 cups Strawberries	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories: 492	have remaining ingredients on the side.
Total Daily Portions: Prote	-	Irates: 42 Fat: 30 Calories: 3498
		4 glasses of water per day. **
Fight Fat	www.empowere	ednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, Iow fat (1%) 35 grams Protein powder 2 1/2 cups Bran cereal, all varieties 2 tsp Olive or monounsaturated oil	3.00 PC 5.00 P 5.00 C 6.00 F Calories: 674	A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts 	6.00 P 4.00 C 2.00 C 4.00 F Calories: 492	Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Beef, lean cuts 1/4 cup Celery 1/4 cup Onions 1/4 cup Tomato, puree 1 3/4 cups Pasta 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674	Preparation Suggestions: Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries	3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492	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 Rice 1 cup Cauliflower 1 cup Broccoli 1 Pepper (bell or cubanelle) 1/2 cup Onions 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 Bananas 24 Peanuts	6.00 P 6.00 C 4.00 F Calories: 492	Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
		Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		p://empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Cheese, low or non fat	Portions 8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
1.1/2 auro Cattaga abaasa law fat	Portions 6.00 P	
1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes	6.00 P 3.00 C	Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with
1 cup Oatmeal	3.00 C	the almonds!
24 Peanuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	ltem	Preparation Suggestions:
8 oz Chicken breast, skinless	Portions 8.00 P	Grilled Chicken Pita
2 whole Pita	8.00 P 4.00 C	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little
6 tsp Mayonnaise	6.00 F	chopped onion and tomato if desired. Stuff mixture
1 Banana	3.00 C	into pita and top with a handful of lettuce.
1/4 cup Pineapple	.50 C	
1 cup Cherry tomatoes	.50 C	
	Calories:	
	674 Item	
Snack - Meal Portions: P:6 C:6 F: 4	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.
2 1/4 cups Watermelon	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	ltem	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
2 2/3 cups Potato	8.00 C	Brush chicken with oil, then broil or grill. Mix oil with
2 tsp Olive or monounsaturated oil	6.00 F	your spices of choice to add flavor.
	Calories:	
	674 Item	
Snack - Meal Portions: P:6 C:6 F:4	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 1/2 cups Pineapple	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
Total Daily Portions: Prot		I drates: 42 Fat: 30 Calories: 3498
		4 glasses of water per day. **
Meal plans work. Personalized Nutrition Delivers		Results. <u>http://empowerednutrition.com/critical-bench</u>
	nutrition	
tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe	3.00 PC 5.00 P 2.00 C	Cook egg whites any style for a nutritious breakfast. Get Big Grits just like Ronnie Coleman and Jay
2 tsp Olive or monounsaturated oil 1 cup Grits, cooked	6.00 F 3.00 C Calories: 674	Cutler!
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Oranges 24 Peanuts	6.00 P 6.00 C 4.00 F Calories: 492	Cheese, Orange and Peanuts. A quick snack to keep you going!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 3 whole Pita	8.00 P 6.00 C	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For
1 Pear	2.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F Calories: 674	bean sprouts. Have fruit for dessert.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake
3 cups Grapes 1 1/3 tsp Olive or monounsaturated oil	6.00 C 4.00 F	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Calories: 492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
6 oz Chicken breast, skinless	6.00 P	Chicken Wrap
2 oz Cheese, low or non fat 1/2 cup Onions	2.00 P 1.00 C	Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan
2 Peppers (bell or cubanelle)	1.00 C	fry until cooked. You can fry the vegetables or have
1 cup Salsa 1 Apple	2.00 C 2.00 C	them raw. Mix all ingredients into pita and enjoy.
1 whole Pita	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories: 674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	Protein Shake
21 grams Protein powder 3 Peaches	3.00 P 3.00 C	Put all ingredients in blender over ice and blend.
3 Peaches 1 1/3 tsp Olive or monounsaturated oil	4.00 C	Add water to create desired consistency. Enjoy!
	Calories: 492	
		rates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
		powerednutrition.net
tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
8 oz Cheese, low or non fat	Portions 8.00 P	
2 Bagels	8.00 C	
6 tsp Cream cheese	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
1 cup Cottage cheese, low fat	Portions 4.00 P	Cottage cheese, yogurt, fruit and nuts taste great
1 cup Yogurt, plain	4.00 P 2.00 PC	mixed together!
4 Plums	4.00 C	
12 Walnuts	4.00 F	
	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Pita
2 whole Pita	4.00 C	Grill and dice chicken breast. Mix with a little
6 tsp Mayonnaise	6.00 F	chopped onion and tomato if desired. Stuff mixture
1 Banana	3.00 C	into pita and top with a handful of lettuce.
1/4 cup Pineapple	.50 C	
1 cup Cherry tomatoes	.50 C	
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unti
4 cups Strawberries	4.00 C 4.00 F	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	available mix protein powder with cold water and have remaining ingredients on the side.
	492	have remaining ingredients of the side.
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless 1 2/ cup Beans, green or yellow	8.00 P -1.00 C	Chicken breast with baked potato and vegetables.
3 cups Potato	9.00 C	
3 tbsp Sour cream	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%) 28 grams Protein powder	2.00 PC 4.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt
3 cups Strawberries	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
1/3 cup Oatmeal	1.00 C	have remaining ingredients on the side.
	Calories:	
Total Daily Partiana, Drote	492	tratas: 42. Eat: 20. Calarias: 2409
		Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Have you h	nad your Protein S	Smoothie today?

