Day:	3
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 14 Egg whites 1 cup Cottage cheese, light/low fat 2 cups Skim Milk 1 cup Blackberries 2 slice Whole grain bread 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949	Eggs with fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	 Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape
Mid Meal - Meal Portions: P:13 C:8 F: 10 2 1/2 cups Cottage cheese, light/low fat 3 cups Skim Milk 1 Nectarine 1/2 cup Pineapple 1 cup Bran cereal, all varieties 21 Almonds, whole 1 tsp Olive, Flax or Salmon Oils	Portions 10.00 P 3.00 PC 2.00 C 1.00 C 2.00 C 7.00 F 3.00 F Calories: 922	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Dinner - Meal Portions: P:13 C:8 F:10 4 oz Cheese, low or non fat 3 patty Soy burger 3/4 cup Soybeans 1/4 cup Kidney beans 1/2 cup Onions 1 cup Tomato, canned 2 oz Matzo 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 4.00 P 6.00 P 3.00 PC 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Red-Bean Chili In large pan heat oil. Add chopped onion and peppe and saute. Add chili powder, cumin, salt and garlic, then add soybean crumbles and water. Heat until water boils, then stir in tomatoes and kidney beans. Cover and simmer for 10 minutes or until done. Sprinkle with grated cheese and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Mix the tofu, chopped fruit, and olive oil together and
8 oz Tofu	4.00 P	enjoy.
3 cups Skim Milk	3.00 PC	
6 oz Tofu, soft	2.00 PC	
3 cups Strawberries	3.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottage
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	jj
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
Mid Mool Mool Portiona: D:42 C-9 E:40	Item	Proparation Suggestions:
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
12 oz Tofu	6.00 P	Tofu and Vegetable Stirfry
1 1/2 cups Cabbage	.50 C	Lightly saute the vegetables and tofu, in a wok if you
3/4 cup Lentils	3.00 PC	have one. Season to taste, topping with slivered
2 cups Mushrooms	1.00 C	almonds. Enjoy!
1 cup Zucchini	.50 C	,,,
3 cups Bean sprouts	2.00 C	
2 Peppers (bell or cubanelle)	1.00 C	
7 tbsp Almonds, slivered	7.00 F	
1 tsp Olive, Flax or Salmon Oils	3.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
10 menue Bratain a sudan	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
1 Kiwi 2 1/2 then Derley	1.00 C	blender is not available, set aside the fruit and shake
2 1/2 tbsp Barley	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	456 Item	Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Stuffed Cabbage
14 oz Tofu	7.00 P	Peel off some large cabbage leaves and place in a
3/4 cup Soybeans	3.00 PC	bowl with hot water and microwave (or heat in a
1 1/2 cups Cabbage	.50 C	saucepan on the stove if you lack a microwave) until
1/2 cup Onions	1.00 C	the leaves are soft. Chop the tofu and onions and
1/4 cup Tomato sauce	.50 C	saute briefly, then add tomato sauce, raisins, salt,
1/3 cup Applesauce	1.00 C	pepper and basil. Wrap in cabbage leaves and bake
1 tbsp Raisins	1.00 C	for 25 minutes at 350 degrees. Enjoy with
1/3 cup Rice	1.00 C	applesauce on the side.
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 C	appiesauce on the side.
5 175 ISP Olive, Flax of Salition Olis	Calories:	
	922	
Speak Meal Partience Bit C.2 F.2	Item	Propagation Suggestions:
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 12 Egg whites 3 cups Skim Milk 1/2 cup Grapes 2 slice Whole grain bread 3 tsp Olive, Flax or Salmon Oils 2 tsp Peanut butter, natural 4 oz Cheddar cheese, light/low fat 	6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 links Soy sausage 3 cups Eggplant 2 cups Sauerkraut 5 tbsp Low fat salad dressings 4 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 10.00 P 2.00 C 2.00 C 5.00 F 2.00 C 2.00 C 5.00 F 3.00 P Calories: 922	Preparation Suggestions: Sausage and Sauerkraut Salad Cook the sausage according to package directions. Meanwhile, chop the peppers and combine with sauerkraut, mayonnaise, salt, and pepper. When sausage is done, mix together and serve on top of lettuce leaves.
Dinner - Meal Portions: P:13 C:8 F:10 14 Egg whites 1 1/2 cups Lentils 1/2 cup Onions 2 cups Spinach 1 Tomato 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!

Day: 6	3
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 14 Egg whites 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 cup Blueberries 3 2/3 tsp Olive, Flax or Salmon Oils 	7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10 3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots	Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:8 F: 0 14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 4 patty Soy burger 1/2 cup Lentils 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1/6 Tomato 2/3 cup Mandarin orange, canned 10 tbsp Almonds, slivered 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fat	Item Portions 8.00 P 2.00 PC .03 C .01 C .08 C 2.00 C 10.00 F 4.00 C 3.00 P Calories: 922	Preparation Suggestions: Soy burger with toppings; fruit and nuts for dessert.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties 3 tbsp Almonds, slivered	Item Portions 6.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
2 1/2 cups Egg substitute	Portions 10.00 P	Scrambled Eggs and Toast
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Add spices to the egg mixture, then cook until
3/4 cup V 8 juice	1.00 C	desired consistency is reached.
2 slice Whole grain bread	4.00 C	
4 Macadamia nuts	4.00 F	
7 tsp Peanut butter, natural	7.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Ricotta cheese, skim	6.00 P	Mix these ingredients together to create a simple and
1 cup Mandarin orange, canned	3.00 C	delicious snack.
9 Walnuts	3.00 F	
	Calories: 357	
Mid Maal Maal Dartiana: D:12 C:9 E:10	Item	Proportion Suggestions:
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
1 3/4 cups Cottage cheese, light/low fat	7.00 P	A tasty and simple meal of soup and cottage cheese.
4 cups Tomato vegetable soup	6.00 A	Enjoy!
1 slice Rye bread	2.00 C	
1 oz Pumpkin seeds	4.00 F	
	Calories: 922	
	Item	
Snack - Meal Portions: P:6 C:8 F: 0	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456 Item	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Tofu-Eggplant Gumbo
14 oz Tofu	7.00 P	
3/4 cup Soybeans	3.00 PC	Roughly chop the vegetables and tofu, then saute all
3 cups Eggplant	2.00 C	of them except the tomatoes in a small pot with the
2 cups Celery	1.00 C	olive oil. When they're almost cooked through, add
2 Peppers (bell or cubanelle)	1.00 C	the tomatoes and a dash of water, then simmer.
1 1/2 cups Tomatoes	1.00 C	Season with salt, pepper, thyme, rosemary and
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	some chili pepper. Enjoy!
	Calories:	
	922 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 Kiwi	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
Total Dalla Daulance Data	357	history 20. Est. 27. Oslarias: 2020
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Is the Force within	ר vou? + www	.VitalForceMulti.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole 	Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949	Sausage and eggs with fruit on the side. Simple and quick!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils 	10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10 1 cup Kidney beans 1/2 cup Onions 1/2 cup Tomato, puree 1 cup Salsa 3 1/3 tsp Olive, Flax or Salmon Oils 13 oz Soy, ground	Item Portions 4.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922	Preparation Suggestions: Herbed Ground Soy and Bean Stew Crumble ground soy, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites 3 cups Yogurt, plain, low fat	7.00 P 6.00 PC	A tasty, easy-to-prepare breakfast. Enjoy!
2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 C 11.00 F	
	Calories: 949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	6.00 P 3.00 C 3.00 F Calories:	Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10	357 Item Portions	Preparation Suggestions:
 10 Egg whites 5 oz Cheese, low or non fat 4 1/2 oz Tempeh 3/4 cup Chickpeas 3 tbsp Low fat salad dressings 1 cup Lettuce, romaine 4 Tomatoes 2 1/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 3.00 C 3.00 F .10 C 2.00 C 7.00 F Calories: 922	Tomato Basil Salad In a bowl mix, chickpeas, parsley, oil, vinegar, basil, garlic and chili powder. On plate add lettuce, tomato and cheese. Pour chickpea dressing on top and slice adn dice egg whites over the mix and enjoy!
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
4 patty Soy burger 10 tbsp Almonds, slivered	8.00 P 10.00 F	Grilled Dble Soy Burgers with Vegetables.
4 slice Rye bread 5 oz Cheddar cheese, light/low fat	8.00 C 5.00 P Calories: 922	Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
		www.EmpoweredMMA.com

Day: 10 Item Breakfast - Meal Portions: P:13 C:8 F:11 **Preparation Suggestions:** Portions 4 oz Cheese, low or non fat 4.00 P A quick and tasty breakfast. 42 grams Protein powder 6.00 P 3 cups Skim Milk 3.00 PC 1 Nectarine 2.00 C 1 1/2 cups Bran cereal, all varieties 3.00 C 1.00 F 6 Peanuts 2 oz Sunflower seeds 10.00 F Calories: 949 Item Snack - Meal Portions: P:6 C:3 F:3 **Preparation Suggestions:** Portions 1 cup Skim Milk 1.00 PC PRE WORKOUT - Protein Shake + Energy 35 grams Protein powder 5.00 P Sustaining Growth Carbs 2/3 cup Oatmeal 2.00 C 3 tsp Peanut butter, natural 3.00 F Put all ingredients in a blender over ice and blend to Calories: desired consistency. Enjoy! 357 Item Snack - Meal Portions: P:6 C:8 F:0 **Preparation Suggestions:** Portions 42 grams Protein powder 6.00 P POST WORKOUT- Protein Shake 8.00 C Put all ingredients in blender over ice and blend. 2 2/3 cups Fruit juice Add water to create desired consistency. We Calories: 456 recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! Item Mid Meal - Meal Portions: P:13 C:8 F: 10 **Preparation Suggestions:** Portions 4.00 P 4 oz Hard cheeses, light/low fat Orange, Tofu, and Spinach Salad 12 oz Tofu 6.00 P Place spinach in a bowl. Top with grated carrot, 3/4 cup Soybeans 3.00 PC orange sections, water chestnuts and tofu cubes. 3 cups Spinach .86 C Grate a little ginger on top and add some vinegar, 3 tbsp Low fat salad dressings 3.00 F olive oil, and seasonings. Toss and serve. Enjoy! 1/3 cup Water chestnuts 1.00 C 1 Orange 2.00 C 1 cup Carrots 1.00 C 2 1/3 tsp Olive, Flax or Salmon Oils 7.00 F Calories: 922 Item Dinner - Meal Portions: P:13 C:8 F:10 **Preparation Suggestions:** Portions 1/2 cup Ricotta cheese, skim 2.00 P Tofu with Salad Cook the Tofu to your liking and toss vegetables in a 16 oz Tofu 8.00 P 1 cup Chickpeas 4.00 C salad bowl. Sprinkle slivered almonds on top and 3/4 cup Lentils 3.00 PC enjoy! 1/4 cup Mushrooms .13 C 1/4 cup Onions .50 C 1/4 Pepper (bell or cubanelle) .13 C 1/4 head Lettuce, iceberg .13 C 1/2 cup Cherry tomatoes .25 C 10 tbsp Almonds, slivered 10.00 F Calories: 922 Item Snack - Meal Portions: P:6 C:3 F:3 Preparation Suggestions: Portions 1 1/2 cups Cottage cheese, light/low fat 6.00 P Grow while you sleep snack - Cottage Cheese, 4 Cherries .50 C Cherries, Grapes and Pistachio. Mix all the 1/4 cup Grapes ingredients together and enjoy cold. .50 C 1 tbsp Barley 2.00 C

3.00 F

12 Pistachio nuts

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered 	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Raspberries 2 tsp Almond butter 1 tsp Olive, Flax or Salmon Oils 18 Peanuts 	7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:6 C:8 F: 0 42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Preparation Suggestions: Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oi with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Take your vitamins, be active &		2 grasses of water per day.

Day:	12
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Eggs with oatmeal on the side. Enjoy!
2 cups Cottage cheese, light/low fat	8.00 P	
2 2/3 cups Oatmeal	8.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Skim Milk 35 grams Protein powder	1.00 PC 5.00 P	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
1/2 cup Peaches, canned	1.00 C	Put all ingredients in a blender over ice and blend to
1 tsp Olive, Flax or Salmon Oils	3.00 F	desired consistency. Enjoy!
	Calories: 357	
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 F	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
	Item	juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	Chili with grated cheese on top and toast on the side
3 cups Chili, canned 1 1/3 tsp Butter	6.00 A 4.00 F	Enjoy!
1 slice Rye bread	2.00 C	
4 oz Tofu	2.00 P	
	Calories: 922	
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
4 Eggs, whole 12 oz Tofu	4.00 P 6.00 P	Tofu Stir Fry Cube tofu and set aside. Chop 1 clove of garlic and
1 1/2 cups Broccoli	0.00 P .50 C	saute, then add tofu. Add chopped vegetables, soy
1 cup Cauliflower	.25 C	sauce and seasonings (salt and cayenne pepper
3/4 cup Lentils	3.00 PC	should do it). Stir until vegetables are tender and
1/4 cup Onions	.50 C	enjoy!
1 1/2 Peppers (bell or cubanelle) 1 cup Rice	.75 C 3.00 C	
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
	Calories:	
	922 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cheese and Grape Snack
6 oz Tofu, soft 1/2 cup Grapes	2.00 PC 1.00 C	Enjoy items separately!
18 Peanuts	3.00 F	
	Calories:	
Total Daily Portions: Protein	357 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **
		poweredTransformation.com

Day:	13
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 21 grams Protein powder 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 Pear 11 Macadamia nuts	Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	A quick, easy, and tasty breakfast to start your day. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10 49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts	Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Soybeans 3/4 cup Chickpeas 2 cups Mushrooms 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils 10 oz Soy, ground	Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922	Preparation Suggestions: Baked Soy and Vegetables Try seasoning the soy and baking it in the oven. Sauté the mushrooms and peppers and set atop a bed of chickpeas. Truly a unique dining experience!
 Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties 3 tbsp Almonds, slivered 	Item Portions 6.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
	57 Carbohyo	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	Eggs with yogurt, bran and fruit. Enjoy!
21 grams Protein powder	3.00 P	Eggs with yogan, bran and trut. Enjoy:
2 cups Yogurt, plain, low fat	4.00 PC	
1 cup Pineapple	2.00 PC	
	2.00 C	
1 cup Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 C 11.00 F	
5 2/5 ISP Olive, Flax of Salmon Olis		
	Calories: 949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1.1/2 auna Diaatta ahaana, akim	6.00 P	Niv these ingredients together to greate a simple one
1 1/2 cups Ricotta cheese, skim		Mix these ingredients together to create a simple and delicious snack.
1 cup Mandarin orange, canned	3.00 C	delicious shack.
9 Walnuts	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
10 ez Tetu	Portions	
10 oz Tofu	5.00 P	A hot and tasty bowl of soup with extra protein
2 cups Skim Milk	2.00 PC	packed tofu. Enjoy!
4 cups Tomato vegetable soup	6.00 A	
1 1/3 tsp Olive, Flax or Salmon Oils	4.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
04 menus Bratain a surdan	Portions	
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Tofu-Eggplant Gumbo
14 oz Tofu	7.00 P	
3/4 cup Soybeans	3.00 PC	Boughly shop the vegetables and toful then equite all
	2.00 PC	Roughly chop the vegetables and tofu, then saute all
3 cups Eggplant		of them except the tomatoes in a small pot with the
2 cups Celery 2 Peppers (bell or cubanelle)	1.00 C 1.00 C	olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer.
1 1/2 cups Tomatoes	1.00 C	Season with salt, pepper, thyme, rosemary and
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 C	some chili pepper. Enjoy!
5 1/5 tsp Olive, Flax of Saimon Olis	Calories:	
	922	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	5.00 P 1.00 PC	Put all ingredients in a blender over ice and blend,
	1.00 PC	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
3 tbsp Almonds, slivered	3.00 C	
S wap Annonus, silvereu		
	Calories: 357	
Total Daily Dartianas Destains		 drotoo: 29. Eat: 27. Calarian: 2062
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
		2 glasses of water per day.
East the huma 9 incine	roto the fet	vww.BurnerFatLoss.com

