

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

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 [www.empowerednutrition.net/critical-bench-nutrition](http://www.empowerednutrition.net/critical-bench-nutrition).

Sincerely,

Mike Westerdal & Patrick McGuire

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 1**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 1.50 PC 3.00 P 3.50 P .50 C 6.00 F 6.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                      1 1/2 Cantaloupes                      24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit                      Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                      2 Oranges                      2 slice Whole grain bread                      1 tsp Olive or monounsaturated oil                      3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 3.00 F 3.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich                      Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder                      3 cups Grapes                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                      2 cups Carrots                      1 1/2 cups Corn, canned                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain                      28 grams Protein powder                      1 Cantaloupe                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498                      ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Have you had your Protein Smoothie today?</p>		

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 2**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions</p> <p>3.00 P 5.00 P 3.00 C 1.00 C .50 C .50 C 3.00 C 6.00 F</p> <p>Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelets and Oatmeal            Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have your oatmeal on the side (60 seconds with water in the microwave will do).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat            2 Peaches            24 Peanuts            1 Bagel</p>	<p>Item Portions</p> <p>6.00 P 2.00 C 4.00 F 4.00 C</p> <p>Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts            Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites            2 1/2 cups Chicken noodle soup            2/3 Banana            4 Crackers            1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>3.00 P 5.00 A 2.00 C 1.00 C 1.00 F</p> <p>Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain            14 grams Protein powder            2 cups Strawberries            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>4.00 PC 2.00 P 2.00 C 4.00 F</p> <p>Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions</p> <p>8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F</p> <p>Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder            1 Cantaloupe            2 Kiwis            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>6.00 P 4.00 C 2.00 C 4.00 F</p> <p>Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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Have a Protein Smoothie, be Empowered

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**Day: 3**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts</p>	<p>Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 4.00 C 2.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries</p>	<p>Item Portions 3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 1 Apple 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 1.00 C 2.00 C 2.00 C 2.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

+ energized + transformed + empowered +

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 4**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)                      35 grams Protein powder                      2 1/2 cups Bran cereal, all varieties                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 PC                      5.00 P                      5.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat                      1 1/3 cups Fruit cocktail                      24 Peanuts                      1 slice Whole grain bread</p>	<p>Item Portions                      6.00 P                      4.00 C                      4.00 F                      2.00 C                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                      2 whole Pita                      6 tsp Mayonnaise                      1 Banana                      1/4 cup Pineapple                      1 cup Cherry tomatoes</p>	<p>Item Portions                      8.00 P                      4.00 C                      6.00 F                      3.00 C                      .50 C                      .50 C                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder                      1 tsp Olive or monounsaturated oil                      6 Peanuts                      2 cups Strawberries                      2 Kiwis                      2/3 cup Oatmeal</p>	<p>Item Portions                      6.00 P                      3.00 F                      1.00 F                      2.00 C                      2.00 C                      2.00 C                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions                      8.00 P                      1.00 C                      .50 C                      2.00 C                      .50 C                      1.00 C                      3.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder                      2 cups Milk, low fat (1%)                      1/3 cup Oatmeal                      1 Banana                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      4.00 P                      2.00 PC                      1.00 C                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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**Day: 5**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          2 1/3 cups Oatmeal          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          3.00 P          1.00 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          3 Apples          12 Walnuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water          3 whole Pita          6 tsp Mayonnaise          2 cups Bean sprouts          1 cup Jalapeno peppers</p>	<p>Item Portions          8.00 P          6.00 C          6.00 F          1.33 C          .50 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit          Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          1.00 P          4.00 P          3.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser          Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Chicken breast, skinless          1 cup Lettuce, romaine          1 cup Salsa          1 cup Grapes          2 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          6.00 P          .10 C          2.00 C          2.00 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos          Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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Be BIG. Be HUGE. Be Empowered [www.empowerednutrition.net](http://www.empowerednutrition.net)

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**Day: 6**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item          Portions          6.00 P          1.00 C          4.00 C          1.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          .20 C          .67 C          .25 C          .50 C          .33 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 Kiwis          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          1 cup Applesauce          2/3 cup Fruit cocktail          2 tsp Olive or monounsaturated oil          3/4 cup Pasta</p>	<p>Item          Portions          8.00 P          3.00 C          2.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2/3 tsp Olive or monounsaturated oil          12 Peanuts          1 cup Pineapple          1 cup Strawberries          3 Kiwis</p>	<p>Item          Portions          6.00 P          2.00 F          2.00 F          2.00 C          1.00 C          3.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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**Day: 7**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 cups Grapes 24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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3 steps for success today: Nutrition + Training + Supplements

**Notes:**



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Day: 8

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b> Cheese, Apples &amp; Peanuts A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b> Cottage Cheese with Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 2/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b> Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 9**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat                      2 2/3 cups Oatmeal                      2 tsp Olive or monounsaturated oil                      3 Eggs, whole</p>	<p>Item Portions 5.00 P 8.00 C 6.00 F 3.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                      3 Oranges                      24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                      A quick snack to keep you going!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style                      2 oz Cheese, low or non fat                      4 slice Whole grain bread                      24 Peanuts                      2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich                      Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                      21 grams Protein powder                      3 Plums                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend.                      Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)                      1 cup Bamboo shoots                      1 cup Bean sprouts                      1 1/3 cups Applesauce                      2 tsp Olive or monounsaturated oil                      1 cup Rice</p>	<p>Item Portions 8.00 P .25 C .67 C 4.00 C 6.00 F 3.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder                      2 Bananas                      24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498                      ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Save money, look great! <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 10

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 Bagels 3 Eggs, whole 6 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 8.00 C 3.00 P 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

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Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 11**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)            10 Egg whites            1/2 Cantaloupe            2 tsp Olive or monounsaturated oil            1 cup Grits, cooked</p>	<p>Item Portions            3.00 PC            5.00 P            2.00 C            6.00 F            3.00 C            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p> <p>Get Big Grits just like Ronnie Coleman and Jay Cutler!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat            1 1/3 cups Fruit cocktail            24 Peanuts            1 slice Whole grain bread</p>	<p>Item Portions            6.00 P            4.00 C            4.00 F            2.00 C            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water            3 whole Pita            1 Pear            6 tsp Mayonnaise</p>	<p>Item Portions            8.00 P            6.00 C            2.00 C            6.00 F            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit            Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain            21 grams Protein powder            1 Banana            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions            3.00 PC            3.00 P            3.00 C            4.00 F            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions            8.00 P            .50 C            .50 C            1.00 C            1.00 C            6.00 F            5.00 C            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder            2 cups Strawberries            1 cup Peaches, canned            1 1/3 tsp Olive or monounsaturated oil            2/3 cup Oatmeal</p>	<p>Item Portions            6.00 P            2.00 C            2.00 C            4.00 F            2.00 C            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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**Notes:**

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Day: 12

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          6 oz Cheddar cheese          6 oz Cereal, cold          1 Banana          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          6.00 P          3.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/2 cups Grapes          1 cup Oatmeal          24 Peanuts</p>	<p>Item Portions          6.00 P          3.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Tuna, canned in water          4 slice Whole grain bread          6 tsp Mayonnaise</p>	<p>Item Portions          2.00 P          6.00 P          8.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Melt          Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          2 1/4 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          1 1/2 cups Pasta          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          1.00 C          1.00 C          6.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 Pears          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

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**Day: 13**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 24 Peanuts 1 Banana 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 F 3.00 C 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 14**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 1.00 C 1.00 C 1.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 15

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 Bagels 3 Eggs, whole 6 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 8.00 C 3.00 P 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C .50 C 2.00 C .50 C 1.00 C 3.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:



Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 16**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 Bagels 3 Eggs, whole 6 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 8.00 C 3.00 P 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 1 1/2 Cantaloupes 24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F 1.33 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 3 cups Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 17**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites                      3 oz Cheese, low or non fat                      1 cup Strawberries                      2 1/3 cups Oatmeal                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      5.00 P                      3.00 P                      1.00 C                      7.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat                      1 1/3 cups Fruit cocktail                      1 slice Whole grain bread                      24 Peanuts</p>	<p>Item Portions                      6.00 P                      4.00 C                      2.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts                      A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat                      2 Apples                      2 cups Grapes                      36 Peanuts</p>	<p>Item Portions                      8.00 P                      4.00 C                      4.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit                      Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                      21 grams Protein powder                      1 1/2 cups Peaches, canned                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 PC                      3.00 P                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend.                      Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe                      Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder                      1 Cantaloupe                      2 Kiwis                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      6.00 P                      4.00 C                      2.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

Burn Fat Build MUSCLE [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 18**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 24 Peanuts 1 Banana 1/3 cup Oatmeal</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 F 3.00 C 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

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

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

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories**

**Day: 19**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts</p>	<p>Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .20 C .67 C .25 C .50 C .33 C 6.00 F 6.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Tangerines 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 20**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat                  2 2/3 cups Oatmeal                  2 tsp Olive or monounsaturated oil                  3 Eggs, whole</p>	<p>Item                  Portions                  5.00 P                  8.00 C                  6.00 F                  3.00 P                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat                  1 1/3 cups Fruit cocktail                  1 slice Whole grain bread                  24 Peanuts</p>	<p>Item                  Portions                  6.00 P                  4.00 C                  2.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts                  A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                  4 slice Whole grain bread                  2/3 tsp Olive or monounsaturated oil                  4 tsp Mayonnaise</p>	<p>Item                  Portions                  8.00 P                  8.00 C                  2.00 F                  4.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich                  Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                  21 grams Protein powder                  3 Plums                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  3.00 PC                  3.00 P                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                  1 2/ cup Beans, green or yellow                  3 cups Potato                  3 tbsp Sour cream</p>	<p>Item                  Portions                  8.00 P                  -1.00 C                  9.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder                  1 Cantaloupe                  2 Kiwis                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                  Portions                  6.00 P                  4.00 C                  2.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 21

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 Oranges 24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts. A quick snack to keep you going!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 4 cups Cucumber 2 Tomatoes 2 Apples 2 tsp Olive or monounsaturated oil 1 slice Sourdough bread</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F 2.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbs of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 22

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)                  42 grams Protein powder                  2 cups Oatmeal                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  6.00 P                  6.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                  1 1/2 Cantaloupes                  24 Peanuts</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit                  Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat                  10 1/2 oz Turkey breast, deli style                  4 whole Pita                  6 tsp Mayonnaise</p>	<p>Item Portions                  1.00 P                  7.00 P                  8.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita                  Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions                  1.00 PC                  1.00 P                  4.00 P                  3.00 C                  2.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser                  Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)                  1 cup Bamboo shoots                  1 cup Bean sprouts                  1 1/3 cups Applesauce                  2 tsp Olive or monounsaturated oil                  1 cup Rice</p>	<p>Item Portions                  8.00 P                  .25 C                  .67 C                  4.00 C                  6.00 F                  3.00 C                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)                  21 grams Protein powder                  1 1/2 Pears                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 PC                  3.00 P                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

Meal plans work. Personalized Nutrition Delivers Powerful Proven Results. <http://empowerednutrition.com/critical-bench-nutrition>

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 23**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C .50 C 3.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          1 slice Whole grain bread          24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .20 C .67 C .25 C .50 C .33 C 6.00 F 6.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder          1 tsp Olive or monounsaturated oil          6 Peanuts          2 cups Strawberries          2 Kiwis          2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 3.00 F 1.00 F 2.00 C 2.00 C 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 cups Carrots          1 1/2 cups Corn, canned          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder          2 cups Milk, low fat (1%)          1/3 cup Oatmeal          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 24**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          35 grams Protein powder          2 1/2 cups Bran cereal, all varieties          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          5.00 P          5.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          1 slice Whole grain bread          24 Peanuts</p>	<p>Item Portions          6.00 P          4.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Tuna, canned in water          4 slice Whole grain bread          6 tsp Mayonnaise</p>	<p>Item Portions          2.00 P          6.00 P          8.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Melt          Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          3 Plums          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 2/3 cups Potato          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          8.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner          Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          1 Cantaloupe          2 Kiwis          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          4.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

Have you had your Protein Smoothie today?

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 25**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          2 1/3 cups Oatmeal          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          3.00 P          1.00 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          3 Oranges          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.          A quick snack to keep you going!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .20 C          .67 C          .25 C          .50 C          .33 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain          14 grams Protein powder          2 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 PC          2.00 P          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts          2 2/3 cups Potato          3 tbsp Sour cream</p>	<p>Item Portions          8.00 P          8.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder          2 cups Milk, low fat (1%)          1/3 cup Oatmeal          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          2.00 PC          1.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

Have a Protein Smoothie, be Empowered

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 26

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

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

+ energized + transformed + empowered +

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 27

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Enter the challenge and WIN! + <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 28**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 Apples 12 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Peaches 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 29

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 1 1/2 cups Pasta 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 1 Cantaloupe 2 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Check your Vitals + GROW <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 30**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole                      5 oz Cheese, low or non fat                      2 cups Peaches, canned                      1 1/3 cups Oatmeal                      36 Peanuts</p>	<p>Item Portions                      3.00 P                      5.00 P                      4.00 C                      4.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                      3 Oranges                      24 Peanuts</p>	<p>Item Portions                      6.00 P                      6.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                      A quick snack to keep you going!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat                      4 cups Cucumber                      2 Tomatoes                      2 Apples                      2 tsp Olive or monounsaturated oil                      1 slice Sourdough bread</p>	<p>Item Portions                      8.00 P                      1.00 C                      1.00 C                      4.00 C                      6.00 F                      2.00 C                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad                      Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain                      21 grams Protein powder                      1 Banana                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 PC                      3.00 P                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)                      1/2 cup Onions                      1/2 cup Tomato sauce                      1 1/2 cups Pasta                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      8.00 P                      1.00 C                      1.00 C                      6.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)                      28 grams Protein powder                      24 Peanuts                      1 Banana                      1/3 cup Oatmeal</p>	<p>Item Portions                      2.00 PC                      4.00 P                      4.00 F                      3.00 C                      1.00 C                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**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:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 31**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          10 Egg whites          1/2 Cantaloupe          2 tsp Olive or monounsaturated oil          1 cup Grits, cooked</p>	<p>Item Portions          3.00 PC          5.00 P          2.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p> <p>Get Big Grits just like Ronnie Coleman and Jay Cutler!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          2 Peaches          24 Peanuts          1 Bagel</p>	<p>Item Portions          6.00 P          2.00 C          4.00 F          4.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts          Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style          2 oz Cheese, low or non fat          4 slice Whole grain bread          24 Peanuts          2 tsp Mayonnaise</p>	<p>Item Portions          6.00 P          2.00 P          8.00 C          4.00 F          2.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich          Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder          3 cups Grapes          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          6.00 C          .25 C          .33 C          .50 C          1.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 32

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 1 slice Whole grain bread 24 Peanuts</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 1 tsp Olive or monounsaturated oil 6 Peanuts 2 cups Strawberries 2 Kiwis 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 3.00 F 1.00 F 2.00 C 2.00 C 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 33

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 Apples 12 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes</p>	<p>Item Portions 8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

Take your vitamins, be active & eat well. [www.empowerednutrition.net](http://www.empowerednutrition.net)