Breakfast - Meal Portions: P:8 C:8 F:6 3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts	Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions:
 Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread 	Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers	Item Portions 8.00 P 6.00 C 6.00 F 1.33 C .50 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: 4 42 grams Protein powder 3 cups Grapes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	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 Beef, lean cuts 1 cup Cauliflower 1 cup Celery 1 cup Cucumber 1 cup Lettuce, romaine 1 cup Tomatoes 1 Cantaloupe 2 tsp Olive or monounsaturated oil 1/2 cup Pasta	Item Portions 8.00 P .25 C .50 C .25 C .10 C .67 C 4.00 C 6.00 F 2.00 C Calories: 674	Preparation Suggestions: Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 4 1/2 oz Chicken breast, deli style 10 Egg whites 1 1/2 cups Onions 3 1/2 cups Spinach 1 cup Celery 1 Tomato 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 	Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C 3.00 C 6.00 F Calories: 674	Chicken Omelets and Oatmeal Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have yoru oatmeal on the side (60 seconds with water itne microwave will do).
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin	Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!
Mid Meal - Meal Portions: P:8 C:8 F:6 2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts	Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices).
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 1 cup Applesauce 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 3/4 cup Pasta	Item Portions 8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674	Preparation Suggestions: Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:6 C:6 F:4 2 cups Milk, low fat (1%) 28 grams Protein powder 3 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil 1/3 cup Oatmeal	Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
2 Eage whole	Portions 3.00 P	
3 Eggs, whole 5 oz Cheese, low or non fat	5.00 P	
2 cups Peaches, canned	4.00 C	
1 1/3 cups Oatmeal	4.00 C	
36 Peanuts	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
0 an Ohanna law annar fat	Portions	
6 oz Cheese, low or non fat	6.00 P	Cheese, Apples & Peanuts
1 Apple 24 Peanuts	2.00 C 4.00 F	A quick snack to keep you going through the day!
1 Muffin	4.00 F 4.00 C	
i Mullill	Calories:	
	492	
	Item	Description Occurrentianes
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
2 oz Cheese, low or non fat	2.00 P	Tuna Melt
6 oz Tuna, canned in water	6.00 P	Mix tuna with mayonnaise, chopped onion (optional)
4 slice Whole grain bread	8.00 C	or your favorite ingredients. Spread tuna mixture on
6 tsp Mayonnaise	6.00 F	bread and melt the cheese on top.
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unt
4 Kiwis	4.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
7.1/2 or Cround boof (< 100 / fot)	Portions 5.00 P	Soft Buritto
7 1/2 oz Ground beef (< 10% fat) 3 oz Cheese, low or non fat	3.00 P	Cook meat over medium heat until cooked through,
2 Peppers (bell or cubanelle)	1.00 C	spice as desired. Place mixture on tortilla, garnish
2 Tomatoes	1.00 C	with toppings and fold.
6 Corn tortillas	6.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain	2.00 PC	Protein Shake with Fruit
28 grams Protein powder 1 Cantaloupe	4.00 P 4.00 C	Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 C	available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	have formaliting ingreatence of the olde.
		Irates: 42 Fat: 30 Calories: 3498
** Remember to drink be	etween 12 and 1	4 glasses of water per day. **
Enter the challenge	and WIN! + <u>www</u>	v.empowerednutrition.net
tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
5 oz Cheese, low or non fat	Portions 5.00 P	
2 2/3 cups Oatmeal	8.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3 Eggs, whole	3.00 P	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	Another great, on-the-go shack:
24 Peanuts	4.00 F	
1 slice Whole grain bread	2.00 C	
-	Calories:	
	492	
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
2 Oranges	4.00 C	Make a basic chicken salad adding a little celery and
2 slice Whole grain bread	4.00 C	onion if desired, and salt and pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
3 tsp Mayonnaise	3.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	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 1/2 Tangerines	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492 Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak with a baked potato and vegetables.
2 2/3 cups Potato	8.00 C	
3 tbsp Sour cream	6.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Bananas
2 Bananas	6.00 C	If you have access to a blender, blend fruit, protein
24 Peanuts	4.00 F	powder and ice cubes. If a blender is not available,
	Calories:	mix protein powder with cold water and have
	492	remaining ingredients on the side. If desired add sweetener to taste.
Total Daily Portions: Broto	vin: 12 Carbohyr	Irates: 42 Fat: 30 Calories: 3498
		4 glasses of water per day. **
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tes:		

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
 8 Egg whites 1 cup Yogurt, plain 1/4 cup Beans, black 2 cups Spinach 1 Tomato 1 Bagel 2 tsp Olive or monounsaturated oil 2 oz Cheddar cheese 	Portions 4.00 P 2.00 PC 1.00 C .57 C .50 C 4.00 C 6.00 F 2.00 P Calories: 674	Sauté vegetables until they are tender. Mix eggs and yogurt until smooth. Add salt, pepper, dill, chives, turmeric, chili powder, and celery salt to taste. Cook the egg mixture and spices in a pan and add the cooked vegetables.
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
 1 1/2 cups Cottage cheese, low fat 1 Apple 1/3 cup Applesauce 1 Peach 1 cup Strawberries 12 Walnuts 1/3 cup Oatmeal 	6.00 P 2.00 C 1.00 C 1.00 C 1.00 C 4.00 F 1.00 C Calories: 492	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.
Mid Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
 6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 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	Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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	Item Portions	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	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 topping for extra crunch. Use the remaining vegetable ingredients to make a salad.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 24 Peanuts 1 Banana 1/3 cup Oatmeal	2.00 PC 4.00 P 4.00 F 3.00 C 1.00 C Calories:	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.