Day:	15
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
14 Egg whites 1 cup Cottage cheese, light/low fat	Portions 7.00 P 4.00 P	Eggs with fruit. Enjoy!
2 cups Skim Milk 1 cup Blackberries 2 slice Whole grain bread	2.00 PC 2.00 C 4.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F Calories:	
	949 Item	Description Opposite and
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal	Portions 1.00 PC 5.00 P 1.00 C	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs
1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	1.00 C 1.00 C 3.00 F Calories: 357	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 links Soy sausage 3 cups Eggplant 2 cups Sauerkraut 5 tbsp Low fat salad dressings 4 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 10.00 P 2.00 C 2.00 C 5.00 F 2.00 C 5.00 F 3.00 P Calories: 922	Preparation Suggestions: Sausage and Sauerkraut Salad Cook the sausage according to package directions. Meanwhile, chop the peppers and combine with sauerkraut, mayonnaise, salt, and pepper. When sausage is done, mix together and serve on top of lettuce leaves.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 14 Egg whites 1 1/2 cups Lentils 1/2 cup Onions 2 cups Spinach 1 Tomato 3 1/3 tsp Olive, Flax or Salmon Oils 	7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922	Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.
		Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	5.00 P 1.00 PC 2.00 C 3.00 F Calories:	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Day:	16	
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 14 Egg whites 1 cup Cottage cheese, light/low fat 2 cups Skim Milk 1 cup Blackberries 2 slice Whole grain bread 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F	Eggs with fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Calories: 949 Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	6.00 P 3.00 C 3.00 F Calories: 357	Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
12 oz Tofu 9 oz Tofu, soft 3/4 cup Kidney beans 1 1/2 cups Tomato, canned 1 cup Celery 3 1/3 tsp Olive, Flax or Salmon Oils 4 oz Cheddar cheese, light/low fat	6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922	Vegetarian Chili Heat beans and celery until tender. Add tomato, tofu, 1/2 cup water, 3 cloves of garlic minced, 1/2 tsp fresh basil, 1/4 tsp hot sauce, 2 tbsp chili powder and salt and pepper to taste. Serve hot.
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans	3.00 P 7.00 P 3.00 PC	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all
3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils	2.00 C 1.00 C 1.00 C 1.00 C 10.00 F	of them except the togratoes in a small por with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
	Calories: 922	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered	5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories:	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
70 grams Protein powder 3 cups Skim Milk 2 cups Cereal, cold 3/4 cup Cranberries 3 2/3 tsp Olive, Flax or Salmon Oils	Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949	A cereal breakfast with a twist: throw in a handful of cranberries (fresh or dried) with a little protein and some oil to cover all of your nutrition bases. Makes a balanced, tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
4 oz Hard cheeses, light/low fat 12 oz Tofu 3/4 cup Soybeans 3 cups Spinach 3 tbsp Low fat salad dressings 1/3 cup Water chestnuts 1 Orange 1 cup Carrots 2 1/3 tsp Olive, Flax or Salmon Oils	4.00 P 6.00 P 3.00 PC .86 C 3.00 F 1.00 C 2.00 C 1.00 C 7.00 F Calories: 922	Orange, Tofu, and Spinach Salad Place spinach in a bowl. Top with grated carrot, orange sections, water chestnuts and tofu cubes. Grate a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Cheese and Grape Snack Enjoy items separately!
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949	Mix the tofu, chopped fruit, and olive oil together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10 3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots	Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:8 F: 0 42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 1 1/2 cups Cabbage 1/2 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 tbsp Raisins 1/3 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 3.00 P 7.00 P 3.00 PC .50 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Stuffed Cabbage Peel off some large cabbage leaves and place in a bowl with hot water and microwave (or heat in a saucepan on the stove if you lack a microwave) until the leaves are soft. Chop the tofu and onions and saute briefly, then add tomato sauce, raisins, salt, pepper and basil. Wrap in cabbage leaves and bake for 25 minutes at 350 degrees. Enjoy with applesauce on the side.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	Scrambled eggs with toast. A homestyle favorite.
3 cups Skim Milk	3.00 PC	Schambled eggs with toast. A nornestyle lavorite.
1/2 cup Grapes	1.00 C	
2 slice Whole grain bread	4.00 C	
3 tsp Olive, Flax or Salmon Oils	9.00 F	
2 tsp Peanut butter, natural	2.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddar cheese, light/low lat	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	PRE WORKOUT - Protein Shake + Energy
2 cups Skim Milk	2.00 PC	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
18 Peanuts	3.00 F	Put all ingredients in a blender over ice and blend to
	Calories:	desired consistency. Enjoy!
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
	100	juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
E of Chasse low or non fet	Portions	Chili with grated change on ten and taget on the side
5 oz Cheese, low or non fat	5.00 P	Chili with grated cheese on top and toast on the side
3 cups Chili, canned	6.00 A	Enjoy!
1 1/3 tsp Butter	4.00 F	
1 slice Rye bread	2.00 C	
4 oz Tofu	2.00 P	
	Calories: 922	
Disease March Destinger D.40 0.0 E.40	Item	Provention Oceano dia no
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
4 patty Soy burger	8.00 P	Grilled Dble Soy Burgers with Vegetables.
10 tbsp Almonds, slivered	10.00 F	
4 slice Rye bread	8.00 C	Grill the burgers, throw them on bread 2 high, enjoy
5 oz Cheddar cheese, light/low fat	5.00 P	in the knowledge that you're on track toward your
, 3	Calories:	goals.
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
1/3 cup Applesauce	1.00 C	Combine cottage cheese with cinnamon and nutme
1/2 Peach	.50 C	and blend until smooth. Pour over fruit in a small
1/2 cup Strawberries	.50 C	bowl and top with slivered almonds. Serve
1/2 cup Bran cereal, all varieties	1.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
Total Daily Portions: Protein	357 1:57 Carbohyd	drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **
		EmpoweredNutrition.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered 	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Raspberries 2 tsp Almond butter 1 tsp Olive, Flax or Salmon Oils 18 Peanuts 	7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stil protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 1/2 cup Ricotta cheese, skim 16 oz Tofu 1 cup Chickpeas 3/4 cup Lentils 1/4 cup Mushrooms 1/4 cup Onions 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 10 tbsp Almonds, slivered	Item Portions 2.00 P 8.00 P 4.00 C 3.00 PC .13 C .50 C .13 C .13 C .25 C 10.00 F Calories: 922	Preparation Suggestions: Tofu with Salad Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
4 oz Cheese, low or non fat	Portions 4.00 P	Mix the tofu, chopped fruit, and olive oil together and
8 oz Tofu	4.00 P	enjoy.
3 cups Skim Milk	3.00 PC	enjoy.
6 oz Tofu, soft	2.00 PC	
3 cups Strawberries	3.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottag
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Tomato Basil Salad
5 oz Cheese, low or non fat	5.00 P	In a bowl mix, chickpeas, parsley, oil, vinegar, basil,
4 1/2 oz Tempeh	3.00 PC	garlic and chili powder. On plate add lettuce, tomato
3/4 cup Chickpeas	3.00 C	and cheese. Pour chickpea dressing on top and slice
3 tbsp Low fat salad dressings	3.00 F	adn dice egg whites over the mix and enjoy!
1 cup Lettuce, romaine	.10 C	a an also egg whitee even the mix and enjey.
4 Tomatoes	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
10 grana Dratain navydar	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
1 Kiwi	1.00 C	blender is not available, set aside the fruit and shake
2 1/2 tbsp Barley	5.00 C	up the remaining ingredients in a closed container to
	Calories: 456	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat	5.00 P	Baked Barley with Mushrooms
1 cup Mushrooms	.50 C	Preheat oven to 350 degrees. Chop the vegetables
3 1/2 tbsp Barley	7.00 C	In a small casserole dish, pour 2 cups of water, then
1/2 cup Carrots	.50 C	add all ingredients plus salt, pepper and tarragon
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	flakes. Cover dish and bake until done, stirring
8 oz Soy, ground	8.00 P	occasionally.
	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Late Night Protein Shake with Barley
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive, Flax or Salmon Oils	3.00 F	adding water to create desired consistency. Enjoy
1 tbsp Barley	2.00 C	and grow in your sleep!
1	Calories:	
	357	

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

Day:	22
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 14 Egg whites 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 cup Blueberries 3 2/3 tsp Olive, Flax or Salmon Oils 	7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	1.00 PC 5.00 P 2.00 C 3.00 F	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
	Calories: 357	desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 oz Cheese, low or non fat 10 oz Tofu 4 1/2 oz Tempeh 1/2 cup Chickpeas 1/2 cup Onions 2 cups Cucumber 1 Tomato 1/2 Apple 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 1 1/2 cups Cabbage 1/2 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 tbsp Raisins 1/3 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 3.00 P 7.00 P 3.00 PC .50 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Stuffed Cabbage Peel off some large cabbage leaves and place in a bowl with hot water and microwave (or heat in a saucepan on the stove if you lack a microwave) until the leaves are soft. Chop the tofu and onions and saute briefly, then add tomato sauce, raisins, salt, pepper and basil. Wrap in cabbage leaves and bake for 25 minutes at 350 degrees. Enjoy with applesauce on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered	5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Day:	23
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	6.00 P 3.00 C 3.00 F Calories: 357	Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 12 oz Tofu 1 1/2 cups Cabbage 3/4 cup Lentils 2 cups Mushrooms 1 cup Zucchini 3 cups Bean sprouts 2 Peppers (bell or cubanelle) 7 tbsp Almonds, slivered 1 tsp Olive, Flax or Salmon Oils 4 oz Cheddar cheese, light/low fat 	6.00 P .50 C 3.00 PC 1.00 C .50 C 2.00 C 1.00 C 7.00 F 3.00 F 4.00 P Calories: 922	Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste, topping with slivered almonds. Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley	3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils 	3.00 P 7.00 P 3.00 PC 2.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Day:	24
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 21 grams Protein powder 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 Pear 11 Macadamia nuts	4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	A quick, easy, and tasty breakfast to start your day. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu	Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922	Preparation Suggestions: Chili with grated cheese on top and toast on the side Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 14 Egg whites 1 1/2 cups Lentils 1/2 cup Onions 2 cups Spinach 1 Tomato 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922	Preparation Suggestions:DhalYou'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Cheese and Grape Snack Enjoy items separately!
Total Daily Portions: Protein ** Remember to drink bei		rates: 38 Fat: 37 Calories: 3963

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
1 1/4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 3 cups Skim Milk 1 cup Grapes	Portions 5.00 P 5.00 P 3.00 PC 2.00 C	A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.
1 1/2 cups Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils	3.00 C 11.00 F Calories: 949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	6.00 P 3.00 C 3.00 F Calories: 357	Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 10 Egg whites 5 oz Cheese, low or non fat 4 1/2 oz Tempeh 3/4 cup Chickpeas 3 tbsp Low fat salad dressings 1 cup Lettuce, romaine 4 Tomatoes 2 1/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 3.00 C 3.00 F .10 C 2.00 C 7.00 F Calories: 922	Tomato Basil Salad In a bowl mix, chickpeas, parsley, oil, vinegar, basil, garlic and chili powder. On plate add lettuce, tomato and cheese. Pour chickpea dressing on top and slice adn dice egg whites over the mix and enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Preparation Suggestions: Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oi with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
Total Daily Portions: Prote	ein: 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

3 nillars to performance: nutrition + exercise + supplements

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole 	5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949	Sausage and eggs with fruit on the side. Simple and quick!
Snack - Meal Portions: P:6 C:3 F:3 28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 2 1/2 cups Cottage cheese, light/low fat 3 cups Skim Milk 1 Nectarine 1/2 cup Pineapple 1 cup Bran cereal, all varieties 21 Almonds, whole 1 tsp Olive, Flax or Salmon Oils	Item Portions 10.00 P 3.00 PC 2.00 C 1.00 C 2.00 C 7.00 F 3.00 F Calories: 922	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 1 1/2 cups Cabbage 1/2 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 tbsp Raisins 1/3 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 3.00 P 7.00 P 3.00 PC .50 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Stuffed Cabbage Peel off some large cabbage leaves and place in a bowl with hot water and microwave (or heat in a saucepan on the stove if you lack a microwave) until the leaves are soft. Chop the tofu and onions and saute briefly, then add tomato sauce, raisins, salt, pepper and basil. Wrap in cabbage leaves and bake for 25 minutes at 350 degrees. Enjoy with applesauce on the side.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties 3 tbsp Almonds, slivered	Item Portions 6.00 P 1.00 C .50 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.

Item	Preparation Suggestions:
5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories:	Sausage and eggs with fruit on the side. Simple and quick!
Item Portions 6.00 P 3.00 C 3.00 F	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
357 Item	Proporation Suggestions:
Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Item Portions	Preparation Suggestions:
6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions	Preparation Suggestions:
3.00 P 7.00 P 3.00 PC 2.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
n: 57 Carbohyd	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
	Portions 5.00 P 8.00 P 2.00 C 6.00 F 5.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 C 3.00 F Calories: 357 Item Portions 3.00 PC 4.00 A 6.00 F 6.00 F 6.00 F 6.00 F 1.00 C Calories: 922 Item Portions 6.00 P 1.00 C 1.00 C <td< td=""></td<>

Day: 2	28
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Enter the challenge and W	N! www.Emp	oweredNutrition.com/Contests
Enter the challenge and WIN	! + <u>www.Emp</u>	oweredNutrition.com/Contests
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
1 tbsp Barley	2.00 C Calories: 357	and grow in your sleep!
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils	1.00 PC 5.00 P 3.00 F	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils	1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant	7.00 P 3.00 PC 2.00 C	Roughly chop the vegetables and tofu, then saute al of them except the tomatoes in a small pot with the
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim	Item Portions 3.00 P	Preparation Suggestions: Tofu-Eggplant Gumbo
21 grams Protein powder3 cups Skim Milk1 cup Blueberries1 1/2 tbsp Barley	3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456	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.
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils	2.00 PC 6.00 A 4.00 F Calories: 922	packed tofu. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10 10 oz Tofu	Item Portions 5.00 P	Preparation Suggestions: A hot and tasty bowl of soup with extra protein
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 cup Blueberries 3 2/3 tsp Olive, Flax or Salmon Oils	3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949 Item	
Breakfast - Meal Portions: P:13 C:8 F:11 14 Egg whites	Item Portions 7.00 P	Preparation Suggestions: Cook eggs any style. Enjoy the fruit on the side.

Day:	29
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites3 cups Yogurt, plain, low fat2 Kiwis3 2/3 tsp Olive, Flax or Salmon Oils	7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 links Soy sausage 3 cups Eggplant 2 cups Sauerkraut 5 tbsp Low fat salad dressings 4 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 10.00 P 2.00 C 2.00 C 5.00 F 2.00 C 5.00 F 3.00 P Calories: 922	Preparation Suggestions: Sausage and Sauerkraut Salad Cook the sausage according to package directions. Meanwhile, chop the peppers and combine with sauerkraut, mayonnaise, salt, and pepper. When sausage is done, mix together and serve on top of lettuce leaves.
Dinner - Meal Portions: P:13 C:8 F:10 1/2 cup Ricotta cheese, skim 16 oz Tofu 1 cup Chickpeas 3/4 cup Lentils 1/4 cup Mushrooms 1/4 cup Onions 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 10 tbsp Almonds, slivered	Item Portions 2.00 P 8.00 P 4.00 C 3.00 PC .13 C .50 C .13 C .13 C .25 C 10.00 F Calories: 922	Preparation Suggestions: Tofu with Salad Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
12 Egg whites	6.00 P	Scrambled eggs with toast. A homestyle favorite.
3 cups Skim Milk	3.00 PC	
1/2 cup Grapes	1.00 C	
2 slice Whole grain bread	4.00 C	
3 tsp Olive, Flax or Salmon Oils	9.00 F	
2 tsp Peanut butter, natural	2.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
C an Chasse law as non fat	Portions	Chasse Kiwi & Distachia
6 oz Cheese, low or non fat	6.00 P	Cheese, Kiwi & Pistachio
3 Kiwis	3.00 C	Just because it's simple and quick doesn't mean it
12 Pistachio nuts	3.00 F	isn't tasty!
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
49 grams Protein powder	7.00 P	Fruit Yogurt Smoothie
3 cups Yogurt, plain, low fat	6.00 PC	Mix all ingredients in a blender until desired
2 cups Raspberries	2.00 C	consistency is reached. For a frozen smoothie freez
2 tsp Almond butter	4.00 F	fruit or add ice cubes. If a blender is not available sti
1 tsp Olive, Flax or Salmon Oils	3.00 F	protein powder and chopped fruit and nuts into
18 Peanuts	3.00 F	yogurt.
	Calories:	,
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
3 cups Skim Milk	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 Nectarine	2.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C Calories:	blender is not available, set aside the fruit and shake
		up the remaining ingredients in a closed container to
	456	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	rieparation Suggestions.
4 Eggs, whole	4.00 P	Tofu Stir Fry
12 oz Tofu	6.00 P	Cube tofu and set aside. Chop 1 clove of garlic and
1 1/2 cups Broccoli	.50 C	saute, then add tofu. Add chopped vegetables, soy
1 cup Cauliflower	.25 C	sauce and seasonings (salt and cayenne pepper
3/4 cup Lentils	3.00 PC	should do it). Stir until vegetables are tender and
1/4 cup Onions	.50 C	enjoy!
1 1/2 Peppers (bell or cubanelle)	.75 C	
1 cup Rice	3.00 C	
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Late Night Protein Shake with Barley
35 grams Protein powder	5.00 PC	Put all ingredients in a blender over ice and blend,
1 tsp Olive, Flax or Salmon Oils	3.00 F	adding water to create desired consistency. Enjoy
1 tbsp Barley	2.00 F	and grow in your sleep!
	Calories:	
	Calones.	1

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

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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 14 Egg whites 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 cup Blueberries 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 oz Cheese, low or non fat 10 oz Tofu 4 1/2 oz Tempeh 1/2 cup Chickpeas 1/2 cup Onions 2 cups Cucumber 1 Tomato 1/2 Apple 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 3.00 P 7.00 P 3.00 PC 2.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts 	6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963