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 34

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          35 grams Protein powder          2 1/2 cups Bran cereal, all varieties          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          5.00 P          5.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          1 1/2 Cantaloupes          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .20 C          .67 C          .25 C          .50 C          .33 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          2 1/4 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Chicken breast, skinless          1 cup Lettuce, romaine          1 cup Salsa          1 cup Grapes          2 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          6.00 P          .10 C          2.00 C          2.00 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos          Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2/3 tsp Olive or monounsaturated oil          12 Peanuts          1 cup Pineapple          1 cup Strawberries          3 Kiwis</p>	<p>Item Portions          6.00 P          2.00 F          2.00 F          2.00 C          1.00 C          3.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 35

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          6 oz Cheddar cheese          6 oz Cereal, cold          1 Banana          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          6.00 P          3.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat          1 cup Yogurt, plain          4 Plums          12 Walnuts</p>	<p>Item Portions          4.00 P          2.00 PC          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .13 C          .50 C          .50 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 Kiwis          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .50 C          .50 C          1.00 C          1.00 C          6.00 F          5.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder          2 cups Milk, low fat (1%)          1/3 cup Oatmeal          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          2.00 PC          1.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 36

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          6 oz Cheddar cheese          6 oz Cereal, cold          1 Banana          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          6.00 P          3.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          1 slice Whole grain bread          24 Peanuts</p>	<p>Item Portions          6.00 P          4.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 Oranges          2 slice Whole grain bread          1 tsp Olive or monounsaturated oil          3 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          4.00 C          4.00 C          3.00 F          3.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich          Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>6 oz Chicken breast, skinless          2 oz Cheese, low or non fat          1/2 cup Onions          2 Peppers (bell or cubanelle)          1 cup Salsa          1 Apple          1 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 P          1.00 C          1.00 C          2.00 C          2.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 Bananas          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 37

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 6.00 F 4.00 C 2.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P .10 C 2.00 C 2.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis</p>	<p>Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 38

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 Bagels 3 Eggs, whole 6 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 8.00 C 3.00 P 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain 28 grams Protein powder 1 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

Take your vitamins. Be empowered

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 39

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .13 C .50 C .50 C 7.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 2/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Today's checklist: 1. Protein 2. Multi 3. Eat 4. Train 5. GROW!</p>		

Notes:



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 40**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item            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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat            1 Apple            24 Peanuts            1 Muffin</p>	<p>Item            Portions            6.00 P            2.00 C            4.00 F            4.00 C            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts            A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat            4 cups Cucumber            2 Tomatoes            2 Apples            2 tsp Olive or monounsaturated oil            1 slice Sourdough bread</p>	<p>Item            Portions            8.00 P            1.00 C            1.00 C            4.00 C            6.00 F            2.00 C            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad            Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder            1 tsp Olive or monounsaturated oil            6 Peanuts            2 cups Strawberries            2 Kiwis            2/3 cup Oatmeal</p>	<p>Item            Portions            6.00 P            3.00 F            1.00 F            2.00 C            2.00 C            2.00 C            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless            1 2/ cup Beans, green or yellow            3 cups Potato            3 tbsp Sour cream</p>	<p>Item            Portions            8.00 P            -1.00 C            9.00 C            6.00 F            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder            2 Bananas            24 Peanuts</p>	<p>Item            Portions            6.00 P            6.00 C            4.00 F            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 41

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>All The Essentials, No Hype, NO BS <a href="http://www.empowerednutrition.net">www.empowerednutrition.net</a></p>		

Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 42**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 Oranges 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 3.00 F 3.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 43

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 2/3 cups Oatmeal 2 tsp Olive or monounsaturated oil 3 Eggs, whole</p>	<p>Item Portions 5.00 P 8.00 C 6.00 F 3.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 Apples 12 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes</p>	<p>Item Portions 8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 1/2 cups Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 44

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts</p>	<p>Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 2 Peaches 24 Peanuts 1 Bagel</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Yogurt, plain 14 grams Protein powder 2 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 2.00 P 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>6 oz Chicken breast, skinless 2 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 1 Apple 1 whole Pita 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 P 1.00 C 1.00 C 2.00 C 2.00 C 2.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 45**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          6 oz Cheddar cheese          6 oz Cereal, cold          1 Banana          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          6.00 P          3.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          24 Peanuts          1 slice Whole grain bread</p>	<p>Item Portions          6.00 P          4.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat          4 cups Cucumber          2 Tomatoes          2 Apples          2 tsp Olive or monounsaturated oil          1 slice Sourdough bread</p>	<p>Item Portions          8.00 P          1.00 C          1.00 C          4.00 C          6.00 F          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad          Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 Kiwis          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .50 C          .50 C          1.00 C          1.00 C          6.00 F          5.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 cups Strawberries          1 cup Peaches, canned          1 1/3 tsp Olive or monounsaturated oil          2/3 cup Oatmeal</p>	<p>Item Portions          6.00 P          2.00 C          2.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories**

**Day: 46**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          2 1/3 cups Oatmeal          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          3.00 P          1.00 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          1.00 C          1.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce          Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .13 C          .50 C          .50 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 Tangerines          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 cups Carrots          1 1/2 cups Corn, canned          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          2.00 C          6.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with Vegetables. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 Bananas          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 47

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          3.00 P          5.00 P          3.00 C          1.00 C          .50 C          .50 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/2 cups Grapes          1 cup Oatmeal          24 Peanuts</p>	<p>Item Portions          6.00 P          3.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water          3 whole Pita          1 Pear          6 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          6.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit          Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          3 Plums          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions          5.00 P          3.00 P          1.00 C          1.00 C          6.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto          Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder          2 cups Milk, low fat (1%)          1/3 cup Oatmeal          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          2.00 PC          1.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

Have you had your Protein Smoothie today?



Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 48**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)          6 oz Cheddar cheese          6 oz Cereal, cold          1 Banana          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 PC          6.00 P          3.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions          6.00 P          1.00 C          4.00 C          1.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 Oranges          2 slice Whole grain bread          1 tsp Olive or monounsaturated oil          3 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          4.00 C          4.00 C          3.00 F          3.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich          Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder          1 tsp Olive or monounsaturated oil          6 Peanuts          2 cups Strawberries          2 Kiwis          2/3 cup Oatmeal</p>	<p>Item Portions          6.00 P          3.00 F          1.00 F          2.00 C          2.00 C          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>6 oz Chicken breast, skinless          2 oz Cheese, low or non fat          1/2 cup Onions          2 Peppers (bell or cubanelle)          1 cup Salsa          1 Apple          1 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          6.00 P          2.00 P          1.00 C          1.00 C          2.00 C          2.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2/3 tsp Olive or monounsaturated oil          12 Peanuts          1 cup Pineapple          1 cup Strawberries          3 Kiwis</p>	<p>Item Portions          6.00 P          2.00 F          2.00 F          2.00 C          1.00 C          3.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 49