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Milk, low fat (1%)	1.50 PC	Cook all the vegetables in the oil. Add celery salt,
3 oz Cheese, low or non fat	3.00 P	curry powder and minced garlic to taste. Let
7 Egg whites	3.50 P	vegetables cool. Mix eggs and milk together, then
1 Pepper (bell or cubanelle)	.50 C	add the cooled vegetables and cheese. Bake at 400
2 tsp Olive or monounsaturated oil,	6.00 F	degrees until set.
3 slice Whole grain bread	6.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheddar-Apple Galette
3 Apples	6.00 C	In oven ready pan,add water,cinnamon,and apples.
12 Walnuts	4.00 F	Bring to boil, then cover and let simmer until apples.
12 Walliuts	Calories:	are tender. Form apple slices into circle and sprinkle
	492	with nuts and cheese. Cook in oven for 3-5 minutes.
	492	Serve hot and enjoy!
Mid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
4 slice Whole grain bread	8.00 C	Mix your favourite seasonings with oil and brush on
2/3 tsp Olive or monounsaturated oil	2.00 F	chicken breast. Cook chicken throughly. Slice and
4 tsp Mayonnaise	4.00 F	top with mayonnaise. You may also wish to add
	Calories: 674	lettuce for crunch.
	ltem	
Snack - Meal Portions: P:6 C:6 F: 4	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 1/2 Tangerines	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
·	Calories:	
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions	
8 oz Pork chop	8.00 P	Pork Chops with Vegetables
3 cups Broccoli	1.00 C	
2 cups Cauliflower	.50 C	
1 cup Onions	2.00 C	
1 cup Celery	.50 C	
2 Peppers (bell or cubanelle)	1.00 C	
1 cup Rice	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients, except nuts together and add
24 Peanuts	4.00 F	ice cubes until desired consistency is reached.
1 Banana	3.00 C	Blender not available? Mix protein powder with cold
1/3 cup Oatmeal	1.00 C	water and have remaining ingredients on the side.
	Calories:	Eat nuts separately.
	492	
		drates: 42 Fat: 30 Calories: 3498
** Remember to drink be	etween 12 and 1	4 glasses of water per day. **

 8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 3 Apples 12 Walnuts 	Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674 Item Portions	Toasted egg sandwich with fruit.
6 oz Cheese, low or non fat 3 Apples	Portions	Description Occurrently and
	6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
/id Meal - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise	1.00 P 7.00 P 8.00 C 6.00 F Calories: 674	Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
 1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries 	3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492	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 Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream	8.00 P 8.00 C 6.00 F Calories: 674	Steak with a baked potato and vegetables.
Snack - Meal Portions: P:6 C:6 F:4	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
2 cups Milk low fat (1%)	Portions 3.00 PC	Cook egg whites any style for a nutritious breakfast.
3 cups Milk, low fat (1%)	5.00 PC	Cook egg whites any sigle for a nuthilous breaklast.
10 Egg whites	5.00 P 2.00 C	Cat Pig Crita just like Pannie Coleman and Jay
1/2 Cantaloupe	2.00 C 6.00 F	Get Big Grits just like Ronnie Coleman and Jay Cutler!
2 tsp Olive or monounsaturated oil		Cutier!
1 cup Grits, cooked	3.00 C Calories:	
	674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, low fat	6.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	A notifor grout, on the go ondok.
24 Peanuts	4.00 F	
1 slice Whole grain bread	2.00 C	
	Calories:	
	492	
	Item	Description Operations
Mid Meal - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Barbecued Beef Sandwich
1/2 cup Onions	1.00 C	
1/2 cup Tomato, puree	1.00 C	Simple but tasty.
2 tsp Olive or monounsaturated oil	6.00 F	
2 slice Sourdough bread	4.00 C	
1 Orange	2.00 C	
C C	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	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.
3 Plums	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories: 492	
	Item	
Dinner - Meal Portions: P:8 C:8 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken breast with baked potato and vegetables.
1 2/ cup Beans, green or yellow	-1.00 C	eniolon breact min balled polate and regolablee.
3 cups Potato	9.00 C	
3 tbsp Sour cream	6.00 F	
•	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Strawberries	2.00 C	Blend all ingredients together and add ice cubes unt
1 cup Peaches, canned	2.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F	available mix protein powder with cold water and
2/3 cup Oatmeal	2.00 C	have remaining ingredients on the side. Enjoy!
	Calories:	
	492	
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Save money, look	great! <u>www.er</u>	npowerednutrition.net