Day:	32
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
14 Egg whites	7.00 P 4.00 P	Eggs with fruit. Enjoy!
1 cup Cottage cheese, light/low fat 2 cups Skim Milk	4.00 P 2.00 PC	
1 cup Blackberries	2.00 C	
2 slice Whole grain bread	4.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottage
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	cheese. Enjoy!
3 tbsp Almonds, slivered	3.00 F	
S losp Almonus, silvered	Calories:	
	357 Item	
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
1 3/4 cups Cottage cheese, light/low fat	7.00 P	A tasty and simple meal of soup and cottage cheese
4 cups Tomato vegetable soup	6.00 A	Enjoy!
1 slice Rye bread	2.00 C	
1 oz Pumpkin seeds	4.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
1 potty Sou burger	Portions 8.00 P	
4 patty Soy burger 1/2 cup Lentils	2.00 PC	Soy burger with toppings; fruit and nuts for dessert.
1/4 cup Alfalfa sprouts	.03 C	
1/8 cup Lettuce, romaine	.03 C .01 C	
	.01 C	
1/6 Tomato 2/3 cup Mandarin orange, canned	2.00 C	
	2.00 C	
10 tbsp Almonds, slivered	4.00 C	
 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fat 	4.00 C 3.00 P	
5 02 GHEUUAI GHEESE, IIYIIMOW IAL	Calories:	
	922	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories:	
	357	
Total Daily Portions: Protein		drates: 38 Fat: 37 Calories: 3963

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Skim Milk 1 Nectarine 1 1/2 cups Bran cereal, all varieties 6 Peanuts 2 oz Sunflower seeds 	4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949	A quick and tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories:	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu	5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922	Chili with grated cheese on top and toast on the sid Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 1/2 cup Ricotta cheese, skim 16 oz Tofu 1 cup Chickpeas 3/4 cup Lentils 1/4 cup Mushrooms 1/4 cup Onions 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 10 tbsp Almonds, slivered 	2.00 P 8.00 P 4.00 C 3.00 PC .13 C .50 C .13 C .13 C .25 C 10.00 F Calories: 922	Tofu with Salad Cook the Tofu to your liking and toss vegetables in salad bowl. Sprinkle slivered almonds on top and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries	6.00 P 1.00 C .50 C .50 C	Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutme and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve

Total Daily Portions: Protein: 57 Carbohvdrates: 38 Fat: 37 Calories: 3963

Day:	34
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 21 grams Protein powder 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 Pear 11 Macadamia nuts	4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	A quick, easy, and tasty breakfast to start your day. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10 1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds	Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922	Preparation Suggestions: A tasty and simple meal of soup and cottage cheese Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Preparation Suggestions: Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix o with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties 3 tbsp Almonds, slivered	Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.
** Remember to drink be	in: 57 Carbohyc etween 10 and 12	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Take your vitamins, be active &	& eat well & GRO	DW. www.EmpoweredNutrition.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
12 Egg whites	6.00 P	Scrambled eggs with toast. A homestyle favorite.
3 cups Skim Milk	3.00 PC	
1/2 cup Grapes	1.00 C	
2 slice Whole grain bread	4.00 C	
3 tsp Olive, Flax or Salmon Oils	9.00 F	
2 tsp Peanut butter, natural	2.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Cheese, low or non fat	6.00 P	Cheese, Applesauce & Cashews
1 cup Applesauce	3.00 C	A nice light snack. Why not try dipping the cashews
9 Cashews	3.00 F	in the applesauce?
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
12 oz Tofu	6.00 P	Vegetarian Chili
9 oz Tofu, soft	3.00 PC	Heat beans and celery until tender. Add tomato,
3/4 cup Kidney beans	3.00 C	tofu, 1/2 cup water, 3 cloves of garlic minced, 1/2 tsp
1 1/2 cups Tomato, canned	1.50 C	fresh basil, 1/4 tsp hot sauce, 2 tbsp chili powder an
1 cup Celery	.50 C	salt and pepper to taste. Serve hot.
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
1 cup Kidney beans	4.00 C	Herbed Ground Soy and Bean Stew
1/2 cup Onions	1.00 C	Crumble ground soy, then saute in oil until brown.
1/2 cup Tomato, puree	1.00 C	Add the vegetables and saute, then add the
1 cup Salsa	2.00 C	remaining ingredients. Season this with salt, pepper
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	garlic, and rosemary if you have it.
13 oz Soy, ground	13.00 P	
5 · 0	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Skim Milk	1.00 C	adding water to create desired consistency. Enjoy
1 cup Skim Milk 1 Kiwi	1 4 9 9 9	and grow in your sleep!
1 Kiwi 1/3 cup Oatmeal	1.00 C	· · ·
1 Kiwi	1.00 C 3.00 F	
1 Kiwi 1/3 cup Oatmeal		
1 Kiwi 1/3 cup Oatmeal	3.00 F	
1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered Total Daily Portions: Prote	3.00 F Calories: 357 in: 57 Carbohyd	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

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Day:	36
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites3 cups Yogurt, plain, low fat2 Kiwis3 2/3 tsp Olive, Flax or Salmon Oils	7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
 2 1/2 cups Cottage cheese, light/low fat 3 cups Skim Milk 1 Nectarine 1/2 cup Pineapple 1 cup Bran cereal, all varieties 21 Almonds, whole 1 tsp Olive, Flax or Salmon Oils 	10.00 P 3.00 PC 2.00 C 1.00 C 2.00 C 7.00 F 3.00 F Calories: 922	Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat	8.00 P 10.00 F 8.00 C 5.00 P Calories: 922	Grilled Dble Soy Burgers with Vegetables. Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		rates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
SmoooooooothProtein build	s muscles	www.EmpoweredSmoothie.com
SmoooooooothProtein buil	ds muscles	www.EmpoweredSmoothie.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
10 Egg whites	5.00 P	Sausage and eggs with fruit on the side. Simple and
4 links Soy sausage	8.00 P	quick!
1 Grapefruit	2.00 C	
3 slice Whole grain bread	6.00 C	
3 tsp Almond butter	6.00 F	
15 Almonds, whole	5.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Cheese, low or non fat	6.00 P	Cheese, Kiwi & Pistachio
3 Kiwis	3.00 C	Just because it's simple and quick doesn't mean it
12 Pistachio nuts	3.00 F	isn't tasty!
	Calories:	
	357 Item	
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
10 oz Tofu	5.00 P	A hot and tasty bowl of soup with extra protein
2 cups Skim Milk	2.00 PC	packed tofu. Enjoy!
4 cups Tomato vegetable soup	6.00 A	packed toru. Enjoy:
1 1/3 tsp Olive, Flax or Salmon Oils	4.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Propagation Suggestions
Shack - Meal Portions: P:0 C:0 F: 0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
1 Kiwi	1.00 C	blender is not available, set aside the fruit and shake
2 1/2 tbsp Barley	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	456	Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
4 patty Soy burger	8.00 P	Grilled Dble Soy Burgers with Vegetables.
10 tbsp Almonds, slivered	10.00 F	Chiled Dble boy Durgers with vegetables.
4 slice Rye bread	8.00 C	Grill the burgers, throw them on bread 2 high, enjoy
5 oz Cheddar cheese, light/low fat	5.00 P	in the knowledge that you're on track toward your
5 62 Offeddar Cheese, lightrow lat	Calories:	goals.
	922	900.01
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
SHACK - MEAL FULLUIIS. F.O C.3 F.3	Portions	
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 Kiwi	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
		ww.BurnerFatLoss.com
Build MASSIVE Muscle and	d Incinerate Fa	t. www.EmpoweredNutrition.com

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Breakfast - Meal Portions: P:13 C:8 F:11 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Preparation Suggestions: Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	 Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils	Item Portions 10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Preparation Suggestions: Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10 4 Eggs, whole 12 oz Tofu 1 1/2 cups Broccoli 1 cup Cauliflower 3/4 cup Lentils 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 4.00 P 6.00 P .50 C .25 C 3.00 PC .50 C .75 C 3.00 C 10.00 F Calories: 922	Preparation Suggestions: Tofu Stir Fry Cube tofu and set aside. Chop 1 clove of garlic and saute, then add tofu. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

Portione	Preparation Suggestions:
Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949	A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.
Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922	Preparation Suggestions: A tasty and simple meal of soup and cottage cheese. Enjoy!
Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 8.00 P 2.00 PC .03 C .01 C .08 C 2.00 C 10.00 F 4.00 C 3.00 P Calories: 922	Preparation Suggestions: Soy burger with toppings; fruit and nuts for dessert.
Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories:	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
-	5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories: 357 Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922 Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C 2.00 C Calories: 456 Item Portions 8.00 P 2.00 PC .03 C .01 C .08 C 2.00 C 10.00 F 4.00 PC 2.00 C 10.00 F 4.00 C 3.00 P 2.00 C 10.00 F 4.00 C 3.00 P 2.00 C 10.00 F 4.00 C 3.00 P 1.00 PC 1.00 C 3.00 F

Day:	40
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 links Soy sausage 3 cups Eggplant 2 cups Sauerkraut 5 tbsp Low fat salad dressings 4 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 10.00 P 2.00 C 2.00 C 5.00 F 2.00 C 2.00 C 5.00 F 3.00 P Calories: 922	Preparation Suggestions: Sausage and Sauerkraut Salad Cook the sausage according to package directions. Meanwhile, chop the peppers and combine with sauerkraut, mayonnaise, salt, and pepper. When sausage is done, mix together and serve on top of lettuce leaves.
Dinner - Meal Portions: P:13 C:8 F:10 1/2 cup Ricotta cheese, skim 16 oz Tofu 1 cup Chickpeas 3/4 cup Lentils 1/4 cup Mushrooms 1/4 cup Onions 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 10 tbsp Almonds, slivered	ltem Portions 2.00 P 8.00 P 4.00 C 3.00 PC .13 C .50 C .13 C .13 C .25 C 10.00 F Calories: 922	Preparation Suggestions: Tofu with Salad Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!

Total Daily Portions: Protein: 57 Carbohvdrates: 38 Fat: 37 Calories: 3963

Day:	41
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Breakfast - Meal Portions: P:13 C:8 F:11 10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	Item Portions 5.00 P 8.00 C 11.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Eggs with oatmeal on the side. Enjoy! Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	5.00 P 8.00 P 8.00 C 11.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories:	Preparation Suggestions: Mix these ingredients together to create a simple and
2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	8.00 C 11.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories:	Preparation Suggestions: Mix these ingredients together to create a simple and
2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	11.00 F Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories:	Mix these ingredients together to create a simple an
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	Calories: 949 Item Portions 6.00 P 3.00 C 3.00 F Calories:	Mix these ingredients together to create a simple an
 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts 	949 Item Portions 6.00 P 3.00 C 3.00 F Calories:	Mix these ingredients together to create a simple an
 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts 	Item Portions 6.00 P 3.00 C 3.00 F Calories:	Mix these ingredients together to create a simple an
 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts 	Portions 6.00 P 3.00 C 3.00 F Calories:	Mix these ingredients together to create a simple an
1 cup Mandarin orange, canned 9 Walnuts	6.00 P 3.00 C 3.00 F Calories:	
1 cup Mandarin orange, canned 9 Walnuts	3.00 C 3.00 F Calories:	
9 Walnuts	Calories:	
/lid Meal - Meal Portions: P:13 C:8 F:10		
Aid Meal - Meal Portions: P:13 C:8 F:10	357	
/lid Meal - Meal Portions: P:13 C:8 F:10		
	Item Portions	Preparation Suggestions:
1 3/4 cups Cottage cheese, light/low fat	7.00 P	A tasty and simple meal of soup and cottage cheese
4 cups Tomato vegetable soup	6.00 A	Enjoy!
1 slice Rye bread	2.00 C	
1 oz Pumpkin seeds	4.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
21 grome Brotein powder	Portions 3.00 P	Protein Shake with Fruit
21 grams Protein powder 3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Tofu-Eggplant Gumbo
14 oz Tofu	7.00 P	
3/4 cup Soybeans	3.00 PC	Roughly chop the vegetables and tofu, then saute al
3 cups Eggplant	2.00 C	of them except the tomatoes in a small pot with the
2 cups Celery	1.00 C	olive oil. When they're almost cooked through, add
2 Peppers (bell or cubanelle)	1.00 C	the tomatoes and a dash of water, then simmer.
1 1/2 cups Tomatoes	1.00 C	Season with salt, pepper, thyme, rosemary and
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F Calories:	some chili pepper. Enjoy!
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
1/3 cup Applesauce 1/2 Peach	1.00 C .50 C	Combine cottage cheese with cinnamon and nutmee and blend until smooth. Pour over fruit in a small
1/2 Peach 1/2 cup Strawberries	.50 C .50 C	bowl and top with slivered almonds. Serve
1/2 cup Bran cereal, all varieties	1.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	·
	Calories:	
	357	
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Build It BIG www	.MassBuildi	ngMealPlans.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 12 Egg whites 21 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 cup Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F	Eggs with yogurt, bran and fruit. Enjoy!
	Calories: 949	
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Raspberries 2 tsp Almond butter 1 tsp Olive, Flax or Salmon Oils 18 Peanuts 	7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stin protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
5 oz Mozzarella cheese, light/low fat 1 cup Mushrooms 3 1/2 tbsp Barley 1/2 cup Carrots 3 1/3 tsp Olive, Flax or Salmon Oils 8 oz Soy, ground	5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922	Baked Barley with Mushrooms Preheat oven to 350 degrees. Chop the vegetables. In a small casserole dish, pour 2 cups of water, then add all ingredients plus salt, pepper and tarragon flakes. Cover dish and bake until done, stirring occasionally.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk	Item Portions 5.00 P 1.00 PC	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend,
2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	2.00 C 3.00 F Calories: 357	adding water to create desired consistency. Enjoy and grow in your sleep!
	n: 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
		EmpoweredNutrition.com

Day:	43
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
2 1/2 cups Egg substitute	Portions 10.00 P	Scrambled Eggs and Toast
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Add spices to the egg mixture, then cook until
3/4 cup V 8 juice	1.00 FC	desired consistency is reached.
2 slice Whole grain bread	4.00 C	desired consistency is reached.
4 Macadamia nuts	4.00 C	
7 tsp Peanut butter, natural	7.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
A sum Ohim Mills	Portions	
1 cup Skim Milk	1.00 PC	PRE WORKOUT - Protein Shake + Energy
35 grams Protein powder	5.00 P	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
1/2 cup Peaches, canned	1.00 C	Put all ingredients in a blender over ice and blend to
1 tsp Olive, Flax or Salmon Oils	3.00 F	desired consistency. Enjoy!
	Calories:	
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 F	Put all ingredients in blender over ice and blend.
2 2/3 cups Fruit Juice		Add water to create desired consistency. We
	Calories:	
	456	recommend using a high glycemic juice like grape
	Item	juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	Chili with grated cheese on top and toast on the side
3 cups Chili, canned	6.00 A	Enjoy!
1 1/3 tsp Butter	4.00 F	J- J
1 slice Rye bread	2.00 C	
4 oz Tofu	2.00 P	
1021010	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
4 Eggs, whole	4.00 P	Tofu Stir Fry
12 oz Tofu	6.00 P	Cube tofu and set aside. Chop 1 clove of garlic and
1 1/2 cups Broccoli	.50 C	saute, then add tofu. Add chopped vegetables, soy
1 cup Cauliflower	.25 C	sauce and seasonings (salt and cayenne pepper
3/4 cup Lentils	3.00 PC	should do it). Stir until vegetables are tender and
1/4 cup Onions	.50 C	enjoy!
1 1/2 Peppers (bell or cubanelle)	.75 C	
1 cup Rice	3.00 C	
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
	Calories:	
	922	
Speek Mool Portional Dif C.2 E.2	Item	Propagation Suggestions:
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Late Night Protein Shake with Barley
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive, Flax or Salmon Oils	3.00 F	adding water to create desired consistency. Enjoy
1 tbsp Barley	2.00 C	and grow in your sleep!
	Calories:	
	357	
	n: 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963
** Demonstration drively had	woon 10 and 1	2 glasses of water per day. **

Day:	44
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 1 1/4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 3 cups Skim Milk 1 cup Grapes 1 1/2 cups Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949	A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 1/2 cups Ricotta cheese, skim1 cup Mandarin orange, canned9 Walnuts	Portions 6.00 P 3.00 C 3.00 F Calories: 357	Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds 	7.00 P 6.00 A 2.00 C 4.00 F Calories: 922	A tasty and simple meal of soup and cottage cheese. Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley	Item Portions 3.00 PC 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
4 patty Soy burger 1/2 cup Lentils 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1/6 Tomato 2/3 cup Mandarin orange, canned 10 tbsp Almonds, slivered 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fat	Portions 8.00 P 2.00 PC .03 C .01 C .08 C 2.00 C 10.00 F 4.00 C 3.00 P Calories: 922	Soy burger with toppings; fruit and nuts for dessert.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
	ein: 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963
** Remember to drink b	etween 10 and 1	2 glasses of water per day. **