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item 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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          1.00 C          1.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce          Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water          3 whole Pita          1 Pear          6 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          6.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit          Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)          1 cup Bamboo shoots          1 cup Bean sprouts          1 1/3 cups Applesauce          2 tsp Olive or monounsaturated oil          1 cup Rice</p>	<p>Item Portions          8.00 P          .25 C          .67 C          4.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 cups Pineapple          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 50**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)                      35 grams Protein powder                      2 1/2 cups Bran cereal, all varieties                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 PC                      5.00 P                      5.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                      3 cups Grapes                      24 Peanuts</p>	<p>Item Portions                      6.00 P                      6.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack                      Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat                      10 1/2 oz Turkey breast, deli style                      4 whole Pita                      6 tsp Mayonnaise</p>	<p>Item Portions                      1.00 P                      7.00 P                      8.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita                      Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                      21 grams Protein powder                      1 1/2 cups Peaches, canned                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      3.00 PC                      3.00 P                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)                      1/2 cup Onions                      1/2 cup Tomato sauce                      1 1/2 cups Pasta                      2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      8.00 P                      1.00 C                      1.00 C                      6.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder                      2 cups Milk, low fat (1%)                      1/3 cup Oatmeal                      1 Banana                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                      4.00 P                      2.00 PC                      1.00 C                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 51**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item            Portions            3.00 P            5.00 P            3.00 C            1.00 C            .50 C            .50 C            3.00 C            6.00 F            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelets and Oatmeal            Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have your oatmeal on the side (60 seconds with water in the microwave will do).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat            2 Peaches            24 Peanuts            1 Bagel</p>	<p>Item            Portions            6.00 P            2.00 C            4.00 F            4.00 C            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts            Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat            6 oz Tuna, canned in water            4 slice Whole grain bread            6 tsp Mayonnaise</p>	<p>Item            Portions            2.00 P            6.00 P            8.00 C            6.00 F            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Melt            Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain            21 grams Protein powder            1 Banana            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            3.00 PC            3.00 P            3.00 C            4.00 F            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless            1 cup Applesauce            2/3 cup Fruit cocktail            2 tsp Olive or monounsaturated oil            3/4 cup Pasta</p>	<p>Item            Portions            8.00 P            3.00 C            2.00 C            6.00 F            3.00 C            Calories:            674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)            21 grams Protein powder            3 Peaches            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item            Portions            3.00 PC            3.00 P            3.00 C            4.00 F            Calories:            492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories**

**Day: 52**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          1.50 PC          3.00 P          3.50 P          .50 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item          Portions          6.00 P          1.00 C          4.00 C          1.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat          10 1/2 oz Turkey breast, deli style          4 whole Pita          6 tsp Mayonnaise</p>	<p>Item          Portions          1.00 P          7.00 P          8.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita          Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          2 1/4 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          1.00 C          .50 C          2.00 C          .50 C          1.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          3 Peaches          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

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**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories**

**Day: 53**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          1.50 PC          3.00 P          3.50 P          .50 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item          Portions          6.00 P          2.00 C          1.00 C          1.00 C          1.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce          Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water          3 whole Pita          6 tsp Mayonnaise          2 cups Bean sprouts          1 cup Jalapeno peppers</p>	<p>Item          Portions          8.00 P          6.00 C          6.00 F          1.33 C          .50 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit          Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          3 cups Strawberries</p>	<p>Item          Portions          3.00 PC          3.00 P          4.00 F          3.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>6 oz Chicken breast, skinless          2 oz Cheese, low or non fat          1/2 cup Onions          2 Peppers (bell or cubanelle)          1 cup Salsa          1 Apple          1 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          6.00 P          2.00 P          1.00 C          1.00 C          2.00 C          2.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Wrap          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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 cups Strawberries          1 cup Peaches, canned          1 1/3 tsp Olive or monounsaturated oil          2/3 cup Oatmeal</p>	<p>Item          Portions          6.00 P          2.00 C          2.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 54**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          35 grams Protein powder          2 1/2 cups Bran cereal, all varieties          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          5.00 P          5.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          1 Apple          24 Peanuts          1 Muffin</p>	<p>Item Portions          6.00 P          2.00 C          4.00 F          4.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts          A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          1.00 C          1.00 C          6.00 F          4.00 C          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich          Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 cups Peaches, canned          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Chicken breast, skinless          1 cup Lettuce, romaine          1 cup Salsa          1 cup Grapes          2 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          6.00 P          .10 C          2.00 C          2.00 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos          Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          24 Peanuts          1 Banana          1/3 cup Oatmeal</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 F          3.00 C          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.          Blender not available? Mix protein powder with cold water and have remaining ingredients on the side.          Eat nuts separately.</p>

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

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

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**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 55**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes 1 cup Oatmeal 24 Peanuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes</p>	<p>Item Portions 8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 3 Plums 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsps Sour cream</p>	<p>Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder 2 cups Milk, low fat (1%) 1/3 cup Oatmeal 1 Banana 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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**Notes:**



Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 56**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites          3 oz Cheese, low or non fat          1 cup Strawberries          2 1/3 cups Oatmeal          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          5.00 P          3.00 P          1.00 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions          6.00 P          2.00 C          1.00 C          1.00 C          1.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce          Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          1.00 C          1.00 C          6.00 F          4.00 C          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich</p> <p>Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          2 1/4 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)          1/2 cup Onions          1/2 cup Tomato sauce          1 1/2 cups Pasta          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          8.00 P          1.00 C          1.00 C          6.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pasta &amp; 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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder          2 cups Milk, low fat (1%)          1/3 cup Oatmeal          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          4.00 P          2.00 PC          1.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 57**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)                      10 Egg whites                      1/2 Cantaloupe                      2 tsp Olive or monounsaturated oil                      1 cup Grits, cooked</p>	<p>Item                      Portions                      3.00 PC                      5.00 P                      2.00 C                      6.00 F                      3.00 C                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p> <p>Get Big Grits just like Ronnie Coleman and Jay Cutler!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat                      1 1/3 cups Fruit cocktail                      1 slice Whole grain bread                      24 Peanuts</p>	<p>Item                      Portions                      6.00 P                      4.00 C                      2.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts                      A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water                      3 whole Pita                      1 Pear                      6 tsp Mayonnaise</p>	<p>Item                      Portions                      8.00 P                      6.00 C                      2.00 C                      6.00 F                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit                      Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                      21 grams Protein powder                      1 1/2 cups Peaches, canned                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      3.00 PC                      3.00 P                      3.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                      Put all ingredients in blender over ice and blend.                      Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)                      1 cup Bamboo shoots                      1 cup Bean sprouts                      1 1/3 cups Applesauce                      2 tsp Olive or monounsaturated oil                      1 cup Rice</p>	<p>Item                      Portions                      8.00 P                      .25 C                      .67 C                      4.00 C                      6.00 F                      3.00 C                      Calories:                      674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain                      28 grams Protein powder                      1 Cantaloupe                      1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item                      Portions                      2.00 PC                      4.00 P                      4.00 C                      4.00 F                      Calories:                      492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                      Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 58

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Oatmeal 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat 2 Apples 2 cups Grapes 36 Peanuts</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries</p>	<p>Item Portions 3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 2 cups Strawberries 1 cup Peaches, canned 1 1/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 2.00 C 2.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 59**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat                  2 2/3 cups Oatmeal                  2 tsp Olive or monounsaturated oil                  3 Eggs, whole</p>	<p>Item Portions                  5.00 P                  8.00 C                  6.00 F                  3.00 P                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                  3 cups Grapes                  24 Peanuts</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack                  Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water                  3 whole Pita                  6 tsp Mayonnaise                  2 cups Bean sprouts                  1 cup Jalapeno peppers</p>	<p>Item Portions                  8.00 P                  6.00 C                  6.00 F                  1.33 C                  .50 C                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit                  Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder                  2 cups Grapes                  1 1/3 tsp Olive or monounsaturated oil                  1 Tangerine</p>	<p>Item Portions                  6.00 P                  4.00 C                  4.00 F                  2.00 C                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions                  8.00 P                  1.00 C                  .50 C                  2.00 C                  .50 C                  1.00 C                  3.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>28 grams Protein powder                  2 cups Milk, low fat (1%)                  1/3 cup Oatmeal                  1 Banana                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  4.00 P                  2.00 PC                  1.00 C                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 60