2 cups Milk, low fat (1%) 6 oz Cheddar cheese 6 oz Cereal, cold	Portions 2.00 PC	Preparation Suggestions:
6 oz Cheddar cheese 6 oz Cereal, cold	2.0010	Your favorite cereal mixed with fruit. Enjoy the
,	6.00 P	cheese on the side.
	3.00 C	
1 Banana	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	674	
	Item	
Snack - Meal Portions: P:6 C:6 F:4	Portions	Preparation Suggestions:
1 cup Cottage cheese, low fat	4.00 P	Cottage cheese, yogurt, fruit and nuts taste great
1 cup Yogurt, plain	2.00 PC	mixed together!
4 Plums	4.00 C	
12 Walnuts	4.00 F Calories:	
	492	
Aid Meal - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
	Portions 6.00 P	Deli Meat Sandwich
9 oz Turkey breast, deli style 2 oz Cheese, low or non fat	0.00 P 2.00 P	Use ingredients to make a sandwich. Add onion and
4 slice Whole grain bread	8.00 C	a leaf of lettuce for flavour.
24 Peanuts	4.00 F	
2 tsp Mayonnaise	2.00 F	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F: 4	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes unt
 Kiwis 1 1/3 tsp Olive or monounsaturated oil 	4.00 C 4.00 F	desired consistency is reached. If a blender is not available mix protein powder with cold water and
	Calories:	have remaining ingredients on the side.
	492	
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Stir Fry
2 cups Rice	6.00 C	Cube chicken and set aside. Chop 1 clove of garlic
1 cup Cauliflower	.25 C	and saute, then add chicken. Add chopped
1 cup Broccoli	.33 C	vegetables, soy sauce and seasonings (salt and
1 Pepper (bell or cubanelle)	.50 C	cayenne pepper should do it). Stir until vegetables
1/2 cup Onions	1.00 C	are tender and enjoy!
2 tsp Olive or monounsaturated oil	6.00 F Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%)	3.00 PC	Protein Shake
21 grams Protein powder 1 cup Strawberries	3.00 P 1.00 C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
1 cup Sinawbernes	2.00 C	Add water to create desired consistency. Elijoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
Total Daily Dational Dratain	492	drates: 42 Fat: 30 Calories: 3498
		4 glasses of water per day. **
		www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
12 Egg whites2 Bagels6 tsp Cream cheese2 oz Cheddar cheese	Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories:	Eggs with a bagel on the side. Enjoy!
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 1/2 cup Onions 1 cup Beans, black 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil	674 Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 492	Preparation Suggestions: Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.
Mid Meal - Meal Portions: P:8 C:8 F:6 1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise	Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.
Snack - Meal Portions: P:6 C:6 F: 4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	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 7 1/2 oz Ground beef (< 10% fat) 3 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 2 Tomatoes 6 Corn tortillas 2 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674	Preparation Suggestions: Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.
 Snack - Meal Portions: P:6 C:6 F:4 42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis 	Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492	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 colo water and have remaining ingredients on the side. Nuts on the side.
Total Daily Portions: Prote ** Remember to drink b	ein: 42 Carbohyo	drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Meal Plans That Work	Are Empowered	www.empowerednutrition.net

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
3 cups Milk, low fat (1%) 10 Egg whites 1/2 Cantaloupe 2 tsp Olive or monounsaturated oil 1 cup Grits, cooked	Portions 3.00 PC 5.00 P 2.00 C 6.00 F 3.00 C Calories: 674	Cook egg whites any style for a nutritious breakfast. Get Big Grits just like Ronnie Coleman and Jay Cutler!
Snack - Meal Portions: P:6 C:6 F:4 1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes 1 cup Oatmeal 24 Peanuts	Item Portions 6.00 P 3.00 C 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!
Mid Meal - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 2 Oranges 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 4.00 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: 4 1 cup Milk, low fat (1%) 1/4 cup Cottage cheese, low fat 28 grams Protein powder 3/4 Cantaloupe 2/3 cup Oatmeal 1 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492	Preparation Suggestions: Melon Shake with a Chaser Make a shake, in the regualar fashion, out of melons milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.
Dinner - Meal Portions: P:8 C:8 F:6 8 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 cup Cherry tomatoes 2 cups Zucchini 1/2 cup Onions 2 tsp Olive or monounsaturated oil 1 2/3 cups Rice	Item Portions 8.00 P .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674	Preparation Suggestions: Chicken and Vegetable Kabob Prepare marinade by blending oil with 1 tbsp red wine,1 tsp each of lemon juice and salt,1 clove garlic,and a dash of pepper.In a dish combine chicken and marinade, refrigerate for 20 mins. On skewers combine chunks and grill.
Snack - Meal Portions: P:6 C:6 F:4 3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	42 Carboby	drates: 42 Fat: 30 Calories: 3498

Breakfast - Meal Portions: P:8 C:8 F:6	Item	Preparation Suggestions:
5 oz Cheese, low or non fat 2 2/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 3 Eggs, whole	Portions 5.00 P 8.00 C 6.00 F 3.00 P Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4 6 oz Cheese, low or non fat 1 1/2 Cantaloupes 24 Peanuts	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	Preparation Suggestions: Cheese, Nuts & Fruit Enjoy items separately!
Mid Meal - Meal Portions: P:8 C:8 F:6 12 oz Haddock 2 cups Lettuce, romaine 1 cup Tomatoes 1 cup Cucumber 1 Pepper (bell or cubanelle) 1 cup Broccoli 2 tsp Olive or monounsaturated oil 2 cups Rice	Item Portions 8.00 P .20 C .67 C .25 C .50 C .33 C 6.00 F 6.00 C Calories: 674	Preparation Suggestions: Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:6 C:6 F: 4 42 grams Protein powder 3 cups Grapes 1 1/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 6.00 C 4.00 F Calories: 492	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 2/3 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 8.00 C 6.00 F Calories: 674	Preparation Suggestions: Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.
Snack - Meal Portions: P:6 C:6 F:4 1 cup Yogurt, plain 28 grams Protein powder 1 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492	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.
		drates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
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1 1/2 cups Yogurt, plain	3.00 PC	Protein Shake with Fruit
Snack - Meal Portions: P:6 C:6 F: 4	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 PC 3.00 P	Blend all ingredients together and add ice cubes until
1 Banana	3.00 C	desired consistency is reached. If a blender is not
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	available mix protein powder with cold water and
	492	have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken with fruit and applesauce on the side.
1 cup Applesauce	3.00 C	
2/3 cup Fruit cocktail	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
3/4 cup Pasta	3.00 C	
	Calories:	
	674	
Snack - Meal Portions: P:6 C:6 F:4	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 cups Pineapple	3.00 C	Add water to create desired consistency. Enjoy!
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	492	
Total Daily Portions: Protei	n: 42 Carbohyc	Irates: 42 Fat: 30 Calories: 3498 4 glasses of water per day. **
Kernember to drink be	ween 12 and 1	4 glasses of water per day.
Take yo	our vitamins. Be	empowered