Day:	45

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Skim Milk 1 Nectarine 1 1/2 cups Bran cereal, all varieties 6 Peanuts 2 oz Sunflower seeds 	4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949	A quick and tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 oz Cheese, low or non fat 10 oz Tofu 4 1/2 oz Tempeh 1/2 cup Chickpeas 1/2 cup Onions 2 cups Cucumber 1 Tomato 1/2 Apple 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat	Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922	Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories:	Preparation Suggestions: Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
12 Egg whites	Portions 6.00 P	Eggs with yogurt, bran and fruit. Enjoy!
21 grams Protein powder	3.00 P	
2 cups Yogurt, plain, low fat	4.00 PC	
1 cup Pineapple	2.00 C	
1 cup Bran cereal, all varieties	2.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Kiwi & Pistachio
3 Kiwis	3.00 C	Just because it's simple and quick doesn't mean it
12 Pistachio nuts	3.00 F	isn't tasty!
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
49 grams Protein powder	7.00 P	Yogurt, Fruit & Nuts
3 cups Yogurt, plain, low fat	6.00 PC	Mix all ingredients and enjoy!
1 Apple	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
18 Peanuts	3.00 F	
	Calories: 922	
	ltem	
Snack - Meal Portions: P:6 C:8 F: 0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon 1 Kiwi	1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
2 1/2 tbsp Barley	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	456	Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
1 cup Kidney beans	Portions 4.00 C	Herbed Ground Soy and Bean Stew
1/2 cup Onions	1.00 C	Crumble ground soy, then saute in oil until brown.
1/2 cup Tomato, puree	1.00 C	Add the vegetables and saute, then add the
1 cup Salsa	2.00 C	remaining ingredients. Season this with salt, peppel
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	garlic, and rosemary if you have it.
13 oz Soy, ground	13.00 P	
	Calories:	
	922 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 Kiwi	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
3 tbsp Almonds, slivered	3.00 F Calories:	
	357	
	in: 57 Carbohyo	drates: 38 Fat: 37 Calories: 3963
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **
		Results. www.EmpoweredNutrition.com/Personalized

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
10 Egg whites2 cups Cottage cheese, light/low fat2 2/3 cups Oatmeal3 2/3 tsp Olive, Flax or Salmon Oils	5.00 P 8.00 P 8.00 C 11.00 F Calories: 949	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils	Item Portions 10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Preparation Suggestions: Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Soybeans 3/4 cup Chickpeas 2 cups Mushrooms 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils 10 oz Soy, ground Snack - Meal Portions: P:6 C:3 F:3	Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922 Item	Preparation Suggestions: Baked Soy and Vegetables Try seasoning the soy and baking it in the oven. Sauté the mushrooms and peppers and set atop a bed of chickpeas. Truly a unique dining experience! Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	Portions 6.00 P .50 C 2.00 C 3.00 F Calories: 357	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.
	n: 57 Carbohyd	Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
70 grams Protein powder	Portions 10.00 P	A cereal breakfast with a twist: throw in a handful of
3 cups Skim Milk	3.00 PC	cranberries (fresh or dried) with a little protein and
2 cups Cereal, cold	4.00 C	some oil to cover all of your nutrition bases. Makes a
3/4 cup Cranberries	1.00 C	balanced, tasty breakfast.
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 C	balanced, lasty breaklast.
5 2/3 tsp Olive, I lax of Saimon Olis	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Cheese, low or non fat	6.00 P	Cheese, Applesauce & Cashews
1 cup Applesauce	3.00 C	A nice light snack. Why not try dipping the cashews
9 Cashews	3.00 F	in the applesauce?
	Calories:	
	357 Item	
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
10 Egg whites	5.00 P	Tomato Basil Salad
5 oz Cheese, low or non fat	5.00 P	In a bowl mix, chickpeas, parsley, oil, vinegar, basil,
4 1/2 oz Tempeh	3.00 PC	garlic and chili powder. On plate add lettuce, tomato
3/4 cup Chickpeas	3.00 C	and cheese. Pour chickpea dressing on top and slice
3 tbsp Low fat salad dressings	3.00 F	adn dice egg whites over the mix and enjoy!
1 cup Lettuce, romaine	.10 C	
4 Tomatoes	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
1 nz loop bandy	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
5 oz Mozzarella cheese, light/low fat	5.00 P	Baked Barley with Mushrooms
1 cup Mushrooms	.50 C	Preheat oven to 350 degrees. Chop the vegetables.
3 1/2 tbsp Barley	7.00 C	In a small casserole dish, pour 2 cups of water, then
1/2 cup Carrots	.50 C	add all ingredients plus salt, pepper and tarragon
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	flakes. Cover dish and bake until done, stirring
8 oz Soy, ground	8.00 P	occasionally.
	Calories: 922	
Orack, Mark Deckers, D.C.O.C.C.	Item	Bren enertien Oceanertien
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
1/3 cup Applesauce	1.00 C	Combine cottage cheese with cinnamon and nutmeg
1/2 Peach	.50 C	and blend until smooth. Pour over fruit in a small
1/2 cup Strawberries	.50 C	bowl and top with slivered almonds. Serve
1/2 cup Bran cereal, all varieties	1.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
Total Daily Portions: Droto	357	drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 12 Egg whites 21 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 cup Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949	Eggs with yogurt, bran and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots	3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley	3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 4 oz Cheese, low or non fat 3 patty Soy burger 3/4 cup Soybeans 1/4 cup Kidney beans 1/2 cup Onions 1 cup Tomato, canned 2 oz Matzo 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils 	4.00 P 6.00 P 3.00 PC 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Red-Bean Chili In large pan heat oil. Add chopped onion and peppe and saute. Add chili powder, cumin, salt and garlic, then add soybean crumbles and water. Heat until water boils, then stir in tomatoes and kidney beans. Cover and simmer for 10 minutes or until done. Sprinkle with grated cheese and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Preparation Suggestions: Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
		be Empowered

Day:	50
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
2 1/2 cups Egg substitute 1 1/2 cups Yogurt, plain, low fat 3/4 cup V 8 juice 2 slice Whole grain bread 4 Macadamia nuts 7 tsp Peanut butter, natural	Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 oz Cheese, low or non fat 10 oz Tofu 4 1/2 oz Tempeh 1/2 cup Chickpeas 1/2 cup Onions 2 cups Cucumber 1 Tomato 1/2 Apple 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.
Dinner - Meal Portions: P:13 C:8 F:10 14 Egg whites 1 1/2 cups Lentils 1/2 cup Onions 2 cups Spinach 1 Tomato 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922	Preparation Suggestions:DhalYou'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander.Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils Total Daily Portions: Prote	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
1 1/4 cups Cottage cheese, light/low fat	5.00 P	A tasty breakfast: bran cereal with fruit mixed in.
5 oz Hard cheeses, light/low fat	5.00 P	Enjoy the cheese on the side.
3 cups Skim Milk	3.00 PC	
1 cup Grapes	2.00 C	
1 1/2 cups Bran cereal, all varieties	3.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottage
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
40 grome Protein newder	Portions	
49 grams Protein powder	7.00 P	Yogurt, Fruit & Nuts
3 cups Yogurt, plain, low fat	6.00 PC	Mix all ingredients and enjoy!
1 Apple	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
18 Peanuts	3.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
2 augus Skim Milk	3.00 PC	Protein Shake
3 cups Skim Milk	3.00 PC	
21 grams Protein powder 1 Nectarine	2.00 P	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
	3.00 C	blender is not available, set aside the fruit and shake
1 1/2 tbsp Barley	Calories:	up the remaining ingredients in a closed container to
	456	
	400	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
14 oz Tofu	7.00 P	Stuffed Cabbage
3/4 cup Soybeans	3.00 PC	Microwave cabbage leaves in water for 4
1/4 cup Onions	.50 C	minutes.Heat oil in pan, adding onions, olives,
		I minutes in lour on in pair, adding onlong, onlog,
	50 C	paprika darlic salt and penner Add tofu and tomate
1/4 cup Tomato sauce	.50 C 1.00 C	
1/4 cup Tomato sauce 1/3 cup Applesauce	1.00 C	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice	1.00 C 3.00 C	
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils	1.00 C 3.00 C 6.00 F	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	1.00 C 3.00 C 6.00 F 4.00 F	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories:	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922	sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert.
 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat 	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item	sauce.Wrap in cabbage leaves and cover with
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions	sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions:
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P	sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal
1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC	tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend,
 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 Kiwi 	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC 1.00 C	 sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy
 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C	 sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend,
 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 Kiwi 	1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC 1.00 C	 sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy

Total Daily Portions: Protein: 57 Carbohvdrates: 38 Fat: 37 Calories: 3963

Day:	52
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites3 cups Yogurt, plain, low fat2 Kiwis3 2/3 tsp Olive, Flax or Salmon Oils	7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	Portions 6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 5 links Soy sausage 3 cups Eggplant 2 cups Sauerkraut 5 tbsp Low fat salad dressings 4 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 10.00 P 2.00 C 2.00 C 5.00 F 2.00 C 5.00 F 3.00 P Calories: 922	Preparation Suggestions: Sausage and Sauerkraut Salad Cook the sausage according to package directions. Meanwhile, chop the peppers and combine with sauerkraut, mayonnaise, salt, and pepper. When sausage is done, mix together and serve on top of lettuce leaves.
Dinner - Meal Portions: P:13 C:8 F:10 4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat	Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922	Preparation Suggestions: Grilled Dble Soy Burgers with Vegetables. Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
	n: 57 Carbohyo	l Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
MASS Building Information a	nd Supplments	+ www.EmpoweredNutrition.com
MASS Building Information	and Supplmen	ts <u>www.EmpoweredNutrition.com</u>

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	A cereal breakfast with a twist: throw in a handful of
70 grams Protein powder	10.00 P	
3 cups Skim Milk	3.00 PC	cranberries (fresh or dried) with a little protein and
2 cups Cereal, cold	4.00 C	some oil to cover all of your nutrition bases. Makes a
3/4 cup Cranberries	1.00 C	balanced, tasty breakfast.
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1.1/2 auga Cattaga abaasa light/low fat		
1 1/2 cups Cottage cheese, light/low fat	6.00 P 1.00 C	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe		Mix fruit and nuts in a bowl and pour over the cottag
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
10 Egg whites	5.00 P	Tomato Basil Salad
5 oz Cheese, low or non fat	5.00 P	In a bowl mix, chickpeas, parsley, oil, vinegar, basil,
4 1/2 oz Tempeh	3.00 PC	garlic and chili powder. On plate add lettuce, tomato
3/4 cup Chickpeas	3.00 C	and cheese. Pour chickpea dressing on top and slice
3 tbsp Low fat salad dressings	3.00 F	adn dice egg whites over the mix and enjoy!
1 cup Lettuce, romaine	.10 C	
4 Tomatoes	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
2/3 cup Honeydew melon	1.00 C	adding water to create desired consistency. If a
1 Kiwi	1.00 C	blender is not available, set aside the fruit and shake
2 1/2 tbsp Barley	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	456	Enjoy!
	Item	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Tofu-Eggplant Gumbo
14 oz Tofu	7.00 P	
3/4 cup Soybeans	3.00 PC	Roughly chop the vegetables and tofu, then saute al
3 cups Eggplant	2.00 C	of them except the tomatoes in a small pot with the
2 cups Celery	1.00 C	olive oil. When they're almost cooked through, add
2 Peppers (bell or cubanelle)	1.00 C	the tomatoes and a dash of water, then simmer.
1 1/2 cups Tomatoes	1.00 C	Season with salt, pepper, thyme, rosemary and
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	some chili pepper. Enjoy!
	Calories:	
	922	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Late Night Protein Shake with Barlow
	5.00 PC	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend,
35 grams Protein powder		
1 tsp Olive, Flax or Salmon Oils	3.00 F	adding water to create desired consistency. Enjoy
1 tbsp Barley	2.00 C	and grow in your sleep!
	Calories: 357	

Day:	54
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
2 1/2 cups Egg substitute	Portions 10.00 P	Scrambled Eggs and Toast
	3.00 PC	Add spices to the egg mixture, then cook until
1 1/2 cups Yogurt, plain, low fat 3/4 cup V 8 juice	1.00 C	desired consistency is reached.
2 slice Whole grain bread	4.00 C	desired consistency is reached.
4 Macadamia nuts	4.00 C 4.00 F	
	4.00 F 7.00 F	
7 tsp Peanut butter, natural	Calories:	
	949	
	ltem	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE WORKOUT - Protein Shake + Energy
2 cups Skim Milk	2.00 PC	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
18 Peanuts	3.00 F	Put all ingredients in a blender over ice and blend to
10 Teanus	Calories:	desired consistency. Enjoy!
	357	desired consistency. Enjoy:
	Item	
Snack - Meal Portions: P:6 C:8 F:0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
	Portions	
2 1/2 cups Cottage cheese, light/low fat	10.00 P	Cottage Cheese with Fruit
3 cups Skim Milk	3.00 PC	Combine all ingredients with cinnamon & nutmeg
1 Nectarine	2.00 C	(optional spices)
1/2 cup Pineapple	1.00 C	
1 cup Bran cereal, all varieties	2.00 C	
21 Almonds, whole	7.00 F	
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories:	
	922 Item	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim	3.00 P	Tofu-Eggplant Gumbo
14 oz Tofu	7.00 P	
3/4 cup Soybeans	3.00 PC	Roughly chop the vegetables and tofu, then saute al
3 cups Eggplant	2.00 C	of them except the tomatoes in a small pot with the
2 cups Celery	1.00 C	olive oil. When they're almost cooked through, add
2 Peppers (bell or cubanelle)	1.00 C	the tomatoes and a dash of water, then simmer.
1 1/2 cups Tomatoes	1.00 C	Season with salt, pepper, thyme, rosemary and
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	some chili pepper. Enjoy!
	Calories:	
	922	
Oreach Mart Dart's st. D.C.C.C.C.	Item	Bran anatian Orana ati an
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Grow while you sleep snack - Cottage Cheese,
4 Cherries	.50 C	Cherries, Grapes and Pistachio. Mix all the
1/4 cup Grapes	.50 C	ingredients together and enjoy cold.
1 tbsp Barley	2.00 C	
12 Pistachio nuts	3.00 F	
	Calories:	
	357	
Total Dailv Portions: Prote	in: 57 Carbohvo	drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **

Day:	55
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
14 Egg whites	Portions 7.00 P	Eggs with fruit. Enjoy!
1 cup Cottage cheese, light/low fat	4.00 P	
2 cups Skim Milk	2.00 PC	
1 cup Blackberries	2.00 C	
2 slice Whole grain bread	4.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Applesauce & Cashews
1 cup Applesauce	3.00 C	A nice light snack. Why not try dipping the cashews
9 Cashews	3.00 F	in the applesauce?
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
12 oz Tofu 1 1/2 cups Cabbage	6.00 P .50 C	Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you
3/4 cup Lentils	.50 C 3.00 PC	have one. Season to taste, topping with slivered
2 cups Mushrooms	3.00 PC 1.00 C	almonds. Enjoy!
1 cup Zucchini	.50 C	
3 cups Bean sprouts	2.00 C	
2 Peppers (bell or cubanelle)	1.00 C	
7 tbsp Almonds, slivered	7.00 F	
1 tsp Olive, Flax or Salmon Oils	3.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Guava	2.00 C	adding water to create desired consistency. If a
1 oz Bulgar wheat	2.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	456	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
14 Eag whitee	Portions	
14 Egg whites	7.00 P	Dhal
1 1/2 cups Lentils 1/2 cup Onions	6.00 PC 1.00 C	You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions,
2 cups Spinach	.57 C	garlic, and ginger and fry. Add chopped tomato,
1 Tomato	.57 C	curry powder (according to how hot you like it), 1 tsp
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	tumeric powder, and if you've got em, some cumin
	Calories:	and coriander.
	922	
		Then add 1-2 cups water, lentils, carrots, egg and
		spinach, then simmer. Season with salt and pepper and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
	6.00 P	Grow while you sleep snack - Cottage Cheese,
1 1/2 cups Cottage cheese, light/low fat		
4 Cherries	.50 C	Cherries, Grapes and Pistachio. Mix all the

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole 	Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949	Sausage and eggs with fruit on the side. Simple and quick!
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 10 Egg whites 5 oz Cheese, low or non fat 4 1/2 oz Tempeh 3/4 cup Chickpeas 3 tbsp Low fat salad dressings 1 cup Lettuce, romaine 4 Tomatoes 2 1/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 3.00 C 3.00 F .10 C 2.00 C 7.00 F Calories: 922	Tomato Basil Salad In a bowl mix, chickpeas, parsley, oil, vinegar, basil, garlic and chili powder. On plate add lettuce, tomato and cheese. Pour chickpea dressing on top and slice adn dice egg whites over the mix and enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
4 patty Soy burger 1/2 cup Lentils 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1/6 Tomato 2/3 cup Mandarin orange, canned 10 tbsp Almonds, slivered 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fat	8.00 P 2.00 PC .03 C .01 C 2.00 C 10.00 F 4.00 C 3.00 P Calories: 922	Soy burger with toppings; fruit and nuts for dessert.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered	5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories:	Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