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 2 Peaches 24 Peanuts 1 Bagel</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 4 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 8.00 C 2.00 F 4.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 2 cups Grapes 1 1/3 tsp Olive or monounsaturated oil 1 Tangerine</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .50 C .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 61**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          1.50 PC          3.00 P          3.50 P          .50 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat          1 cup Yogurt, plain          4 Plums          12 Walnuts</p>	<p>Item          Portions          4.00 P          2.00 PC          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          .13 C          .50 C          .50 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder          2 cups Grapes          1 1/3 tsp Olive or monounsaturated oil          1 Tangerine</p>	<p>Item          Portions          6.00 P          4.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat)          1 cup Bamboo shoots          1 cup Bean sprouts          1 1/3 cups Applesauce          2 tsp Olive or monounsaturated oil          1 cup Rice</p>	<p>Item          Portions          8.00 P          .25 C          .67 C          4.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item          Portions          2.00 PC          4.00 P          3.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

Take your vitamins. Be empowered

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories**

**Day: 62**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          3.00 P          5.00 P          3.00 C          1.00 C          .50 C          .50 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/2 cups Grapes          1 cup Oatmeal          24 Peanuts</p>	<p>Item          Portions          6.00 P          3.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat          4 cups Cucumber          2 Tomatoes          2 Apples          2 tsp Olive or monounsaturated oil          1 slice Sourdough bread</p>	<p>Item          Portions          8.00 P          1.00 C          1.00 C          4.00 C          6.00 F          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tomato Cucumber Salad          Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt &amp; pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          1.00 C          .50 C          2.00 C          .50 C          1.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 Pears          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 63**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          3 cups Grapes          24 Peanuts</p>	<p>Item          Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          1.00 C          1.00 C          6.00 F          4.00 C          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich</p> <p>Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          4 cups Strawberries          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 PC          4.00 P          4.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe          Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          1 Cantaloupe          2 Kiwis          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          6.00 P          4.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 64

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>10 Egg whites 3 oz Cheese, low or non fat 1 cup Strawberries 2 1/3 cups Oatmeal 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 7.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Fried eggs with melted cheese and fruit and oatmeal on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F 1.33 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 2 tsp Olive or monounsaturated oil 3/4 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis</p>	<p>Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 65

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item 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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          1 1/2 Cantaloupes          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water          3 whole Pita          1 Pear          6 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          6.00 C          2.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit          Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 Banana          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Chicken breast, skinless          1 cup Lettuce, romaine          1 cup Salsa          1 cup Grapes          2 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          2.00 P          6.00 P          .10 C          2.00 C          2.00 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos          Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 cup Strawberries          1 cup Pineapple          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          1.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
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Explosive, Strong & Powerful [www.empowerednutrition.net](http://www.empowerednutrition.net)

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 66

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat 2 Bagels 3 Eggs, whole 6 tsp Peanut butter, natural</p>	<p>Item Portions 5.00 P 8.00 C 3.00 P 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 2 Peaches 24 Peanuts 1 Bagel</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Peaches &amp; Nuts Enjoy items separately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites 2 1/2 cups Chicken noodle soup 2/3 Banana 4 Crackers 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 5.00 A 2.00 C 1.00 C 1.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 P 4.00 P 3.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>12 oz Ground beef (&lt; 10% fat) 1 cup Bamboo shoots 1 cup Bean sprouts 1 1/3 cups Applesauce 2 tsp Olive or monounsaturated oil 1 cup Rice</p>	<p>Item Portions 8.00 P .25 C .67 C 4.00 C 6.00 F 3.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

Fight Fat [www.empowerednutrition.net](http://www.empowerednutrition.net)

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 67**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          35 grams Protein powder          2 1/2 cups Bran cereal, all varieties          2 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          5.00 P          5.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with plenty of fibre. Take your favorite bran cereal, add protein powder, olive oil and milk and enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          1 slice Whole grain bread          24 Peanuts</p>	<p>Item Portions          6.00 P          4.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese, Fruit Cocktail and Peanuts          A nice, quick snack to satisfy those cravings!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .13 C          .50 C          .50 C          7.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Beef and vegetable pasta. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          3 cups Strawberries</p>	<p>Item Portions          3.00 PC          3.00 P          4.00 F          3.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend.          Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          6.00 C          .25 C          .33 C          .50 C          1.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 Bananas          24 Peanuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>

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

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Your best body ever in 12 weeks! <http://empowerednutrition.net>

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 68

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/2 cups Grapes 1 cup Oatmeal 24 Peanuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes</p>	<p>Item Portions 8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 2 1/4 cups Watermelon 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 2/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 69**

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

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 70

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Cheese, low or non fat 2 Bagels 6 tsp Cream cheese</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 2 whole Pita 6 tsp Mayonnaise 1 Banana 1/4 cup Pineapple 1 cup Cherry tomatoes</p>	<p>Item Portions 8.00 P 4.00 C 6.00 F 3.00 C .50 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 cups Strawberries 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless 1 2/ cup Beans, green or yellow 3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P -1.00 C 9.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Total Daily Portions:</b> Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498 ** Remember to drink between 12 and 14 glasses of water per day. **</p>		
<p>Have you had your Protein Smoothie today?</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 71

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts</p>	<p>Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat 1 1/3 cups Fruit cocktail 24 Peanuts 1 slice Whole grain bread</p>	<p>Item Portions 6.00 P 4.00 C 4.00 F 2.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Tuna, canned in water 3 whole Pita 6 tsp Mayonnaise 2 cups Bean sprouts 1 cup Jalapeno peppers</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F 1.33 C .50 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Stuffed Pita &amp; Fruit Mix tuna &amp; mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder 3 cups Grapes 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>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</p>	<p><b>Preparation Suggestions:</b></p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
*\*\* Remember to drink between 12 and 14 glasses of water per day. \*\**

Have a Protein Smoothie, be Empowered



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 72**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 3.00 P 5.00 P 3.00 C 1.00 C .50 C .50 C 3.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Omelets and Oatmeal            Sauté vegetables until softened, stir in egg whites and diced chicken. Cook until set with seasoning of your choice. have your oatmeal on the side (60 seconds with water in the microwave will do).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat            1 Apple            24 Peanuts            1 Muffin</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Apples &amp; Peanuts            A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat            2 Apples            2 cups Grapes            36 Peanuts</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit            Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)            21 grams Protein powder            1 1/2 Tangerines            1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake            Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless            1 cup Applesauce            2/3 cup Fruit cocktail            2 tsp Olive or monounsaturated oil            3/4 cup Pasta</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 6.00 F 3.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 4.00 F 1.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit            Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

+ energized + transformed + empowered +

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 73

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 Eggs, whole 5 oz Cheese, low or non fat 2 cups Peaches, canned 1 1/3 cups Oatmeal 36 Peanuts</p>	<p>Item Portions 3.00 P 5.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 1 Apple 24 Peanuts 1 Muffin</p>	<p>Item Portions 6.00 P 2.00 C 4.00 F 4.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b> Cheese, Apples &amp; Peanuts A quick snack to keep you going through the day!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat 6 oz Tuna, canned in water 4 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 P 6.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b> Tuna Melt Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b> 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.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b> Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain 28 grams Protein powder 1 Cantaloupe 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b> 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.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 74

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat                  2 2/3 cups Oatmeal                  2 tsp Olive or monounsaturated oil                  3 Eggs, whole</p>	<p>Item Portions                  5.00 P                  8.00 C                  6.00 F                  3.00 P                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat                  1 1/3 cups Fruit cocktail                  24 Peanuts                  1 slice Whole grain bread</p>	<p>Item Portions                  6.00 P                  4.00 C                  4.00 F                  2.00 C                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                  2 Oranges                  2 slice Whole grain bread                  1 tsp Olive or monounsaturated oil                  3 tsp Mayonnaise</p>	<p>Item Portions                  8.00 P                  4.00 C                  4.00 C                  3.00 F                  3.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich                  Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)                  21 grams Protein powder                  1 1/2 Tangerines                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 PC                  3.00 P                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend.                  Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts                  2 2/3 cups Potato                  3 tbsp Sour cream</p>	<p>Item Portions                  8.00 P                  8.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder                  2 Bananas                  24 Peanuts</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 75