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

Protein

3 Eggs, whole

3 1/4 cups Cottage cheese, low fat

16 oz Beef, lean cuts 8 oz Pork chop

8 oz Tuna, canned in

water 2 oz Cheddar cheese

12 oz Haddock

45 oz Cheese, low or non fat 41 Egg whites 60 oz Chicken breast, skinless 497 grams Protein powder 4 1/2 oz Chicken breast, deli style

7 Peppers (bell or cubanelle) 11 slice Whole grain bread 5 1/4 Cantaloupes 3 Oranges 7 cups Grapes 2 cups Carrots 1 1/2 cups Corn, canned 4 1/2 cups Onions 5 1/2 cups Spinach 3 cups Celery 4 Tomatoes 9 cups Oatmeal 2 Peaches 2 Bagels 4 2/3 Bananas 4 Crackers 16 cups Strawberries 5 cups Rice 4 cups Cauliflower 5 cups Broccoli 11 Kiwis 2 cups Peaches, canned 3 1/3 cups Fruit cocktail 1/2 cup Tomato, puree 2 slice Sourdough bread 2 cups Salsa 4 Apples 8 whole Pita 2 1/2 cups Bran cereal, all varieties 1 1/4 cups Pineapple 1 cup Cherry tomatoes 2 cups Bean sprouts 1 cup Jalapeno peppers 4 cups Lettuce, romaine 1 1/4 cups Beans, black 2 cups Tomatoes

Carbohydrates

2 cups Cucumber

- 1 cup Applesauce
- 1 1/4 cups Pasta

Fats

51 tsp Olive or monounsaturated oil, 174 Peanuts 19 tsp Mayonnaise 12 Walnuts 17 1/2 cups Milk, low fat (1%) 7 cups Yogurt, plain

Other

2 1/2 cups Chicken

noodle soup

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

Protein

Carbohydrates

46 oz Cheese, low or non fat 9 cups Cottage cheese, low fat 371 grams Protein powder 24 oz Chicken breast, skinless 14 Eggs, whole 19 1/2 oz Turkey breast, deli style 31 1/2 oz Ground beef (< 10% fat) 16 oz Beef, lean cuts 22 Egg whites 14 oz Tuna, canned in water 8 oz Cheddar cheese

6 Bagels 6 Apples 1 Muffin 5 1/2 cups Grapes 2 1/2 Tangerines 8 1/3 cups Potato 8 cups Strawberries 2 1/2 cups Pineapple 5 cups Oatmeal 3 Oranges 13 slice Whole grain bread 7 Plums 1 cup Bamboo shoots 1 cup Bean sprouts 1 2/3 cups Applesauce 2 2/3 cups Rice 5 Bananas 2 2/3 cups Fruit cocktail 1/4 cup Celery 1 1/4 cups Onions 1/4 cup Tomato, puree 3 1/4 cups Pasta 3 Peppers (bell or cubanelle) 4 Tomatoes 6 Corn tortillas 1/2 Cantaloupe 1 cup Grits, cooked 7 whole Pita 2 1/2 Pears 1 cup Cherry tomatoes 2 cups Zucchini 3 1/2 cups Peaches, canned 6 oz Cereal, cold 2 1/4 cups Watermelon 1/2 cup Tomato sauce 4 cups Cucumber 1 slice Sourdough bread 4 Peaches 1 2/ cup Beans, green or yellow

Fats

12 tsp Cream cheese 228 Peanuts 38 tsp Olive or monounsaturated oil 20 tsp Mayonnaise 6 tsp Peanut butter, natural 24 Walnuts 6 tbsp Sour cream

Other

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

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

Protein

Carbohydrates

59 oz Cheese, low or non fat 12 Eggs, whole 11 1/2 cups Cottage cheese, low fat 16 Egg whites 364 grams Protein powder 8 oz Pork chop 8 oz Tuna, canned in water 48 oz Chicken breast, skinless 8 oz Beef, lean cuts 12 oz Haddock

8 Bagels 7 1/3 cups Fruit cocktail 9 slice Whole grain bread 4 2/3 Bananas 4 Crackers 5 cups Broccoli 4 cups Cauliflower 1 1/2 cups Onions 2 cups Celery 4 Peppers (bell or cubanelle) 5 cups Rice 3 1/2 cups Pineapple 4 1/2 Cantaloupes 3 whole Pita 2 cups Bean sprouts 1 cup Jalapeno peppers 7 cups Grapes 7 cups Oatmeal 5 cups Strawberries 6 Apples 3 1/2 cups Peaches, canned 6 cups Cucumber 3 cups Lettuce, romaine 2 cups Tomatoes 1 1/4 cups Pasta 4 Kiwis 4 cups Carrots 3 cups Corn, canned 1 1/2 Tangerines 1 cup Applesauce 3 Plums 1 2/ cup Beans, green or yellow 3 cups Potato 3 Oranges 2 Tomatoes 1 slice Sourdough bread