14 Egg whites 7.00 P 3 cups Skim Milk 7.00 P 3 cups Skim Milk 3.00 PC 1 1/2 cups Yogurt, plain, low fat 3.00 PC 2 cup Blueberries 2.00 C 3 2/3 tsp. Olive, Flax or Salmon Olis 11.00 P Snack - Meal Portions: P-6 C:3 F:3 Item 1 cup Skim Milk 1.00 PC 3 grams Protein powder 5.00 P 1/3 cup Oatmeal 1.00 C 1/2 cups Paaches, canned 1.00 C 1/2 cup Peaches, canned 1.00 C 1/2 cups Flax or Salmon Olis 3.00 F Snack - Meal Portions: P-6 C:3 F:0 Ptu all ingredients in a blender over ice and blend to desired consistency. Enjoy! 9 Stack - Meal Portions: P-6 C:3 F:0 Item 9 Protions Protions 2 grams Protein powder 6.00 P 2 2/3 cups Fruit juice Calories: 3 dug Soybeans 3.00 PC 3 dug Soybeans 3.00 P 1 up Carrots 1.00 C	Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
3 cups Skim Milk 3.00 PC 1 1/2 cups Yogurt, plain, low fat 3.00 PC 2 Job PBueberries 2.00 C 3 Zig tap Olive, Flax or Salmon Olis 11.00 F Calories: 949 Snack - Meal Portions: P:6 C3 F:3 Preparation Suggestions: 1 cup Skim Milk 1.00 PC 3 grams Protein powder 5.00 P 1 tap Olive, Flax or Salmon Olis 1.00 PC 3 dup Attematic 1.00 PC 3 dup Attematic 1.00 PC 1 tap Olive, Flax or Salmon Olis 3.00 P 2 grams Protein powder 3.00 P 2 grams Protein powder 8.00 P 2 Jag cup Seruit picce 8.00 P 2 drand cheeses, light/low fat 9.00 PC 1 dog Spinach 3.00 F 3 cup Spinach 8.00 F 3 cup Spinach 8.00 F 1 dog Law tat salad dressings 3.00 F 2 dog Carrots 1.00 C <td< td=""><td></td><td>Portions</td><td></td></td<>		Portions	
1 1 cup Blueberries 3.00 PC 3 2/3 tsp Olive, Flax or Salmon Oils 11.00 F Stack - Meal Portions: P:6 C:3 F:3 Portions 1 cup Skim Milk 1.00 PC 3 grams Protein powder 1.00 PC 1/2 cup Paches, canned 1.00 C 2 grams Protein powder 6.00 C 2 grams Protein powder 6.00 C 2 grams Protein powder 6.00 C 2 drams Protein powder 6.00 P 2 2/3 cups Fruit juice 6.00 P 4 cu Hard Cheeses, light/low fat 4.00 P 1 cup Subestons 3.00 F 3 cup Spinach 3.00 F 3 cup Carrotis 7.00 F 1 Cap Carrotis 7.00 F 1 Cap Carrotis 7.00 F 1 Cap Carrotis 7.00 F 2 aup Atflaffa sporuts			Cook eggs any sigle. Enjoy the truit on the side.
1 cup Blueberines 2.00 C 3 2/3 tsp Olive, Flax or Salmon Oils 1.00 F Calories: 949 Snack - Meal Portions: P:6 C:3 F:3 Perform 1 cup Skim Milk 1.00 PC 1/3 cup Oarmeal 1.00 PC 1/3 cup Oarmeal 1.00 PC 1/3 cup Oarmeal 1.00 PC 1/2 cup Peaches, canned 1.00 C 1 tsp Olive, Flax or Salmon Oils 3.00 F 2/3 cup Peaches, canned 1.00 C 2/3 cup Seruit juice 8.00 P 2/3 cups Fruit juice 8.00 P 2/3 cups Fruit juice 8.00 P 2/3 cups Signach 6.00 P 3/4 cup Soybeans 3.00 F 3/4 cup Soybeans 3.00 F 3/4 cup Soybeans 3.00 F 3 cups Signach .86 C 1/3 cup Vatter chestnuts 1.00 C			
3.2/3 tsp. Olive, Flax or Salmon Olis 11.00 F Shack - Meal Portions: P:6 C:3 F:3 Perparation Suggestions: 1 cup Skim Milk 5.00 P 3 grams Protein powder 5.00 P 1/2 cup Paches, canned 1.00 C 1 tsp Olive, Flax or Salmon Olis 3.00 F 2 cup Paches, canned 1.00 C 1 tsp Olive, Flax or Salmon Olis Calories: 3 cup Atternation Suggestions: Preparation Suggestions: 2 grams Protein powder 2.00 P 2.01 cup Atternation Suggestions: Preparation Suggestions: 4 2 grams Protein powder 8.00 C 2.02 cups Fruit juice 8.00 C 4 oz Hard cheeses, light/low fat 4.00 P 1 cup Soybeans 3.00 F 3 cup Spinach 3.00 F 3 tups Low fat salad dressings 3.00 F 1 cup Carrots 1.00 C 1 cup Carrots 1.00 C 2 1 stop Low fat salad dressings 3.00 F 1 cup Carrots 1.00 C 1 cup Carrots 1.00 C 2 hatty Soy burger 2.00 C 1 cup Carrots 7.00 F 2 ratup Soy burger 0.00 P<			
Galories: Snack - Meal Portions: P:6 C:3 F:3 Item 1 cup Skim Milk 1.00 PC 373 cup Oatmeal 1.00 PC 1 tsp Olive, Flax or Salmon Oils 3.00 F Snack - Meal Portions: P:6 C:3 F:3 Put all ingredients in a blender over ice and blend to discipled consistency. Enjoy! Snack - Meal Portions: P:6 C:3 F:0 Put all ingredients in blender over ice and blend. Calories: 42 grams Protein powder 6.00 P 2/3 cup Seruit juice 0.00 C 42 grams Protein powder 6.00 P 2/3 cups Fruit juice Port all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high spycenic juice like grape juice line grape juice for max recuperation. Enjoy! Mid Meal - Meal Portions: P:13 C:8 F: 10 Preparation Suggestions: 4 oz Hard cheeses, light/low fat 4.00 P 12 oz Tołu 3.00 FC 3 tops Duw fat salad dressings 3.00 FC 1 Orange 2.00 C 1 Orange 1.00 C 1 Orange 2.00 C 1 Orange 2.00 C 1 Orange 2.00 C 1 Orange 2.00 C 1 Cup Carrots 2.00 C 2 Nate Ch			
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1 cup Skim Milk 1.00 PC PRE WORKOUT - Protein Shake + Energy 35 grams Protein powder 1.00 C 1.00 C 1/2 cup Paaches, canned 1.00 C Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! Snack - Meal Portions: P:6 C:8 F:0 Item Portions: 42 grams Protein powder 8.00 P 2.00 C 2/3 cups Fruit juice 8.00 P POST WORKOUT - Protein Shake + Energy 42 grams Protein powder 6.00 P POST WORKOUT - Protein Shake 2/3 cups Fruit juice Calories: Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! Mid Meal - Meal Portions: P:13 C:8 F: 10 Item Portions 4 oz Hard cheeses, light/low fat 4.00 P 6.00 P 1 orange 3.00 FC Orange, Tofu, and Spinach Salad 3 tup Soybeans 3.00 FC Orange sections, water chestnuts and tofu cubes. 3 tup Soybeans 3.00 FC Item 3 tup Solive, Flax or Salmon Oils 7.00 F Calories: 2 10 carots 1.00 C Item Portions; 1 A cup Alfalfa sprouts 0.30 C Item Preparation Suggestions: <td>Snack - Meal Portions: P:6 C:3 F:3</td> <td></td> <td>Preparation Suggestions:</td>	Snack - Meal Portions: P:6 C:3 F:3		Preparation Suggestions:
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1/3 cup Oatmeal 1.00 C 1/2 cup Peaches, canned 1.00 C 1 tsp Olive, Flax or Salmon Oils 1.00 C Snack - Meal Portions: P:6 C:3 F:0 Put all ingredients in a blender over ice and blend. 42 grams Protein powder 6.00 P 2 2/3 cups Fruit juice 8.00 C 40 desired consistency. We Portions 40 desired consistency. We Portons 50 desinach in a bowl. Top with grated carrot, or			
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357 357 Snack - Meal Portions: P:6 C:8 F:0 Item Portions: 42 grams Protein powder 2 2/3 cups Fruit juice POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! Mid Meal - Meal Portions: P:13 C:8 F:10 Item Portions 4 oz Hard cheeses, light/low fat 12 oz Tofu 3 cups Spinach 3 cups Spinach 3 cups Spinach Preparation Suggestions: 0.00 PC 3 tusp Low fat salad dressings 173 cup Water chestnuts 1 Corange 2 1/3 tsp Olive, Flax or Salmon Oils 8.00 P 2 2.00 C Dinner - Meal Portions: P:13 C:8 F:10 Item Portions 2 1/3 tsp Olive, Flax or Salmon Oils 4 patty Soy burger 1/2 cup Lentils 2 1/3 tsp Olive, Flax or Salmon Oils Preparation Suggestions: 0.00 C 2 1/3 tsp Olive, Flax or Salmon Oils Ton 2 cup Carrots 2 1/3 tsp Olive, Flax or Salmon Oils Preparation Suggestions: 922 Dinner - Meal Portions: P:13 C:8 F:10 Item Portions 2 3 cup Mandarin orange, canned 10 C 2/3 cup Mandarin orange, canned 10 tbsp Almonds, slivered 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fat 9.00 PC 2.00 C 2.00 C 10 tbsp Almonds, slivered 2 slice Sourdough bread 3 cz Cheddar cheese, light/low fat 35 grams Protein powder 1 cup Stm Milk 2/3 cup Oatmeal 3 cup Stm Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils Preparation Suggestions: 9.00 PC 2.00 C 3.00 F 1 cup Stm Milk 2/3 cup Oatmeal 1 cup Stm Milk Preparation Suggestions: 9.00 PC 1 boliser Fiton 10 c		3.00 F	
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2 2/3 cups Fruit juice 8.00 C Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! Mid Meal - Meal Portions: P:13 C:8 F: 10 Preparation Suggestions: 4 oz Hard cheeses, light/low fat 12 oz Tofu 3/4 cup Soybeans 100 P Preparation Suggestions: Orange, Tofu, and Spinach Salad 3 cups Spinach 3.00 PC 3.00 PC Orange sections, water chestnuts and tofu cubes. Grate a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy! 1 /3 cup Water chestnuts 1.00 C 3.00 F Orange Solive oil, and seasonings. Toss and serve. Enjoy! 1 /3 tup Water chestnuts 1.00 C 2.00 C Orange Solve oil, and seasonings. Toss and serve. Enjoy! 1 /3 tup Olive, Flax or Salmon Oils 7.00 F Calories: 922 Preparation Suggestions: 922 Dinner - Meal Portions: P:13 C:8 F:10 Item Portions Preparation Suggestions: 4 patty Soy burger 0.01 C 0.03 C 3.00 P 1/2 cup Lentils 0.01 C 0.00 F Soy burger with toppings; fruit and nuts for dessert. 1/2 cup Lettuce, romaine 0.01 C 0.00 F 3.00 P 2/3 cup Mandarin orange,	Snack - Meal Portions: P:6 C:8 F:0		Preparation Suggestions:
Calories: 456Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!Mid Meal - Meal Portions: P:13 C:8 F: 10Item Portions 4 oz Hard cheeses, light/low fat (2 oz Tofu (3/4 cup Soybeans) (3 cup Spinach) (3 cup Spinach) (3 cup Spinach) (3 cup Water chestnuts) (1 Orange) (1 Orange) (1 Orange)Preparation Suggestions: Orange, Tofu, and Spinach Salad Place spinach in a bowl. Top with grated carrot, (3 cup Water chestnuts) (1 Orange) (1 Orange)Preparation Suggestions: Orange, Tofu, and Spinach Salad Place spinach in a bowl. Top with grated carrot, orange sections, water chestnuts and tofu cubes. (3 cup Carrots) (2 1/3 tsp Olive, Flax or Salmon OilsPreparation Suggestions: Soy burger (2 cup Carrots) (2 low C (2 dup Lentils) (2 cup Lentils) (1/2 cup Lettuce, romaine) (1/2 cup Lettuce, romaine) (1/2 cup Lettuce, romaine) (1/2 cup Lettuce, romaine) (2 slice Sourdough bread (3 oz Cheddar cheese, light/low fatPreparation Suggestions: (3 cup Calories: (3 cup Calories: (3 cup Calories)35 grams Protein powder (2 slice Sourdough bread (3 oz Cheddar cheese, light/low fat10 or (2 cup Calories)Preparation Suggestions: (2 cup Calories)35 grams Protein powder (2 sup Oatmeal)10 or (2 cup Canres)Preparation Suggestions: (2 cup Calories)35 grams Protein powder (2 sup Oatmeal)2.00 P (2 cup Calories)10 bender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!	42 grams Protein powder		
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Mid Meal - Meal Portions: P:13 C:8 F: 10 Item Portions Preparation Suggestions: Orange, Tofu, and Spinach Salad Place spinach in a bowl. Top with grated carrot, orange sections, water chestnuts and tofu cubes. Grate a little ginger on top and add some vinegar, orange sections, water chestnuts and tofu cubes. Grate a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy! 1/3 cup Water chestnuts 1.00 C 1 orange 2.00 C 1 cup Carrots 1.00 C 2 1/3 tsp Olive, Flax or Salmon Oils 7.00 F 2 anty Soy burger 1/2 cup Lentils 1.00 C 4 patty Soy burger 1/4 cup Alfalfa sprouts 0.00 PC 1/8 cup Lettuce, romaine 0.01 C 1/6 Tomato 0.08 C 2/3 oz Cheddar cheese, light/low fat 3.00 P 2/3 cup Mandarin orange, canned 0.00 C 10 tbsp Almonds, slivered 0.00 F 2 slice Sourdough bread 3.00 P 2 slice Sourdough bread 3.00 P 3 so z Cheddar cheese, light/low fat 3.00 P 2/3 cup Oatmeal 5.00 P 3 cup Lettuce, romaine 1.00 C 1/6 Tomato .00 F 2/3 cup Cheddar cheese, light/low fat 3.00 P 2 slice Sourdough bread <td></td> <td>456</td> <td></td>		456	
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3/4 cup Soybeans 3.00 PC orange sections, water chestnuts and tofu cubes. 3 cups Spinach 3.00 PC .86 C Grate a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy! 1/3 cup Water chestnuts 1.00 C .00 PC .00 PC olive oil, and seasonings. Toss and serve. Enjoy! 1/3 cup Water chestnuts 1.00 C 7.00 F clare a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy! 2 1/3 tsp Olive, Flax or Salmon Oils 7.00 F Calories: 922 Dinner - Meal Portions: P:13 C:8 F:10 Preparation Suggestions: Soy burger with toppings; fruit and nuts for dessert. 1/2 cup Lentils 2.00 PC .03 C .03 C 1/2 cup Alfalfa sprouts .01 C .03 C .03 C 1/8 cup Lettuce, romaine .01 C .03 C .03 C 2/3 cup Mandarin orange, canned 2.00 C .03 C .00 P 2 slice Sourdough bread 3.00 P .00 C .03 C 2 slice Sourdough bread 5.00 P .00 P .00 P 2 slice Sourdough bread .00 PC .00 PC .00 PC 3 5 grams Protein powder 1.00 PC .00 P Late Night Protein			Orange, Tofu, and Spinach Salad
3 cups Spinach .86 C 3 tbsp Low fat salad dressings 3.00 F 1/3 cup Water chestnuts 1.00 C 1 Orange 2.00 C 1 cup Carrots 1.00 C 2 1/3 tsp Olive, Flax or Salmon Oils 7.00 F Calories: 922 Dinner - Meal Portions: P:13 C:8 F:10 Item Portions Preparation Suggestions: 4 patty Soy burger 8.00 P 1/2 cup Lentils 2.00 C 1/4 cup Alfalfa sprouts .01 C 1/6 Tomato .08 C 2/3 cup Mandarin orange, canned .01 C 1/6 Tomato .08 C 2/3 cup Mandarin orange, canned 10.00 F 2 slice Sourdough bread 3.00 P 3 oz Cheddar cheese, light/low fat 3.00 P 2 slice Sourdough bread 5.00 P 35 grams Protein powder 5.00 P 1 cup Skim Milk 2.00 PC 2/3 cup Oatmeal 3.00 F 2/3 cup Oatmeal 5.00 P 1 cup Skim Milk 2.00 PC 2/3 cup Oatmeal 5.00 P 1 cup Skim Milk 2.00 C 1 tsp Olive,			
3 tbsp Low fat salad dressings 3.00 F 1/3 cup Water chestnuts 1.00 C 1 Orange 2.00 C 1 cup Carrots 1.00 C 2 1/3 tsp Olive, Flax or Salmon Oils 7.00 F Calories: 922 Dinner - Meal Portions: P:13 C:8 F:10 Item A patty Soy burger 8.00 P 1/2 cup Lentils 2.00 C 1/4 cup Alfalfa sprouts .03 C 1/8 cup Lettuce, romaine .01 C 1/8 cup Lettuce, romaine .01 C 1/6 Tomato .08 C 2/3 cup Mandarin orange, canned 2.00 C 10 tbsp Almonds, slivered 10.00 F 2 slice Sourdough bread 3.00 P 3 oz Cheddar cheese, light/low fat 5.00 P Calories: 922 Stack - Meal Portions: P:6 C:3 F:3 Item 35 grams Protein powder 1.00 PC 1 cup Skim Milk 1.00 PC 2/3 cup Oatmeal 2.00 C 1 cup Skim Milk 2.00 C 2/3 cup Oatmeal 2.00 C 1 cup Skim Milk 2.00 C 2/3 cup Oatmeal 2.00 C 1 tsp			
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Dinner - Meal Portions: P:13 C:8 F:10Item Portions 8.00 PPreparation Suggestions: Soy burger with toppings; fruit and nuts for dessert.4 patty Soy burger 1/2 cup Lentils 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1/8 cup Lettuce, romaine.03 C .03 C .03 C .01 C .08 C 2/3 cup Mandarin orange, canned 2 slice Sourdough bread 3 oz Cheddar cheese, light/low fatPreparation Suggestions: Soy burger with toppings; fruit and nuts for dessert.Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon OilsItem Portions 1 tsp Olive, Flax or Salmon OilsPreparation Suggestions: Late Night Protein Shake with Oatmeal 2.00 C 3.00 F 3.00 F			
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1/8 cup Lettuce, romaine.01 C1/6 Tomato.08 C2/3 cup Mandarin orange, canned2.00 C10 tbsp Almonds, slivered10.00 F2 slice Sourdough bread4.00 C3 oz Cheddar cheese, light/low fat3.00 PCalories:922Snack - Meal Portions: P:6 C:3 F:3Item Portions35 grams Protein powder5.00 P1 cup Skim Milk1.00 PC2/3 cup Oatmeal1.00 PC1 tsp Olive, Flax or Salmon Oils3.00 F Calories:			
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1 tsp Olive, Flax or Salmon Oils 3.00 F and grow in your sleep! Calories: Calories:			
Calories:			
		3.00 F	l and drow in your sleep!
			and grow in your sleep!