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          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</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item          Portions          6.00 P          2.00 C          1.00 C          1.00 C          1.00 C          4.00 F          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Fresh Fruit with Creamy Sauce          Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>6 Egg whites          2 1/2 cups Chicken noodle soup          2/3 Banana          4 Crackers          1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 P          5.00 A          2.00 C          1.00 C          1.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken noodle soup, egg-drop style. Heat up the soup and drop in the egg-whites. Crumble the crackers on top. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          2 1/4 cups Watermelon          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat          6 oz Chicken breast, skinless          1 cup Lettuce, romaine          1 cup Salsa          1 cup Grapes          2 whole Pita          2 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          2.00 P          6.00 P          .10 C          2.00 C          2.00 C          4.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Soft Tacos          Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          24 Peanuts          1 Banana          1/3 cup Oatmeal</p>	<p>Item          Portions          2.00 PC          4.00 P          4.00 F          3.00 C          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 76**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          1.50 PC          3.00 P          3.50 P          .50 C          6.00 F          6.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          3 Apples          12 Walnuts</p>	<p>Item Portions          6.00 P          6.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          4 slice Whole grain bread          2/3 tsp Olive or monounsaturated oil          4 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          8.00 C          2.00 F          4.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Breast Sandwich          Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 Tangerines          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          1.00 C          .50 C          2.00 C          .50 C          1.00 C          3.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Pork Chops with Vegetables</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>2 cups Milk, low fat (1%)          28 grams Protein powder          24 Peanuts          1 Banana          1/3 cup Oatmeal</p>	<p>Item Portions          2.00 PC          4.00 P          4.00 F          3.00 C          1.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>

**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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 77

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Toasted egg sandwich with fruit.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat 3 Apples 12 Walnuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain 21 grams Protein powder 1 1/3 tsp Olive or monounsaturated oil 3 cups Strawberries</p>	<p>Item Portions 3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Beef, lean cuts 2 2/3 cups Potato 3 tbsp Sour cream</p>	<p>Item Portions 8.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Steak with a baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 Pears 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 78**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:4</b></p> <p>3 cups Milk, low fat (1%)          10 Egg whites          1/2 Cantaloupe          2 tsp Olive or monounsaturated oil          1 cup Grits, cooked</p>	<p>Item          Portions          3.00 PC          5.00 P          2.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p> <p>Get Big Grits just like Ronnie Coleman and Jay Cutler!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/3 cups Fruit cocktail          24 Peanuts          1 slice Whole grain bread</p>	<p>Item          Portions          6.00 P          4.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Another great, on-the-go snack!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item          Portions          8.00 P          1.00 C          1.00 C          6.00 F          4.00 C          2.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Barbecued Beef Sandwich</p> <p>Simple but tasty.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          3 Plums          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item          Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake</p> <p>Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          1 2/ cup Beans, green or yellow          3 cups Potato          3 tbsp Sour cream</p>	<p>Item          Portions          8.00 P          -1.00 C          9.00 C          6.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken breast with baked potato and vegetables.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder          2 cups Strawberries          1 cup Peaches, canned          1 1/3 tsp Olive or monounsaturated oil          2/3 cup Oatmeal</p>	<p>Item          Portions          6.00 P          2.00 C          2.00 C          4.00 F          2.00 C          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit</p> <p>Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 79

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%) 6 oz Cheddar cheese 6 oz Cereal, cold 1 Banana 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 3.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Cottage cheese, low fat 1 cup Yogurt, plain 4 Plums 12 Walnuts</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage cheese, yogurt, fruit and nuts taste great mixed together!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>9 oz Turkey breast, deli style 2 oz Cheese, low or non fat 4 slice Whole grain bread 24 Peanuts 2 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 2.00 P 8.00 C 4.00 F 2.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 4 Kiwis 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P 6.00 C .25 C .33 C .50 C 1.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 1.00 C 2.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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

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

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Notes:



Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 80

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>12 Egg whites 2 Bagels 6 tsp Cream cheese 2 oz Cheddar cheese</p>	<p>Item Portions 6.00 P 8.00 C 6.00 F 2.00 P Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Eggs with a bagel on the side. Enjoy!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 4.00 C 1.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>1 oz Cheese, low or non fat 10 1/2 oz Turkey breast, deli style 4 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 1.00 P 7.00 P 8.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Style Meat in a Pita Add a handful of lettuce and onion for extra flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>3 cups Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Peaches, canned 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 3.00 P 3.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>7 1/2 oz Ground beef (&lt; 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</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 1.00 C 6.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Soft Buritto Cook meat over medium heat until cooked through, spice as desired. Place mixture on tortilla, garnish with toppings and fold.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>42 grams Protein powder 2/3 tsp Olive or monounsaturated oil 12 Peanuts 1 cup Pineapple 1 cup Strawberries 3 Kiwis</p>	<p>Item Portions 6.00 P 2.00 F 2.00 F 2.00 C 1.00 C 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 81

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>3 cups Milk, low fat (1%)          10 Egg whites          1/2 Cantaloupe          2 tsp Olive or monounsaturated oil          1 cup Grits, cooked</p>	<p>Item Portions          3.00 PC          5.00 P          2.00 C          6.00 F          3.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook egg whites any style for a nutritious breakfast.</p> <p>Get Big Grits just like Ronnie Coleman and Jay Cutler!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 1/2 cups Cottage cheese, low fat          1 1/2 cups Grapes          1 cup Oatmeal          24 Peanuts</p>	<p>Item Portions          6.00 P          3.00 C          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Mix the grapes and oatmeal in with the cottage cheese for a new taste sensation. Try topping with the almonds!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless          2 Oranges          2 slice Whole grain bread          1 tsp Olive or monounsaturated oil          3 tsp Mayonnaise</p>	<p>Item Portions          8.00 P          4.00 C          4.00 C          3.00 F          3.00 F          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Salad Sandwich          Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>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</p>	<p>Item Portions          1.00 PC          1.00 P          4.00 P          3.00 C          2.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Melon Shake with a Chaser          Make a shake, in the regular fashion, out of melons, milk and olive oil. Sprinkle oatmeal and almonds on top of cottage cheese and eat separately.</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions          8.00 P          .50 C          .50 C          1.00 C          1.00 C          6.00 F          5.00 C          Calories:          674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)          21 grams Protein powder          1 1/2 Pears          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions          3.00 PC          3.00 P          3.00 C          4.00 F          Calories:          492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

**Day: 82**

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 1.50 PC 3.00 P 3.50 P .50 C 6.00 F 6.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cook all the vegetables in the oil. Add celery salt, curry powder and minced garlic to taste. Let vegetables cool. Mix eggs and milk together, then add the cooled vegetables and cheese. Bake at 400 degrees until set.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat          3 cups Grapes          24 Peanuts</p>	<p>Item Portions 6.00 P 6.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese and Grape Snack          Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Cottage cheese, low fat          2 Apples          2 cups Grapes          36 Peanuts</p>	<p>Item Portions 8.00 P 4.00 C 4.00 C 6.00 F Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>Cottage Cheese with Fruit          Combine all ingredients with cinnamon &amp; nutmeg (optional spices).</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain          21 grams Protein powder          1 1/3 tsp Olive or monounsaturated oil          3 cups Strawberries</p>	<p>Item Portions 3.00 PC 3.00 P 4.00 F 3.00 C Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake          Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions 8.00 P .50 C .50 C 1.00 C 1.00 C 6.00 F 5.00 C Calories: 674</p>	<p><b>Preparation Suggestions:</b></p> <p>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.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain          28 grams Protein powder          1 Cantaloupe          1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 P 4.00 C 4.00 F Calories: 492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit          Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 83