Fats

12 tsp Peanut butter, natural 300 Peanuts 38 1/3 tsp Olive or monounsaturated oil 10 tsp Mayonnaise 12 tsp Cream cheese 3 tbsp Sour cream

Other

2 1/2 cups Chicken noodle soup 5 cups Yogurt, plain 22 cups Milk, low fat (1%)

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

Protein

Carbohydrates

476 grams Protein powder 48 oz Cheese, low or non fat 19 1/2 oz Turkey breast, deli style 3 1/4 cups Cottage cheese. low fat 31 1/2 oz Ground beef (< 10% fat) 4 1/2 oz Chicken breast, deli style 32 Egg whites 24 oz Haddock 32 oz Chicken breast, skinless 12 oz Tuna, canned in water 8 oz Beef, lean cuts 11 Eggs, whole 2 oz Cheddar cheese

8 cups Oatmeal 3 1/4 Cantaloupes 4 whole Pita 1 cup Bamboo shoots 1 cup Bean sprouts 1 1/3 cups Applesauce 5 cups Rice 1 1/2 Pears 2 cups Onions 3 1/2 cups Spinach 1 cup Celery 3 Tomatoes 2 2/3 cups Fruit cocktail 21 slice Whole grain bread 4 cups Lettuce, romaine 2 cups Tomatoes 2 cups Cucumber 4 Peppers (bell or cubanelle) 2 cups Broccoli 11 cups Strawberries 6 Kiwis 2 cups Carrots 1 1/2 cups Corn, canned 3 Bananas 2 1/2 cups Bran cereal, all varieties 3 Plums 8 cups Potato 3 Oranges 4 Bagels 5 cups Grapes 6 Peaches 1 cup Peaches, canned 4 Apples 1 Muffin 1 Tangerine 1/2 cup Tomato sauce 1 1/2 cups Pasta 6 Corn tortillas

Fats

44 2/3 tsp Olive or

monounsaturated oil

180 Peanuts

24 tsp Mavonnaise

3 tbsp Sour cream

6 tsp Peanut butter,

natural

6 tsp Cream cheese

12 Walnuts

Other

24 cups Milk, low fat (1%) 3 1/2 cups Yogurt, plain

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

Protein

Carbohydrates

28 Egg whites 8 oz Cheddar cheese 3 1/2 cups Cottage cheese, low fat 18 oz Turkey breast, deli style 54 oz Cheese, low or non fat 511 grams Protein powder 31 1/2 oz Ground beef (< 10% fat) 3 Eggs, whole 30 oz Chicken breast, skinless 16 oz Beef, lean cuts 12 oz Haddock

5 Bagels 8 Plums 9 slice Whole grain bread 13 cups Strawberries 2 1/4 cups Onions 1 cup Tomato sauce 5 1/4 cups Pasta 4 Cantaloupes 11 Kiwis 3 cups Peaches, canned 5 1/3 cups Oatmeal 3 Oranges 6 cups Cucumber 4 Tomatoes 5 Apples 1 slice Sourdough bread 6 2/3 Bananas 1 cup Grits, cooked 2 Peaches 4 cups Grapes 5 2/3 cups Rice 2 cups Cauliflower 2 cups Broccoli 5 Peppers (bell or cubanelle) 1 1/3 cups Fruit cocktail 4 Crackers 6 Corn tortillas 4 whole Pita 2 3/4 cups Pineapple 2 cups Cherry tomatoes 1 1/4 cups Celery 4 cups Lettuce, romaine 2 cups Tomatoes 2 1/2 cups Bran cereal, all varieties 2 1/4 cups Watermelon 1 cup Salsa 6 oz Cereal, cold 1/4 cup Tomato, puree 2 cups Zucchini

Fats

12 tsp Cream cheese 36 Walnuts 222 Peanuts 10 tsp Mayonnaise 44 2/3 tsp Olive or monounsaturated oil Other

5 cups Yogurt, plain 26 cups Milk, low fat (1%) 2 1/2 cups Chicken noodle soup

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

Protein

Carbohydrates

12 oz Cheddar cheese 7 3/4 cups Cottage cheese, low fat 60 oz Chicken breast, skinless 441 grams Protein powder 29 oz Cheese, low or non fat 19 Eggs, whole 32 oz Beef, lean cuts 38 Egg whites

6 oz Cereal, cold 7 2/3 Bananas 6 2/3 cups Fruit cocktail 19 slice Whole grain bread 5 Oranges 2 1/4 cups Onions 3 Peppers (bell or cubanelle) 2 cups Salsa 4 Apples 3 whole Pita 2 cups Peaches, canned 1 1/4 cups Beans, black 5 Tomatoes 3/4 cup Tomato, puree 3 slice Sourdough bread 9 Kiwis 2 cups Lettuce, romaine 3 cups Grapes 1 cup Pineapple 16 cups Strawberries 7 Bagels 4 Crackers 2 cups Cauliflower 1 1/4 cups Celery 5 cups Cucumber 1 cup Tomatoes 2 3/4 Cantaloupes 2 1/4 cups Pasta 8 1/3 cups Potato 2 cups Oatmeal 2 cups Spinach 1 Muffin 1 2/ cup Beans, green or yellow 1 Tangerine 2 cups Rice 1 cup Broccoli

Fats

43 1/3 tsp Olive or monounsaturated oil 210 Peanuts 10 tsp Mayonnaise 6 tsp Peanut butter, natural 6 tbsp Sour cream 12 tsp Cream cheese