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Skim Milk 1 Nectarine 1 1/2 cups Bran cereal, all varieties 6 Peanuts 2 oz Sunflower seeds 	Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories:	A quick and tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered	949 Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10 12 oz Tofu 9 oz Tofu, soft 3/4 cup Kidney beans 1 1/2 cups Tomato, canned 1 cup Celery 3 1/3 tsp Olive, Flax or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922	Preparation Suggestions: Vegetarian Chili Heat beans and celery until tender. Add tomato, tofu, 1/2 cup water, 3 cloves of garlic minced, 1/2 tsp fresh basil, 1/4 tsp hot sauce, 2 tbsp chili powder and salt and pepper to taste. Serve hot.
Snack - Meal Portions: P:6 C:8 F: 0 42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	Item Portions 6.00 P 1.00 C 1.00 C 5.00 C Calories: 456	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 3.00 P 7.00 P 3.00 PC 2.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Day:	59
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 2 1/2 cups Egg substitute 1 1/2 cups Yogurt, plain, low fat 3/4 cup V 8 juice 2 slice Whole grain bread 4 Macadamia nuts 7 tsp Peanut butter, natural 	Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949	Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils	Item Portions 10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Preparation Suggestions: Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat	Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922	Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 1 1/4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 3 cups Skim Milk 1 cup Grapes 1 1/2 cups Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils 	Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949	A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Raspberries 2 tsp Almond butter 1 tsp Olive, Flax or Salmon Oils 18 Peanuts 	7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
 Snack - Meal Portions: P:6 C:8 F: 0 14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat 	Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils 	3.00 P 7.00 P 3.00 PC 2.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		drates: 38 Fat: 37 Calories: 3963
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
12 Egg whites	Portions 6.00 P	Scrambled eggs with toast. A homestyle favorite.
3 cups Skim Milk	3.00 PC	Schampled eggs with toast. A nornestyle lavonite.
	1.00 PC	
1/2 cup Grapes	4.00 C	
2 slice Whole grain bread	4.00 C 9.00 F	
3 tsp Olive, Flax or Salmon Oils 2 tsp Peanut butter, natural	9.00 F 2.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddar cheese, light/low lat	Calories:	
	949	
	ltem	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE WORKOUT - Protein Shake + Energy
2 cups Skim Milk	2.00 PC	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	Sustaining Growth Carbs
18 Peanuts	3.00 F	Put all ingredients in a blender over ice and blend to
To realities	Calories:	desired consistency. Enjoy!
	357	
	Item	
Snack - Meal Portions: P:6 C:8 F:0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
E oz Chappa low or non fat	Portions	
5 oz Cheese, low or non fat	5.00 P	Tomato Cucumber Salad
10 oz Tofu 1 1/2 oz Tormoh	5.00 P	Mix ingredients with 1 clove of minced garlic and 1/3
4 1/2 oz Tempeh	3.00 PC	tbsp of chopped fresh basil leaves. Add balsamic
1/2 cup Chickpeas	2.00 C	vinegar, salt & pepper to taste.
1/2 cup Onions 2 cups Cucumber	1.00 C	
	.50 C .50 C	
1 Tomato		
1/2 Apple	1.00 C	
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
	Calories: 922	
	ltem	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
3/4 cup Soybeans	3.00 PC	Baked Soy and Vegetables
3/4 cup Chickpeas	3.00 C	Try seasoning the soy and baking it in the oven.
2 cups Mushrooms	1.00 C	Sauté the mushrooms and peppers and set atop a
2 Peppers (bell or cubanelle)	1.00 C	bed of chickpeas. Truly a unique dining experience
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
10 oz Soy, ground	10.00 P	
,,	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat	4.00 P	Cheese and Grape Snack
6 oz Tofu, soft	2.00 PC	Enjoy items separately!
1/2 cup Grapes	1.00 C	
18 Peanuts	3.00 F	
	Calories:	
	357	

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
12 Egg whites	6.00 P	Eggs with yogurt, bran and fruit. Enjoy!
21 grams Protein powder	3.00 P	
2 cups Yogurt, plain, low fat	4.00 PC	
1 cup Pineapple	2.00 C	
1 cup Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 C 11.00 F	
3 2/3 tsp Olive, Flax of Saimon Olis	Calories:	
	949	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottage
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
10 oz Tofu	5.00 P	A hot and tasty bowl of soup with extra protein
2 cups Skim Milk	2.00 PC	packed tofu. Enjoy!
4 cups Tomato vegetable soup	6.00 A	
1 1/3 tsp Olive, Flax or Salmon Oils	4.00 F	
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
3 cups Skim Milk	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 Nectarine	2.00 C 3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	Calories:	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	456	mix it all together, then eat the fruit on the side.
	400	Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
3/4 cup Ricotta cheese, skim	3.00 P	Stuffed Cabbage
14 oz Tofu	7.00 P	Peel off some large cabbage leaves and place in a
3/4 cup Soybeans	3.00 PC	bowl with hot water and microwave (or heat in a
1 1/2 cups Cabbage	.50 C	saucepan on the stove if you lack a microwave) unti
1/2 cup Onions	1.00 C	the leaves are soft. Chop the tofu and onions and
1/4 cup Tomato sauce 1/3 cup Applesauce	.50 C 1.00 C	saute briefly, then add tomato sauce, raisins, salt,
1/3 cup Applesauce 1 tbsp Raisins	1.00 C	pepper and basil. Wrap in cabbage leaves and bake for 25 minutes at 350 degrees. Enjoy with
1/3 cup Rice	1.00 C	applesauce on the side.
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
	Calories:	
	922	
	322	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat	Item Portions 6.00 P	Grow while you sleep snack - Cottage Cheese,
1 1/2 cups Cottage cheese, light/low fat 4 Cherries	Item Portions 6.00 P .50 C	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the
1 1/2 cups Cottage cheese, light/low fat4 Cherries1/4 cup Grapes	Item Portions 6.00 P .50 C .50 C	Grow while you sleep snack - Cottage Cheese,
 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 	Item Portions 6.00 P .50 C .50 C 2.00 C	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the
4 Cherries 1/4 cup Grapes	Item Portions 6.00 P .50 C .50 C	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the

Total Daily Portions: Protein: 57 Carbohvdrates: 38 Fat: 37 Calories: 3963

Day: 63	
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils	5.00 P 8.00 P 8.00 C 11.00 F Calories: 949	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10 3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots	Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:8 F: 0 14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Preparation Suggestions: Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix o with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
	in: 57 Carbohyc	Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Today's checklist: 1.Eat	2.Train 3.Grow	www.EmpoweredNutrition.com
Today's checklist: 1.Eat 2.Train 3.G	row 4. Become	and INSIDER www.EmpoweredNutrition.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
	Portions	
2 1/2 cups Egg substitute	10.00 P	Scrambled Eggs and Toast
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Add spices to the egg mixture, then cook until
3/4 cup V 8 juice	1.00 C	desired consistency is reached.
2 slice Whole grain bread	4.00 C	
4 Macadamia nuts	4.00 F	
7 tsp Peanut butter, natural	7.00 F	
	Calories:	
	949 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE WORKOUT - Protein Shake + Energy
2 cups Skim Milk	2.00 PC	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	Sustaining Growth Carbs
18 Peanuts	3.00 F	Put all ingredients in a blender over ice and blend to
To Tealluis	Calories:	desired consistency. Enjoy!
	357	desired consistency. Enjoy:
	Item	
Snack - Meal Portions: P:6 C:8 F:0	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
	Portions	
2 1/2 cups Cottage cheese, light/low fat	10.00 P	Cottage Cheese with Fruit
3 cups Skim Milk	3.00 PC	Combine all ingredients with cinnamon & nutmeg
1 Nectarine	2.00 C	(optional spices)
1/2 cup Pineapple	1.00 C	
1 cup Bran cereal, all varieties	2.00 C	
21 Almonds, whole	7.00 F	
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
3/4 cup Soybeans	Portions 3.00 PC	Beked Sov and Vegetables
3/4 cup Soybeans 3/4 cup Chickpeas	3.00 PC	Baked Soy and Vegetables Try seasoning the soy and baking it in the oven.
2 cups Mushrooms	3.00 C 1.00 C	Sauté the mushrooms and peppers and set atop a
2 Peppers (bell or cubanelle)	1.00 C	bed of chickpeas. Truly a unique dining experience!
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 C	bed of chickpeas. Thuy a unique diffing experience:
10 oz Soy, ground	10.00 P	
10 02 30y, ground	Calories:	
	922	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 Kiwi	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
3 tbsp Almonds, slivered	3.00 F	······································
	Calories:	
	357	
Total Daily Portions: Protein: 5		drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **
		9

Day:	65
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Skim Milk 1 Nectarine 1 1/2 cups Bran cereal, all varieties 6 Peanuts 2 oz Sunflower seeds 	Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949	A quick and tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered	Item Portions 6.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10 12 oz Tofu 9 oz Tofu, soft 3/4 cup Kidney beans 1 1/2 cups Tomato, canned 1 cup Celery 3 1/3 tsp Olive, Flax or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922	Preparation Suggestions: Vegetarian Chili Heat beans and celery until tender. Add tomato, tofu, 1/2 cup water, 3 cloves of garlic minced, 1/2 tsp fresh basil, 1/4 tsp hot sauce, 2 tbsp chili powder and salt and pepper to taste. Serve hot.
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 5 oz Mozzarella cheese, light/low fat 1 cup Mushrooms 3 1/2 tbsp Barley 1/2 cup Carrots 3 1/3 tsp Olive, Flax or Salmon Oils 8 oz Soy, ground	Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922	Preparation Suggestions: Baked Barley with Mushrooms Preheat oven to 350 degrees. Chop the vegetables. In a small casserole dish, pour 2 cups of water, then add all ingredients plus salt, pepper and tarragon flakes. Cover dish and bake until done, stirring occasionally.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Day:	66
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites	7.00 P	A tasty, easy-to-prepare breakfast. Enjoy!
3 cups Yogurt, plain, low fat	6.00 PC	ready, duby to propure broaktable. Enjoy.
2 Kiwis	2.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk	1.00 PC	PRE WORKOUT - Protein Shake + Energy
35 grams Protein powder	5.00 P	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
1/2 cup Peaches, canned	1.00 C	Put all ingredients in a blender over ice and blend to
1 tsp Olive, Flax or Salmon Oils	3.00 F	desired consistency. Enjoy!
	Calories: 357	
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C Calories:	Put all ingredients in blender over ice and blend. Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
	Item	
Mid Meal - Meal Portions: P:13 C:8 F: 10	Portions	Preparation Suggestions:
5 links Soy sausage	10.00 P	Sausage and Sauerkraut Salad
3 cups Eggplant	2.00 C	Cook the sausage according to package directions.
2 cups Sauerkraut	2.00 C	Meanwhile, chop the peppers and combine with
5 tbsp Low fat salad dressings	5.00 F	sauerkraut, mayonnaise, salt, and pepper. When
4 Peppers (bell or cubanelle)	2.00 C	sausage is done, mix together and serve on top of
4 cups Cherry tomatoes 5 tsp Mayonnaise	2.00 C 5.00 F	lettuce leaves.
3 oz Cheddar cheese, light/low fat	3.00 P	
o oz oneddar oneose, nghriow iac	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Red-Bean Chili
3 patty Soy burger	6.00 P	In large pan heat oil. Add chopped onion and peppe
3/4 cup Soybeans	3.00 PC	and saute. Add chili powder, cumin, salt and garlic,
1/4 cup Kidney beans	1.00 C	then add soybean crumbles and water. Heat until
1/2 cup Onions	1.00 C	water boils, then stir in tomatoes and kidney beans.
1 cup Tomato, canned	1.00 C	Cover and simmer for 10 minutes or until done.
2 oz Matzo 2 Peppers (bell or cubanelle)	1.00 C 1.00 C	Sprinkle with grated cheese and enjoy!
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	opininae with grated cheese and enjoy:
	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cheese and Grape Snack
6 oz Tofu, soft	2.00 PC	Enjoy items separately!
1/2 cup Grapes	1.00 C	
18 Peanuts	3.00 F	
	Calories:	
	357	

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

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 8.00 P 8.00 C 11.00 F Calories: 949	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
Mid Meal - Meal Portions: P:13 C:8 F:10 3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots	Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922	Preparation Suggestions: A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.
Snack - Meal Portions: P:6 C:8 F: 0 3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley	Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 1 cup Kidney beans 1/2 cup Onions 1/2 cup Tomato, puree 1 cup Salsa 3 1/3 tsp Olive, Flax or Salmon Oils 13 oz Soy, ground	Item Portions 4.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922	Preparation Suggestions: Herbed Ground Soy and Bean Stew Crumble ground soy, then saute in oil until brown. Add the vegetables and saute, then add the remaining ingredients. Season this with salt, pepper garlic, and rosemary if you have it.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **
Find Out If You Have the Perfect Body	Ratio Women	Want + www.WhatsYourAdonisIndex.com