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>5 oz Cheese, low or non fat                  2 2/3 cups Oatmeal                  2 tsp Olive or monounsaturated oil                  3 Eggs, whole</p>	<p>Item Portions                  5.00 P                  8.00 C                  6.00 F                  3.00 P                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                  1 1/2 Cantaloupes                  24 Peanuts</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Nuts &amp; Fruit                  Enjoy items separately!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>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</p>	<p>Item Portions                  8.00 P                  .20 C                  .67 C                  .25 C                  .50 C                  .33 C                  6.00 F                  6.00 C                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>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!</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>42 grams Protein powder                  3 cups Grapes                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                  2 2/3 cups Potato                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  8.00 P                  8.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Dinner                  Brush chicken with oil, then broil or grill. Mix oil with your spices of choice to add flavor.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>1 cup Yogurt, plain                  28 grams Protein powder                  1 Cantaloupe                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  4.00 P                  4.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3498 Calories

Day: 84

<p><b>Breakfast - Meal Portions: P:8 C:8 F:6</b></p> <p>2 cups Milk, low fat (1%)                  42 grams Protein powder                  2 cups Oatmeal                  2 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  2.00 PC                  6.00 P                  6.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>6 oz Cheese, low or non fat                  3 Oranges                  24 Peanuts</p>	<p>Item Portions                  6.00 P                  6.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Orange and Peanuts.                  A quick snack to keep you going!</p>
<p><b>Mid Meal - Meal Portions: P:8 C:8 F:6</b></p> <p>2 oz Cheese, low or non fat                  6 oz Tuna, canned in water                  4 slice Whole grain bread                  6 tsp Mayonnaise</p>	<p>Item Portions                  2.00 P                  6.00 P                  8.00 C                  6.00 F                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Tuna Melt                  Mix tuna with mayonnaise, chopped onion (optional) or your favorite ingredients. Spread tuna mixture on bread and melt the cheese on top.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F: 4</b></p> <p>1 1/2 cups Yogurt, plain                  21 grams Protein powder                  1 Banana                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 PC                  3.00 P                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake with Fruit                  Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p><b>Dinner - Meal Portions: P:8 C:8 F:6</b></p> <p>8 oz Chicken breast, skinless                  1 cup Applesauce                  2/3 cup Fruit cocktail                  2 tsp Olive or monounsaturated oil                  3/4 cup Pasta</p>	<p>Item Portions                  8.00 P                  3.00 C                  2.00 C                  6.00 F                  3.00 C                  Calories:                  674</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side.</p>
<p><b>Snack - Meal Portions: P:6 C:6 F:4</b></p> <p>3 cups Milk, low fat (1%)                  21 grams Protein powder                  1 1/2 cups Pineapple                  1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions                  3.00 PC                  3.00 P                  3.00 C                  4.00 F                  Calories:                  492</p>	<p><b>Preparation Suggestions:</b></p> <p>Protein Shake                  Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

**Total Daily Portions:** Protein: 42 Carbohydrates: 42 Fat: 30 Calories: 3498  
 \*\* Remember to drink between 12 and 14 glasses of water per day. \*\*

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Notes:

## Grocery List

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

Protein	Carbohydrates	Fats	Other
45 oz Cheese, low or non fat	7 Peppers (bell or cubanelle)	51 tsp Olive or monounsaturated oil,	17 1/2 cups Milk, low fat (1%)
41 Egg whites	11 slice Whole grain bread	174 Peanuts	7 cups Yogurt, plain
60 oz Chicken breast, skinless	5 1/4 Cantaloupes	19 tsp Mayonnaise	2 1/2 cups Chicken noodle soup
497 grams Protein powder	3 Oranges	12 Walnuts	
4 1/2 oz Chicken breast, deli style	7 cups Grapes		
3 Eggs, whole	2 cups Carrots		
3 1/4 cups Cottage cheese, low fat	1 1/2 cups Corn, canned		
16 oz Beef, lean cuts	4 1/2 cups Onions		
8 oz Pork chop	5 1/2 cups Spinach		
8 oz Tuna, canned in water	3 cups Celery		
2 oz Cheddar cheese	4 Tomatoes		
12 oz Haddock	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		
	2 cups Cucumber		
	1 cup Applesauce		
	1 1/4 cups Pasta		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
46 oz Cheese, low or non fat	6 Bagels	12 tsp Cream cheese	33 cups Milk, low fat (1%)
9 cups Cottage cheese, low fat	6 Apples	228 Peanuts	2 1/2 cups Yogurt, plain
371 grams Protein powder	1 Muffin	38 tsp Olive or monounsaturated oil	
24 oz Chicken breast, skinless	5 1/2 cups Grapes	20 tsp Mayonnaise	
14 Eggs, whole	2 1/2 Tangerines	6 tsp Peanut butter, natural	
19 1/2 oz Turkey breast, deli style	8 1/3 cups Potato	24 Walnuts	
31 1/2 oz Ground beef (< 10% fat)	8 cups Strawberries	6 tbsp Sour cream	
16 oz Beef, lean cuts	2 1/2 cups Pineapple		
22 Egg whites	5 cups Oatmeal		
14 oz Tuna, canned in water	3 Oranges		
8 oz Cheddar cheese	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
59 oz Cheese, low or non fat	8 Bagels	12 tsp Peanut butter, natural	2 1/2 cups Chicken noodle soup
12 Eggs, whole	7 1/3 cups Fruit cocktail	300 Peanuts	5 cups Yogurt, plain
11 1/2 cups Cottage cheese, low fat	9 slice Whole grain bread	38 1/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
16 Egg whites	4 2/3 Bananas	10 tsp Mayonnaise	
364 grams Protein powder	4 Crackers	12 tsp Cream cheese	
8 oz Pork chop	5 cups Broccoli	3 tbsp Sour cream	
8 oz Tuna, canned in water	4 cups Cauliflower		
48 oz Chicken breast, skinless	1 1/2 cups Onions		
8 oz Beef, lean cuts	2 cups Celery		
12 oz Haddock	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		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
476 grams Protein powder	8 cups Oatmeal	44 2/3 tsp Olive or monounsaturated oil	24 cups Milk, low fat (1%)
48 oz Cheese, low or non fat	3 1/4 Cantaloupes	180 Peanuts	3 1/2 cups Yogurt, plain
19 1/2 oz Turkey breast, deli style	4 whole Pita	24 tsp Mayonnaise	
3 1/4 cups Cottage cheese, low fat	1 cup Bamboo shoots	3 tbsp Sour cream	
31 1/2 oz Ground beef (< 10% fat)	1 cup Bean sprouts	6 tsp Peanut butter, natural	
4 1/2 oz Chicken breast, deli style	1 1/3 cups Applesauce	6 tsp Cream cheese	
32 Egg whites	5 cups Rice	12 Walnuts	
24 oz Haddock	1 1/2 Pears		
32 oz Chicken breast, skinless	2 cups Onions		
12 oz Tuna, canned in water	3 1/2 cups Spinach		
8 oz Beef, lean cuts	1 cup Celery		
11 Eggs, whole	3 Tomatoes		
2 oz Cheddar cheese	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
28 Egg whites	5 Bagels	12 tsp Cream cheese	5 cups Yogurt, plain
8 oz Cheddar cheese	8 Plums	36 Walnuts	26 cups Milk, low fat (1%)
3 1/2 cups Cottage cheese, low fat	9 slice Whole grain bread	222 Peanuts	2 1/2 cups Chicken noodle soup
18 oz Turkey breast, deli style	13 cups Strawberries	10 tsp Mayonnaise	
54 oz Cheese, low or non fat	2 1/4 cups Onions	44 2/3 tsp Olive or monounsaturated oil	
511 grams Protein powder	1 cup Tomato sauce		
31 1/2 oz Ground beef (< 10% fat)	5 1/4 cups Pasta		
3 Eggs, whole	4 Cantaloupes		
30 oz Chicken breast, skinless	11 Kiwis		
16 oz Beef, lean cuts	3 cups Peaches, canned		
12 oz Haddock	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
12 oz Cheddar cheese	6 oz Cereal, cold	43 1/3 tsp Olive or monounsaturated oil	13 cups Milk, low fat (1%)
7 3/4 cups Cottage cheese, low fat	7 2/3 Bananas	210 Peanuts	5 1/2 cups Yogurt, plain
60 oz Chicken breast, skinless	6 2/3 cups Fruit cocktail	10 tsp Mayonnaise	2 1/2 cups Chicken noodle soup
441 grams Protein powder	19 slice Whole grain bread	6 tsp Peanut butter, natural	
29 oz Cheese, low or non fat	5 Oranges	6 tbsp Sour cream	
19 Eggs, whole	2 1/4 cups Onions	12 tsp Cream cheese	
32 oz Beef, lean cuts	3 Peppers (bell or cubanelle)		
38 Egg whites	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
48 oz Cheese, low or non fat	10 2/3 cups Oatmeal	48 2/3 tsp Olive or monounsaturated oil	6 1/2 cups Yogurt, plain
6 Eggs, whole	9 Apples	36 Walnuts	22 cups Milk, low fat (1%)
52 oz Chicken breast, skinless	10 whole Pita	23 tsp Mayonnaise	
385 grams Protein powder	7 Bananas	174 Peanuts	
9 oz Turkey breast, deli style	2 3/4 cups Pineapple		
14 oz Cheddar cheese	2 cups Cherry tomatoes		
6 cups Cottage cheese, low fat	16 cups Strawberries		
28 Egg whites	4 cups Carrots		
8 oz Beef, lean cuts	3 cups Corn, canned		
4 1/2 oz Chicken breast, deli style	3 1/2 Pears		
16 oz Tuna, canned in water	3 cups Peaches, canned		
19 1/2 oz Ground beef (< 10% fat)	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
455 grams Protein powder	5 cups Bran cereal, all varieties	48 2/3 tsp Olive or monounsaturated oil	40 cups Milk, low fat (1%)
41 oz Cheese, low or non fat	5 1/2 cups Grapes	120 Peanuts	3 cups Yogurt, plain
21 oz Turkey breast, deli style	16 whole Pita	30 tsp Mayonnaise	
24 oz Ground beef (< 10% fat)	4 cups Peaches, canned	24 Walnuts	
4 1/2 oz Chicken breast, deli style	5 1/2 cups Onions	3 tbsp Sour cream	
34 Egg whites	1 cup Tomato sauce		
14 oz Tuna, canned in water	3 3/4 cups Pasta		
36 oz Chicken breast, skinless	9 cups Oatmeal		
8 oz Pork chop	6 Bananas		
4 1/2 cups Cottage cheese, low fat	3 1/2 cups Spinach		
16 oz Beef, lean cuts	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
35 Egg whites	3 1/2 Cantaloupes	51 1/3 tsp Olive or monounsaturated oil	23 1/2 cups Milk, low fat (1%)
7 1/2 cups Cottage cheese, low fat	1 cup Grits, cooked	180 Peanuts	4 1/2 cups Yogurt, plain
16 oz Tuna, canned in water	2 2/3 cups Fruit cocktail	16 tsp Mayonnaise	
476 grams Protein powder	12 slice Whole grain bread	3 tbsp Sour cream	
24 oz Ground beef (< 10% fat)	6 whole Pita	12 Walnuts	
32 oz Beef, lean cuts	2 1/2 Pears		
34 oz Cheese, low or non fat	3 1/2 cups Peaches, canned		
11 Eggs, whole	2 cups Bamboo shoots		
16 oz Pork chop	4 cups Bean sprouts		
16 oz Chicken breast, skinless	2 2/3 cups Applesauce		
4 1/2 oz Chicken breast, deli style	5 2/3 cups Rice		
2 oz Cheddar cheese	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
34 Egg whites	17 cups Strawberries	40 1/3 tsp Olive or monounsaturated oil	26 cups Milk, low fat (1%)
52 oz Cheese, low or non fat	5 cups Oatmeal	30 tsp Mayonnaise	5 cups Yogurt, plain
24 oz Tuna, canned in water	1 3/4 cups Onions	156 Peanuts	2 1/2 cups Chicken noodle soup
4 1/2 cups Cottage cheese, low fat	1 1/4 cups Beans, black	6 tsp Peanut butter, natural	
427 grams Protein powder	3 Tomatoes	12 tsp Cream cheese	
60 oz Chicken breast, skinless	16 whole Pita	12 Walnuts	
2 oz Cheddar cheese	3 cups Bean sprouts	3 tbsp Sour cream	
3 Eggs, whole	1 cup Jalapeno peppers		
12 oz Ground beef (< 10% fat)	3 1/2 Cantaloupes		
8 oz Beef, lean cuts	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		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
17 Eggs, whole	5 cups Peaches, canned	276 Peanuts	26 1/2 cups Milk, low fat (1%)
50 oz Cheese, low or non fat	8 cups Oatmeal	25 tsp Mayonnaise	3 1/2 cups Yogurt, plain
6 1/2 cups Cottage cheese, low fat	3 1/3 cups Fruit cocktail	36 2/3 tsp Olive or monounsaturated oil	2 1/2 cups Chicken noodle soup
14 oz Tuna, canned in water	18 slice Whole grain bread	6 tbsps Sour cream	
378 grams Protein powder	9 whole Pita	36 Walnuts	
24 oz Beef, lean cuts	2 cups Bean sprouts		
4 1/2 oz Chicken breast, deli style	1 cup Jalapeno peppers		
31 Egg whites	6 cups Grapes		
30 oz Chicken breast, skinless	3 cups Cauliflower		
7 1/2 oz Ground beef (< 10% fat)	3 cups Celery		
2 oz Cheddar cheese	1 cup Cucumber		
8 oz Pork chop	2 cups Lettuce, romaine		
10 1/2 oz Turkey breast, deli style	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		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
39 Egg whites	5 1/4 Cantaloupes	48 1/3 tsp Olive or monounsaturated oil	29 1/2 cups Milk, low fat (1%)
6 1/4 cups Cottage cheese, low fat	2 cups Grits, cooked	192 Peanuts	6 cups Yogurt, plain
8 oz Beef, lean cuts	2 cups Fruit cocktail	3 tbsp Sour cream	
427 grams Protein powder	14 slice Whole grain bread	12 Walnuts	
56 oz Chicken breast, skinless	2 1/2 cups Onions	17 tsp Mayonnaise	
8 oz Cheddar cheese	1/2 cup Tomato, puree	6 tsp Cream cheese	
19 1/2 oz Turkey breast, deli style	2 slice Sourdough bread		
40 oz Cheese, low or non fat	6 Oranges		
7 1/2 oz Ground beef (< 10% fat)	7 Plums		
3 Eggs, whole	1 2/ cup Beans, green or yellow		
12 oz Haddock	5 2/3 cups Potato		
6 oz Tuna, canned in water	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		