Other

13 cups Milk, low fat (1%) 5 1/2 cups Yogurt, plain 2 1/2 cups Chicken noodle soup

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

Protein

Carbohydrates

48 oz Cheese, low or non fat 6 Eggs, whole 52 oz Chicken breast. skinless 385 grams Protein powder 9 oz Turkey breast, deli style 14 oz Cheddar cheese 6 cups Cottage cheese, low fat 28 Egg whites 8 oz Beef, lean cuts 4 1/2 oz Chicken breast, deli style 16 oz Tuna, canned in water 19 1/2 oz Ground beef (< 10% fat)

10 2/3 cups Oatmeal 9 Apples 10 whole Pita 7 Bananas 2 3/4 cups Pineapple 2 cups Cherry tomatoes 16 cups Strawberries 4 cups Carrots 3 cups Corn, canned 3 1/2 Pears 3 cups Peaches, canned 4 Peaches 2 Bagels 7 slice Whole grain bread 3 3/4 cups Onions 7 Peppers (bell or cubanelle) 2 cups Salsa 12 oz Cereal, cold 1 1/3 cups Fruit cocktail 4 cups Cucumber 8 Tomatoes 1 slice Sourdough bread 9 Kiwis 2 cups Zucchini 2 2/3 cups Rice 2 cups Applesauce 1 1/4 cups Celery 1/4 cup Tomato, puree 1 3/4 cups Pasta 1 1/2 Tangerines 5 1/2 cups Spinach 1 1/2 cups Grapes 3 Plums 6 Corn tortillas 1 1/4 cups Beans, black 2 Oranges 1 cup Bamboo shoots 1 cup Bean sprouts

Fats

Other

48 2/3 tsp Olive or monounsaturated oil 36 Walnuts 23 tsp Mayonnaise 174 Peanuts 6 1/2 cups Yogurt, plain 22 cups Milk, low fat (1%)

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

Protein

Carbohydrates

455 grams Protein powder 41 oz Cheese, low or non fat 21 oz Turkey breast, deli style 24 oz Ground beef (< 10% fat) 4 1/2 oz Chicken breast, deli style 34 Egg whites 14 oz Tuna, canned in water 36 oz Chicken breast, skinless 8 oz Pork chop 4 1/2 cups Cottage cheese, low fat 16 oz Beef, lean cuts

5 cups Bran cereal, all varieties 5 1/2 cups Grapes 16 whole Pita 4 cups Peaches, canned 5 1/2 cups Onions 1 cup Tomato sauce 3 3/4 cups Pasta 9 cups Oatmeal 6 Bananas 3 1/2 cups Spinach 2 cups Celery 3 Tomatoes 10 Peaches 1 Bagel 10 slice Whole grain bread 1 2/3 cups Applesauce 2/3 cup Fruit cocktail 6 Peppers (bell or cubanelle) 1 cup Beans, black 4 1/2 cups Watermelon 3 cups Broccoli 2 cups Cauliflower 1 cup Rice 4 Apples 8 cups Strawberries 2 cups Bean sprouts 1 cup Jalapeno peppers 2 cups Salsa 1 Muffin 1 cup Tomato, puree 4 slice Sourdough bread 2 Oranges 1 cup Lettuce, romaine 1/4 cup Pineapple 1 cup Cherry tomatoes 3 Plums 1 2/ cup Beans, green or yellow 3 cups Potato

Fats

48 2/3 tsp Olive or

monounsaturated oil

120 Peanuts

30 tsp Mavonnaise

24 Walnuts

3 tbsp Sour cream

40 cups Milk, low fat (1%)

Other

3 cups Yogurt, plain

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

Protein

35 Egg whites 7 1/2 cups Cottage cheese, low fat 16 oz Tuna, canned in water 476 grams Protein powder 24 oz Ground beef (< 10% fat) 32 oz Beef, lean cuts 34 oz Cheese, low or non fat 11 Eggs, whole 16 oz Pork chop 16 oz Chicken breast, skinless 4 1/2 oz Chicken breast, deli style 2 oz Cheddar cheese

3 1/2 Cantaloupes 1 cup Grits, cooked 2 2/3 cups Fruit cocktail 12 slice Whole grain bread 6 whole Pita 2 1/2 Pears 3 1/2 cups Peaches, canned 2 cups Bamboo shoots 4 cups Bean sprouts 2 2/3 cups Applesauce 5 2/3 cups Rice 8 cups Oatmeal 4 Apples 15 1/2 cups Grapes 17 cups Strawberries 2 2/3 cups Potato 1 cup Jalapeno peppers 3 Tangerines 6 cups Broccoli 5 cups Cauliflower 4 3/4 cups Onions 4 1/4 cups Celery 6 Peppers (bell or cubanelle) 1 Banana 2 Peaches 2 Bagels 1 cup Cherry tomatoes 2 cups Zucchini 1 cup Pineapple 4 Plums 3/4 cup Tomato, puree 2 1/4 cups Pasta 5 1/2 cups Spinach 4 Tomatoes 5 cups Cucumber 3 slice Sourdough bread 1/4 cup Beans, black 1 Orange 1 cup Lettuce, romaine 1 cup Tomatoes 2 Kiwis

Carbohydrates

Fats

12 Walnuts

Other

51 1/3 tsp Olive or monounsaturated oil 180 Peanuts 16 tsp Mayonnaise 3 tbsp Sour cream