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949	Mix the tofu, chopped fruit, and olive oil together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 2 1/2 cups Cottage cheese, light/low fat 3 cups Skim Milk 1 Nectarine 1/2 cup Pineapple 1 cup Bran cereal, all varieties 21 Almonds, whole 1 tsp Olive, Flax or Salmon Oils	Item Portions 10.00 P 3.00 PC 2.00 C 1.00 C 2.00 C 7.00 F 3.00 F Calories: 922	Preparation Suggestions: Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)
Dinner - Meal Portions: P:13 C:8 F:10 5 oz Mozzarella cheese, light/low fat 1 cup Mushrooms 3 1/2 tbsp Barley 1/2 cup Carrots 3 1/3 tsp Olive, Flax or Salmon Oils 8 oz Soy, ground	Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922	Preparation Suggestions: Baked Barley with Mushrooms Preheat oven to 350 degrees. Chop the vegetables. In a small casserole dish, pour 2 cups of water, then add all ingredients plus salt, pepper and tarragon flakes. Cover dish and bake until done, stirring occasionally.
Snack - Meal Portions: P:6 C:3 F:3 1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Cheese and Grape Snack Enjoy items separately!
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites	7.00 P	Eggs with fruit. Enjoy!
1 cup Cottage cheese, light/low fat	4.00 P	
2 cups Skim Milk	2.00 PC	
1 cup Blackberries	2.00 C	
2 slice Whole grain bread	4.00 C	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F	
	Calories:	
	949 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat	6.00 P	Cheese, Applesauce & Cashews
1 cup Applesauce	3.00 C	A nice light snack. Why not try dipping the cashews
9 Cashews	3.00 F	in the applesauce?
	Calories:	
	357 Item	
Mid Meal - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
12 oz Tofu	6.00 P	Tofu and Vegetable Stirfry
1 1/2 cups Cabbage	.50 C	Lightly saute the vegetables and tofu, in a wok if you
3/4 cup Lentils	3.00 PC	have one. Season to taste, topping with slivered
2 cups Mushrooms	1.00 C	almonds. Enjoy!
1 cup Zucchini	.50 C	
3 cups Bean sprouts	2.00 C	
2 Peppers (bell or cubanelle)	1.00 C	
7 tbsp Almonds, slivered 1 tsp Olive, Flax or Salmon Oils	7.00 F 3.00 F	
4 oz Cheddar cheese, light/low fat	3.00 P 4.00 P	
+ 02 Offeddar Cheese, lighthow lat	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 tbsp Barley	3.00 C	Blender not available? Mix protein powder with cold
	Calories:	water and have remaining ingredients on the side.
	456	Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
1 cup Kidney beans	4.00 C	Herbed Ground Soy and Bean Stew
1/2 cup Onions	1.00 C	Crumble ground soy, then saute in oil until brown.
1/2 cup Tomato, puree	1.00 C	Add the vegetables and saute, then add the
1 cup Salsa	2.00 C	remaining ingredients. Season this with salt, peppe
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	garlic, and rosemary if you have it.
13 oz Soy, ground	13.00 P	
	Calories:	
	922 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
		Fresh Fruit with Creamy Sauce
1 1/2 cups Cottage cheese, light/low fat	6.00 P	
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce	1.00 C	
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach	1.00 C .50 C	Combine cottage cheese with cinnamon and nutmed and blend until smooth. Pour over fruit in a small
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries	1.00 C .50 C .50 C	and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve
 1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties 	1.00 C .50 C .50 C 1.00 C	and blend until smooth. Pour over fruit in a small
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries	1.00 C .50 C .50 C	and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	Eggs with yogurt, bran and fruit. Enjoy!
21 grams Protein powder	3.00 P	Eggs with yogun, bran and nut. Enjoy:
2 cups Yogurt, plain, low fat	4.00 PC	
1 cup Pineapple	2.00 PC	
	2.00 C 2.00 C	
1 cup Bran cereal, all varieties 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 C	
3 2/3 isp Olive, Flax of Saimon Olis		
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 1/2 auna Piaatta ahaasa, akim	Portions 6.00 P	Nix these ingredients together to create a simple and
1 1/2 cups Ricotta cheese, skim		Mix these ingredients together to create a simple and delicious snack.
1 cup Mandarin orange, canned	3.00 C	delicious shack.
9 Walnuts	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
40 mmma Destain a surdan	Portions	
49 grams Protein powder	7.00 P	Fruit Yogurt Smoothie
3 cups Yogurt, plain, low fat	6.00 PC	Mix all ingredients in a blender until desired
2 cups Raspberries	2.00 C	consistency is reached. For a frozen smoothie freeze
2 tsp Almond butter	4.00 F	fruit or add ice cubes. If a blender is not available stir
1 tsp Olive, Flax or Salmon Oils	3.00 F	protein powder and chopped fruit and nuts into
18 Peanuts	3.00 F	yogurt.
	Calories:	
	922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
14 grans Dratain neurolan	Portions	
14 grams Protein powder	2.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Guava	2.00 C 2.00 C	adding water to create desired consistency. If a
1 oz Bulgar wheat		blender is not available, set aside the fruit and shake
	Calories: 456	up the remaining ingredients in a closed container to
	450	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Dinner - Meal Portions: P:13 C:8 F:10	Portions	Preparation Suggestions:
1 cup Kidney beans	4.00 C	Herbed Ground Soy and Bean Stew
1/2 cup Onions	1.00 C	Crumble ground soy, then saute in oil until brown.
1/2 cup Tomato, puree	1.00 C	Add the vegetables and saute, then add the
1 cup Salsa	2.00 C	remaining ingredients. Season this with salt, pepper
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	garlic, and rosemary if you have it.
13 oz Soy, ground	13.00 P	
15 62 66y, ground	Calories:	
	922	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories:	
	357	
Total Daily Portions. Protoin:		I drates: 38 Fat: 37 Calories: 3963
		2 glasses of water per day. **
** Remember to drink betwee	een 10 and 1	z diasses of water per day

Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
70 grams Protein powder	Portions 10.00 P	A cereal breakfast with a twist: throw in a handful of
3 cups Skim Milk	3.00 PC	cranberries (fresh or dried) with a little protein and
2 cups Cereal, cold	4.00 C	some oil to cover all of your nutrition bases. Makes
3/4 cup Cranberries	4.00 C	balanced, tasty breakfast.
3/4 cup Clanbernes 3 2/3 tsp Olive, Flax or Salmon Oils	11.00 C	balanceu, lasty breaklast.
3 2/3 isp Olive, Flax of Saimon Olis	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Skim Milk	1.00 PC	PRE WORKOUT - Protein Shake + Energy
35 grams Protein powder	5.00 P	Sustaining Growth Carbs
2/3 cup Oatmeal	2.00 C	Dut all ingradiants in a blander over ice and bland to
3 tsp Peanut butter, natural	3.00 F Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
	Portions	
4 oz Hard cheeses, light/low fat	4.00 P	Orange, Tofu, and Spinach Salad
12 oz Tofu 3/4 cup Soybeans	6.00 P 3.00 PC	Place spinach in a bowl. Top with grated carrot, orange sections, water chestnuts and tofu cubes.
3/4 cup Soybeans 3 cups Spinach	.86 C	Grate a little ginger on top and add some vinegar,
3 tbsp Low fat salad dressings	3.00 F	olive oil, and seasonings. Toss and serve. Enjoy!
1/3 cup Water chestnuts	1.00 C	olive oli, and seasonings. Toss and serve. Enjoy!
1 Orange	2.00 C	
1 cup Carrots	1.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
4 oz Cheese low or non fat	Portions 4.00 P	Red-Bean Chili
4 oz Cheese, low or non fat		
3 patty Soy burger 3/4 cup Soybeans	6.00 P 3.00 PC	In large pan heat oil. Add chopped onion and peppe and saute. Add chili powder, cumin, salt and garlic,
1/4 cup Kidney beans	1.00 C	then add soybean crumbles and water. Heat until
1/2 cup Onions	1.00 C	water boils, then stir in tomatoes and kidney beans.
1 cup Tomato, canned	1.00 C	Cover and simmer for 10 minutes or until done.
2 oz Matzo	1.00 C	
2 Peppers (bell or cubanelle)	1.00 C	Sprinkle with grated cheese and enjoy!
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	Sprinkes with grated encode and enjoy:
	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
35 grams Protein nowdor	Portions 5.00 P	Late Night Protein Shake with Ostmool
35 grams Protein powder	1.00 PC	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	2.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy
	2.000	adding water to create desired consistency. Enjoy
2/3 cup Oatmeal		
2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	3.00 F Calories:	and grow in your sleep!

eakfast - Meal Portions: P:13 C:8 F:11 4 oz Cheese, low or non fat 8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils mack - Meal Portions: P:6 C:3 F:3	Item Portions 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949	Preparation Suggestions: Mix the tofu, chopped fruit, and olive oil together and enjoy.
8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories:	
8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories:	
3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	3.00 PC 2.00 PC 3.00 C 11.00 F Calories:	
6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 PC 3.00 C 11.00 F Calories:	
3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	3.00 C 11.00 F Calories:	
3 2/3 tsp Olive, Flax or Salmon Oils	11.00 F Calories:	
	Calories:	
ack - Meal Portions: P:6 C:3 F:3		
ack - Meal Portions: P:6 C:3 F:3	949	
ack - Meal Portions: P:6 C:3 F:3		
	Item Portions	Preparation Suggestions:
1 1/2 aura Cattara abasan lisht/law fat		Mixed Fruit Colod over Cottons Chases
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Mixed Fruit Salad over Cottage Cheese
1/4 Cantaloupe	1.00 C	Mix fruit and nuts in a bowl and pour over the cottag
1/2 cup Grapes	1.00 C	cheese. Enjoy!
2/3 cup Honeydew melon	1.00 C	
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	
d Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
49 grams Protein powder	7.00 P	Yogurt, Fruit & Nuts
3 cups Yogurt, plain, low fat	6.00 PC	Mix all ingredients and enjoy!
1 Apple	2.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
18 Peanuts	3.00 F	
	Calories:	
	922	
ack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
3 cups Skim Milk	3.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 Nectarine	2.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	456	mix it all together, then eat the fruit on the side.
		Enjoy!
nner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Red-Bean Chili
3 patty Soy burger	6.00 P	In large pan heat oil. Add chopped onion and pepp
3/4 cup Soybeans	3.00 PC	and saute. Add chili powder, cumin, salt and garlic,
1/4 cup Kidney beans	1.00 C	then add soybean crumbles and water. Heat until
1/2 cup Onions	1.00 C	water boils, then stir in tomatoes and kidney beans.
1 cup Tomato, canned	1.00 C	Cover and simmer for 10 minutes or until done.
2 oz Matzo	1.00 C	
2 Peppers (bell or cubanelle)	1.00 C	Sprinkle with grated cheese and enjoy!
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 C	opininie with grated cheese and enjoy!
5 1/3 isp Olive, Flax of Salition Olis		
	Calories:	
	922	
ack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
25 grame Protoin nowder		Late Night Protein Shake with Octmool
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. Enjoy
1/3 cup Oatmeal	1.00 C	and grow in your sleep!
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories:	
	357	drates: 38 Fat: 37 Calories: 3963

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
12 Egg whites 3 cups Skim Milk	6.00 P 3.00 PC	Scrambled eggs with toast. A homestyle favorite.
1/2 cup Grapes	1.00 C	
2 slice Whole grain bread	4.00 C	
3 tsp Olive, Flax or Salmon Oils	9.00 F	
2 tsp Peanut butter, natural	2.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddar cheese, light/low lat	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
4 sure Older Mills	Portions	
1 cup Skim Milk	1.00 PC	PRE WORKOUT - Protein Shake + Energy
35 grams Protein powder	5.00 P	Sustaining Growth Carbs
2/3 cup Oatmeal	2.00 C	
3 tsp Peanut butter, natural	3.00 F	Put all ingredients in a blender over ice and blend to
	Calories:	desired consistency. Enjoy!
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	Chili with grated cheese on top and toast on the side
3 cups Chili, canned	6.00 A	Enjoy!
1 1/3 tsp Butter	4.00 F	3-5
1 slice Rye bread	2.00 C	
4 oz Tofu	2.00 P	
	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
14 oz Tofu	7.00 P	Stuffed Cabbage
3/4 cup Soybeans	3.00 PC	Microwave cabbage leaves in water for 4
1/4 cup Onions	.50 C	minutes.Heat oil in pan, adding onions, olives,
1/4 cup Tomato sauce	.50 C	paprika, garlic, salt and pepper. Add tofu and tomato
1/3 cup Applesauce	1.00 C	sauce.Wrap in cabbage leaves and cover with
1 cup Rice	3.00 C	tomato sauce. Applesauce for dessert.
2 tsp Olive, Flax or Salmon Oils	6.00 F	1011410 30006. Apple3000 101 0633611.
12 Olives	4.00 F	
3 oz Cheddar cheese, light/low fat	4.00 P 3.00 P	
5 02 Onecuar Greese, light/10w lat	Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
1/3 cup Applesauce	1.00 C	Combine cottage cheese with cinnamon and nutmee
1/2 Peach	.50 C	and blend until smooth. Pour over fruit in a small
1/2 cup Strawberries	.50 C	bowl and top with slivered almonds. Serve
1/2 cup Bran cereal, all varieties	1.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	

Day: 7	74
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 14 Egg whites 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 cup Blueberries 3 2/3 tsp Olive, Flax or Salmon Oils 	7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	Cook eggs any style. Enjoy the fruit on the side.
Snack - Meal Portions: P:6 C:3 F:3 1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts	Item Portions 6.00 P 3.00 C 3.00 F Calories: 357	Preparation Suggestions: Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10 10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922	Preparation Suggestions: A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0 42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 4 oz Cheese, low or non fat 3 patty Soy burger 3/4 cup Soybeans 1/4 cup Kidney beans 1/2 cup Onions 1 cup Tomato, canned 2 oz Matzo 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 4.00 P 6.00 P 3.00 PC 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922	Preparation Suggestions: Red-Bean Chili In large pan heat oil. Add chopped onion and peppe and saute. Add chili powder, cumin, salt and garlic, then add soybean crumbles and water. Heat until water boils, then stir in tomatoes and kidney beans. Cover and simmer for 10 minutes or until done. Sprinkle with grated cheese and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
		drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Day:	75
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
 5 Eggs, whole 5 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 1 2/3 cups Mandarin orange, canned 3 2/3 tsp Olive, Flax or Salmon Oils 	5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal	1.00 PC 5.00 P 1.00 C	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs
1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils	1.00 C 3.00 F Calories: 357	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils 	10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 1/2 cup Ricotta cheese, skim 16 oz Tofu 1 cup Chickpeas 3/4 cup Lentils 1/4 cup Mushrooms 1/4 cup Onions 1/4 Pepper (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 10 tbsp Almonds, slivered 	2.00 P 8.00 P 4.00 C 3.00 PC .13 C .50 C .13 C .13 C .25 C 10.00 F Calories: 922	Tofu with Salad Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts	6.00 P .50 C .50 C 2.00 C 3.00 F	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.

Day:	76
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
10 Egg whites2 cups Cottage cheese, light/low fat2 2/3 cups Oatmeal3 2/3 tsp Olive, Flax or Salmon Oils	Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 1/4 Cantaloupe 1/2 cup Grapes 2/3 cup Honeydew melon 3 tbsp Almonds, slivered	Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils	5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922	A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Yogurt, plain, low fat1 cup Guava1 oz Bulgar wheat	2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 4 Eggs, whole 12 oz Tofu 1 1/2 cups Broccoli 1 cup Cauliflower 3/4 cup Lentils 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils 	4.00 P 6.00 P .50 C .25 C 3.00 PC .50 C .75 C 3.00 C 10.00 F Calories: 922	Tofu Stir Fry Cube tofu and set aside. Chop 1 clove of garlic and saute, then add tofu. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
 1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts 	6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357	Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.
		Irates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Day: 77

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
14 Egg whites 3 cups Yogurt, plain, low fat	7.00 P 6.00 PC	A tasty, easy-to-prepare breakfast. Enjoy!
2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils	2.00 C 11.00 F	
	Calories:	
	949 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 cup Applesauce	6.00 P 3.00 C	Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews
9 Cashews	3.00 F	in the applesauce?
	Calories: 357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
12 oz Tofu	Portions 6.00 P	Vegetarian Chili
9 oz Tofu, soft	3.00 PC	Heat beans and celery until tender. Add tomato,
3/4 cup Kidney beans	3.00 C	tofu, 1/2 cup water, 3 cloves of garlic minced, 1/2 tsp
1 1/2 cups Tomato, canned 1 cup Celery	1.50 C .50 C	fresh basil, 1/4 tsp hot sauce, 2 tbsp chili powder and salt and pepper to taste. Serve hot.
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories: 922	
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC 2.00 C	Put all ingredients in a blender over ice and blend,
1 cup Guava 1 oz Bulgar wheat	2.00 C 2.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
-	Calories:	up the remaining ingredients in a closed container to
	456	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3/4 cup Soybeans	3.00 PC	Baked Soy and Vegetables
3/4 cup Chickpeas 2 cups Mushrooms	3.00 C 1.00 C	Try seasoning the soy and baking it in the oven. Sauté the mushrooms and peppers and set atop a
2 Peppers (bell or cubanelle)	1.00 C	bed of chickpeas. Truly a unique dining experience!
3 1/3 tsp Olive, Flax or Salmon Oils	10.00 F	
10 oz Soy, ground	10.00 P Calories:	
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Late Night Protein Shake with Oatmeal
1 cup Skim Milk	1.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries 1/3 cup Oatmeal	1.00 C 1.00 C	adding water to create desired consistency. Enjoy and grow in your sleep!
1 tsp Olive, Flax or Salmon Oils	3.00 F	
	Calories: 357	
	in: 57 Carbohyd	I drates: 38 Fat: 37 Calories: 3963
Remember to drink be	etween 10 and 1	2 glasses of water per day. **
Huge and Ripper	d + www.Metabo	licSurgeProgram.com

Day:	78
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 21 grams Protein powder 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 Pear 11 Macadamia nuts	4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	A quick, easy, and tasty breakfast to start your day. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	 Preparation Suggestions: PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0 42 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 6.00 P 8.00 C Calories: 456	Preparation Suggestions: POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10 4 oz Hard cheeses, light/low fat 12 oz Tofu 3/4 cup Soybeans 3 cups Spinach 3 tbsp Low fat salad dressings 1/3 cup Water chestnuts 1 Orange 1 cup Carrots 2 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 4.00 P 6.00 P 3.00 PC .86 C 3.00 F 1.00 C 2.00 C 1.00 C 7.00 F Calories: 922	Preparation Suggestions: Orange, Tofu, and Spinach Salad Place spinach in a bowl. Top with grated carrot, orange sections, water chestnuts and tofu cubes. Grate a little ginger on top and add some vinegar, olive oil, and seasonings. Toss and serve. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10 6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils	Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922	Preparation Suggestions: Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oi with your spices of choice to add flavour.
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!
	57 Carbohy	drates: 38 Fat: 37 Calories: 3963 2 glasses of water per day. **