23 1/2 cups Milk, low fat (1%) 4 1/2 cups Yogurt, plain

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

Protein

Carbohydrates

34 Egg whites 52 oz Cheese, low or non fat 24 oz Tuna, canned in water 4 1/2 cups Cottage cheese, low fat 427 grams Protein powder 60 oz Chicken breast, skinless 2 oz Cheddar cheese 3 Eggs, whole 12 oz Ground beef (< 10% fat) 8 oz Beef, lean cuts

17 cups Strawberries 5 cups Oatmeal 1 3/4 cups Onions 1 1/4 cups Beans, black 3 Tomatoes 16 whole Pita 3 cups Bean sprouts 1 cup Jalapeno peppers 3 1/2 Cantaloupes 2 1/3 cups Applesauce 2 cups Fruit cocktail 2 1/2 cups Pasta 4 cups Pineapple 3 Kiwis 2 cups Spinach 8 Bagels 2 Pears 5 2/3 Bananas 1 cup Lettuce, romaine 2 cups Salsa 5 1/2 cups Grapes 5 Peaches 4 Crackers 1 cup Bamboo shoots 3 cups Rice 2 1/2 cups Bran cereal, all varieties 1 slice Whole grain bread 1/4 cup Celery 1/4 cup Tomato, puree 1 cup Cauliflower 1 cup Broccoli 3 Peppers (bell or cubanelle) 2 cups Cherry tomatoes 2 1/4 cups Watermelon 5 2/3 cups Potato 1 cup Grits, cooked 3 Oranges 1 Apple 4 Plums 1 2/ cup Beans, green or yellow

40 1/3 tsp Olive or monounsaturated oil 30 tsp Mayonnaise 156 Peanuts 6 tsp Peanut butter, natural 12 tsp Cream cheese 12 Walnuts 3 tbsp Sour cream

Fats

Other

26 cups Milk, low fat (1%) 5 cups Yogurt, plain 2 1/2 cups Chicken noodle soup

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

Protein

Carbohydrates

17 Eggs, whole 50 oz Cheese, low or non fat 6 1/2 cups Cottage cheese, low fat 14 oz Tuna, canned in water 378 grams Protein powder 24 oz Beef, lean cuts 4 1/2 oz Chicken breast, deli style 31 Egg whites 30 oz Chicken breast, skinless 7 1/2 oz Ground beef (< 10% fat) 2 oz Cheddar cheese 8 oz Pork chop 10 1/2 oz Turkey breast, deli style

5 cups Peaches, canned 8 cups Oatmeal 3 1/3 cups Fruit cocktail 18 slice Whole grain bread 9 whole Pita 2 cups Bean sprouts 1 cup Jalapeno peppers 6 cups Grapes 3 cups Cauliflower 3 cups Celery 1 cup Cucumber 2 cups Lettuce, romaine 1 cup Tomatoes 2 Cantaloupes 1 1/4 cups Pasta 10 cups Strawberries 2 1/2 cups Onions 5 1/2 cups Spinach 4 Tomatoes 11 Apples 2 Muffins 4 1/2 Tangerines 1 1/3 cups Applesauce 4 Kiwis 5 Peppers (bell or cubanelle) 6 Corn tortillas 2 Oranges 5 1/3 cups Potato 4 2/3 Bananas 1/4 cup Beans, black 1 Bagel 1 Peach 4 Crackers 2 1/4 cups Watermelon 1 cup Salsa 3 cups Broccoli 1 cup Rice 1 1/2 Pears

Fats

276 Peanuts

25 tsp Mayonnaise

36 2/3 tsp Olive or

monounsaturated oil

6 tbsp Sour cream

36 Walnuts

Other

26 1/2 cups Milk, low fat (1%) 3 1/2 cups Yogurt, plain 2 1/2 cups Chicken noodle soup

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

Protein

Carbohydrates

39 Egg whites 6 1/4 cups Cottage cheese, low fat 8 oz Beef, lean cuts 427 grams Protein powder 56 oz Chicken breast, skinless 8 oz Cheddar cheese 19 1/2 oz Turkey breast, deli style 40 oz Cheese, low or non fat 7 1/2 oz Ground beef (< 10% fat) 3 Eggs, whole 12 oz Haddock 6 oz Tuna, canned in water

5 1/4 Cantaloupes 2 cups Grits, cooked 2 cups Fruit cocktail 14 slice Whole grain bread 2 1/2 cups Onions 1/2 cup Tomato, puree 2 slice Sourdough bread 6 Oranges 7 Plums 1 2/ cup Beans, green or yellow 5 2/3 cups Potato 7 cups Strawberries 2 1/2 cups Peaches, canned 7 cups Oatmeal 6 oz Cereal, cold 2 Bananas 7 Kiwis 7 1/3 cups Rice 1 cup Cauliflower 2 cups Broccoli 7 Peppers (bell or cubanelle) 3 1/2 cups Pineapple 2 Bagels 1 cup Beans, black 4 Tomatoes 4 whole Pita 6 Corn tortillas 9 1/2 cups Grapes 2 cups Cherry tomatoes 4 cups Zucchini 1 1/2 Pears 2 Apples 2 cups Lettuce, romaine 1 cup Tomatoes 1 cup Cucumber 1 cup Applesauce 3/4 cup Pasta

Fats

48 1/3 tsp Olive or

monounsaturated oil

192 Peanuts

3 tbsp Sour cream

12 Walnuts

17 tsp Mayonnaise

6 tsp Cream cheese

Other

29 1/2 cups Milk, low fat (1%) 6 cups Yogurt, plain