Day: 79

	<u> </u>	
Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
10 Fag white	Portions	
10 Egg whites 4 links Soy sausage	5.00 P 8.00 P	Sausage and eggs with fruit on the side. Simple and quick!
1 Grapefruit	2.00 F	quick!
3 slice Whole grain bread	6.00 C	
3 tsp Almond butter	6.00 F	
15 Almonds, whole	5.00 F	
	Calories:	
	949	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
6 oz Chassa low or non fat	Portions 6.00 P	
6 oz Cheese, low or non fat 3 Kiwis	3.00 P	Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it
12 Pistachio nuts	3.00 C	isn't tasty!
	Calories:	ISITE LASEY:
	357	
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
12 oz Tofu	6.00 P	Tofu and Vegetable Stirfry
1 1/2 cups Cabbage	.50 C	Lightly saute the vegetables and tofu, in a wok if you
3/4 cup Lentils	3.00 PC	have one. Season to taste, topping with slivered
2 cups Mushrooms	1.00 C	almonds. Enjoy!
1 cup Zucchini	.50 C	
3 cups Bean sprouts	2.00 C	
2 Peppers (bell or cubanelle)	1.00 C	
7 tbsp Almonds, slivered	7.00 F	
1 tsp Olive, Flax or Salmon Oils	3.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories: 922	
Snack - Meal Portions: P:6 C:8 F: 0	Item	Preparation Suggestions:
	Portions	
21 grams Protein powder	3.00 P	Protein Shake with Fruit
3 cups Skim Milk	3.00 PC	Blend all ingredients, except nuts together and add
1 cup Blueberries	2.00 C	ice cubes until desired consistency is reached.
1 1/2 then Barley		
1 1/2 tbsp Barley	3.00 C	
i inz wap balley	Calories:	water and have remaining ingredients on the side.
	Calories: 456 Item	water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:13 C:8 F:10	Calories: 456 Item Portions	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions:
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu	Calories: 456 Item Portions 7.00 P	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans	Calories: 456 Item Portions 7.00 P 3.00 PC	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives,
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C 3.00 C	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C 3.00 C 6.00 F	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C 3.00 C	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C 3.00 C 6.00 F 4.00 F	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions	Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions:
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions	water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomator sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert.
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC	 water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend,
Dinner - Meal Portions: P:13 C:8 F:10 14 oz Tofu 3/4 cup Soybeans 1/4 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 cup Rice 2 tsp Olive, Flax or Salmon Oils 12 Olives 3 oz Cheddar cheese, light/low fat Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal	Calories: 456 Item Portions 7.00 P 3.00 PC .50 C .50 C 1.00 C 3.00 C 6.00 F 4.00 F 3.00 P Calories: 922 Item Portions 5.00 P 1.00 PC 2.00 C	 water and have remaining ingredients on the side. Eat nuts separately. Preparation Suggestions: Stuffed Cabbage Microwave cabbage leaves in water for 4 minutes.Heat oil in pan, adding onions, olives, paprika, garlic, salt and pepper. Add tofu and tomato sauce.Wrap in cabbage leaves and cover with tomato sauce. Applesauce for dessert. Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy

Day: 8	30
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Breakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 8 oz Tofu 3 cups Skim Milk 6 oz Tofu, soft 3 cups Strawberries 3 2/3 tsp Olive, Flax or Salmon Oils	Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949	Mix the tofu, chopped fruit, and olive oil together and enjoy.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned	Portions 1.00 PC 5.00 P 1.00 C 1.00 C	PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to
1 tsp Olive, Flax or Salmon Oils	3.00 F Calories: 357	desired consistency. Enjoy!
Snack - Meal Portions: P:6 C:8 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 2/3 cups Fruit juice	6.00 P 8.00 C Calories: 456	POST WORKOUT- Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item Portions	Preparation Suggestions:
 70 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 2 cups Mushrooms 2 tbsp Low fat salad dressings 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 2 2/3 tsp Olive, Flax or Salmon Oils 	10.00 P 3.00 PC 1.00 C 2.00 F .10 C 1.00 C 2.00 C 1.00 C 8.00 F Calories: 922	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side made with yogurt, oils, ice adn water in a blender.
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 4 Eggs, whole 12 oz Tofu 1 1/2 cups Broccoli 1 cup Cauliflower 3/4 cup Lentils 1/4 cup Onions 1 1/2 Peppers (bell or cubanelle) 1 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils 	4.00 P 6.00 P .50 C .25 C 3.00 PC .50 C .75 C 3.00 C 10.00 F Calories: 922	Tofu Stir Fry Cube tofu and set aside. Chop 1 clove of garlic and saute, then add tofu. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts	4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357	Cheese and Grape Snack Enjoy items separately!

Day:	81
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 21 grams Protein powder 3 cups Skim Milk 1 1/2 cups Yogurt, plain, low fat 1 Pear 11 Macadamia nuts	4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949	A quick, easy, and tasty breakfast to start your day. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 1/2 cups Ricotta cheese, skim1 cup Mandarin orange, canned9 Walnuts	6.00 P 3.00 C 3.00 F Calories: 357	Mix these ingredients together to create a simple and delicious snack.
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts	7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922	Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 14 Egg whites 1 1/2 cups Lentils 1/2 cup Onions 2 cups Spinach 1 Tomato 3 1/3 tsp Olive, Flax or Salmon Oils 	7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922	Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. Then add 1-2 cups water, lentils, carrots, egg and
		spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:6 C:3 F:3 35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils	Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

Day: 8	2
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Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	A quick, easy, and tasty breakfast to start your day.
21 grams Protein powder	3.00 P	Enjoy!
3 cups Skim Milk	3.00 PC	Enjoy:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	
1 Pear	2.00 FC	
11 Macadamia nuts	11.00 F	
TT Macadamia nuts	Calories:	
	949	
	ltem	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 cup Skim Milk	1.00 PC	PRE WORKOUT - Protein Shake + Energy
35 grams Protein powder	5.00 P	Sustaining Growth Carbs
1/3 cup Oatmeal	1.00 C	
1/2 cup Peaches, canned	1.00 C	Put all ingredients in a blender over ice and blend to
1 tsp Olive, Flax or Salmon Oils	3.00 F	desired consistency. Enjoy!
	Calories:	
	357	
Snack - Meal Portions: P:6 C:8 F:0	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	POST WORKOUT- Protein Shake
2 2/3 cups Fruit juice	8.00 C	Put all ingredients in blender over ice and blend.
	Calories:	Add water to create desired consistency. We
	456	recommend using a high glycemic juice like grape
		juice for max recuperation. Enjoy!
Mid Meal - Meal Portions: P:13 C:8 F: 10	Item	Preparation Suggestions:
	Portions	
4 oz Hard cheeses, light/low fat	4.00 P	Orange, Tofu, and Spinach Salad
12 oz Tofu	6.00 P	Place spinach in a bowl. Top with grated carrot,
3/4 cup Soybeans	3.00 PC	orange sections, water chestnuts and tofu cubes.
3 cups Spinach	.86 C	Grate a little ginger on top and add some vinegar,
3 tbsp Low fat salad dressings	3.00 F	olive oil, and seasonings. Toss and serve. Enjoy!
1/3 cup Water chestnuts	1.00 C	
1 Orange	2.00 C	
1 cup Carrots	1.00 C	
2 1/3 tsp Olive, Flax or Salmon Oils	7.00 F	
	Calories:	
	922	
Dinner - Meal Portions: P:13 C:8 F:10	Item	Preparation Suggestions:
4 patty Soy burger	Portions 8.00 P	Grilled Dble Soy Burgers with Vegetables.
10 tbsp Almonds, slivered	10.00 F	Childe Dole Oby Durgers with Vegetables.
4 slice Rye bread	8.00 C	Grill the burgers, throw them on bread 2 high, enjoy
5 oz Cheddar cheese, light/low fat	5.00 C	in the knowledge that you're on track toward your
5 52 Oneudar Greese, light/10w lat	Calories:	goals.
	922	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Cottage cheese, light/low fat	6.00 P	Fresh Fruit with Creamy Sauce
1/3 cup Applesauce	1.00 C	Combine cottage cheese with cinnamon and nutmee
1/2 Peach	.50 C	and blend until smooth. Pour over fruit in a small
1/2 cup Strawberries	.50 C	bowl and top with slivered almonds. Serve
1/2 cup Bran cereal, all varieties	1.00 C	immediately.
3 tbsp Almonds, slivered	3.00 F	
	Calories:	
	357	

Day: 83

Breakfast - Meal Portions: P:13 C:8 F:11	Item Portions	Preparation Suggestions:
70 grams Protein powder 3 cups Skim Milk 2 cups Cereal, cold 3/4 cup Cranberries 3 2/3 tsp Olive, Flax or Salmon Oils	10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949	A cereal breakfast with a twist: throw in a handful of cranberries (fresh or dried) with a little protein and some oil to cover all of your nutrition bases. Makes a balanced, tasty breakfast.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews	6.00 P 3.00 C 3.00 F Calories: 357	Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?
Mid Meal - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 12 oz Tofu 1 1/2 cups Cabbage 3/4 cup Lentils 2 cups Mushrooms 1 cup Zucchini 3 cups Bean sprouts 2 Peppers (bell or cubanelle) 7 tbsp Almonds, slivered 1 tsp Olive, Flax or Salmon Oils 4 oz Cheddar cheese, light/low fat 	6.00 P .50 C 3.00 PC 1.00 C .50 C 2.00 C 1.00 C 7.00 F 3.00 F 4.00 P Calories: 922	Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste, topping with slivered almonds. Enjoy!
Snack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat	2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 1 1/2 cups Cabbage 1/2 cup Onions 1/4 cup Tomato sauce 1/3 cup Applesauce 1 tbsp Raisins 1/3 cup Rice 3 1/3 tsp Olive, Flax or Salmon Oils	3.00 P 7.00 P 3.00 PC .50 C 1.00 C .50 C 1.00 C 1.00 C 1.00 C 10.00 F Calories: 922 Item	Stuffed Cabbage Peel off some large cabbage leaves and place in a bowl with hot water and microwave (or heat in a saucepan on the stove if you lack a microwave) until the leaves are soft. Chop the tofu and onions and saute briefly, then add tomato sauce, raisins, salt, pepper and basil. Wrap in cabbage leaves and bake for 25 minutes at 350 degrees. Enjoy with applesauce on the side.
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1 1/2 cups Cottage cheese, light/low fat 1/3 cup Applesauce 1/2 Peach 1/2 cup Strawberries 1/2 cup Bran cereal, all varieties	6.00 P 1.00 C .50 C .50 C 1.00 C	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.

reakfast - Meal Portions: P:13 C:8 F:11	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 42 grams Protein powder	Portions 4.00 P 6.00 P	A quick and tasty breakfast.
3 cups Skim Milk 1 Nectarine	3.00 PC 2.00 C	
 1 1/2 cups Bran cereal, all varieties Peanuts 2 oz Sunflower seeds 	3.00 C 1.00 F 10.00 F Calories: 949	
nack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts	6.00 P 3.00 C 3.00 F Calories: 357	Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!
lid Meal - Meal Portions: P:13 C:8 F:10 49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts	Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922	Preparation Suggestions: Yogurt, Fruit & Nuts Mix all ingredients and enjoy!
nack - Meal Portions: P:6 C:8 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley	6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
inner - Meal Portions: P:13 C:8 F:10	Item Portions	Preparation Suggestions:
 3/4 cup Soybeans 3/4 cup Chickpeas 2 cups Mushrooms 2 Peppers (bell or cubanelle) 3 1/3 tsp Olive, Flax or Salmon Oils 10 oz Soy, ground 	3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922	Baked Soy and Vegetables Try seasoning the soy and baking it in the oven. Sauté the mushrooms and peppers and set atop a bed of chickpeas. Truly a unique dining experience
nack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley	1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357	Late Night Protein Shake with Barley Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!

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

Protein

Carbohydrates

532 grams Protein powder 25 oz Cheese, low or non fat 84 oz Tofu 27 oz Cheddar cheese, light/low fat 12 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 5 oz Mozzarella cheese, light/low fat 8 oz Soy, ground 54 Egg whites 7 patty Soy burger 3 cups Ricotta cheese, skim 5 links Soy sausage 2 1/2 cups Egg substitute

2 cups Cereal, cold 3/4 cup Cranberries 2 2/3 cups Oatmeal 8 cups Fruit juice 1/2 cup Chickpeas 2 1/4 cups Onions 2 cups Cucumber 2 1/6 Tomatoes 1/2 Apple 1/2 cup Tomato sauce 2 cups Applesauce 1 1/3 cups Rice 4 1/2 cups Strawberries 2 3/4 cups Grapes 3 cups Bran cereal, all varieties 5 Kiwis 1 cup Kidney beans 2 1/2 cups Tomato, canned 3 cups Celery 2 Nectarines 11 tbsp Barley 3 cups Mushrooms 1/2 cup Carrots 1 cup Blackberries 6 slice Whole grain bread 1/2 cup Pineapple 2 oz Matzo 10 Peppers (bell or cubanelle) 4 Cherries 1/2 Cantaloupe 1 1/3 cups Honeydew melon 3 cups Cabbage 1 cup Zucchini 3 cups Bean sprouts 1 tbsp Raisins 1/2 cup Peaches, canned 6 cups Eggplant 2 cups Sauerkraut 4 cups Cherry tomatoes 2 cups Spinach 2 cups Blueberries 3 Apricots 1 cup Guava 1 oz Bulgar wheat 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1 2/3 cups Mandarin orange, canned 2 slice Sourdough bread 1/2 Peach 3/4 cup V 8 juice 1 slice Rye bread 1 1/2 cups Tomatoes

52 2/3 tsp Olive. Flax or Salmon Oils 36 Peanuts 12 Olives 24 Pistachio nuts 12 tsp Peanut butter, natural 39 Almonds, whole 26 tbsp Almonds. slivered 5 tbsp Low fat salad dressings 5 tsp Mayonnaise 9 Cashews 4 Macadamia nuts 9 Walnuts

1 oz Pumpkin seeds

Other

36 cups Skim Milk 4 1/2 oz Tempeh 3 cups Soybeans 21 oz Tofu, soft 5 1/2 cups Yogurt, plain, low fat 2 3/4 cups Lentils 4 cups Vegetable soup 4 cups Tomato vegetable soup

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

Protein

56 Egg whites 10 1/2 links Soy sausage 714 grams Protein powder 23 oz Soy, ground 35 oz Cheese, low or non fat 4 patty Soy burger 5 oz Cheddar cheese, light/low fat 4 oz Hard cheeses, light/low fat 68 oz Tofu 2 3/4 cups Ricotta cheese, skim 7 1/2 cups Cottage cheese, light/low fat 9 Eggs, whole

Carbohydrates

1 Grapefruit 3 slice Whole grain bread 5 1/3 cups Oatmeal 8 cups Fruit juice 4 1/4 cups Mushrooms 2 cups Lettuce, romaine 6 Tomatoes 1 cup Blackberries 1 tbsp Raisins 1 cup Kidney beans 1 cup Onions 1/2 cup Tomato, puree 1 cup Salsa 1 1/2 cups Strawberries 7 Kiwis 2 1/2 cups Chickpeas 2 Nectarines 7 1/2 tbsp Barley 5 slice Rye bread 3 cups Bran cereal, all varieties 3 cups Spinach 1/3 cup Water chestnuts 1 Orange 1 cup Carrots 5 3/4 Peppers (bell or cubanelle) 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 4 Cherries 1 1/4 cups Grapes 2 2/3 cups Mandarin orange, canned 1/2 Cantaloupe 1 1/3 cups Honeydew melon 2 cups Raspberries 12 spears Asparagus 5 cups Cauliflower 3 cups Rice 1/2 cup Peaches, canned 1 1/2 cups Broccoli 1 Pear 1 1/3 cups Applesauce 1 Apple 1 cup Guava 1 oz Bulgar wheat 1/2 Peach 1 cup Pineapple 1 cup Blueberries 3 cups Eggplant 2 cups Celery 1 1/2 cups Tomatoes

5 tsp Almond butter 15 Almonds, whole 78 Peanuts 8 tbsp Low fat salad dressings 47 1/3 tsp Olive, Flax or Salmon Oils 24 Pistachio nuts 29 tbsp Almonds, slivered 2 oz Sunflower seeds 3 tsp Peanut butter, natural 1 1/3 tsp Butter 11 Macadamia nuts 9 Cashews 9 Walnuts

Fats

Other

21 cups Skim Milk 18 cups Yogurt,

plain, low fat 4 1/2 oz Tempeh 2 1/4 cups Soybeans

1 1/2 cups Lentils 3 cups Chili, canned 6 oz Tofu, soft 4 cups Tomato vegetable soup

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

Protein

64 Egg whites 8 1/2 cups Cottage cheese, light/low fat 630 grams Protein powder 11 1/2 links Soy sausage 22 oz Cheddar cheese, light/low fat 35 oz Cheese, low or non fat 88 oz Tofu 2 cups Ricotta cheese, skim 4 oz Hard cheeses, light/low fat 4 patty Soy burger 5 Eggs, whole 5 oz Mozzarella cheese, light/low fat 8 oz Soy, ground

Carbohydrates

2 cups Blackberries 6 slice Whole grain bread 2 1/3 cups Oatmeal 1 cup Peaches, canned 8 cups Fruit juice 6 cups Eggplant 2 cups Sauerkraut 6 1/4 Peppers (bell or cubanelle) 4 1/2 cups Cherry tomatoes 1 1/4 cups Onions 5 cups Spinach 5 Tomatoes 10 Kiwis 3/4 cup Kidney beans 1 1/2 cups Tomato, canned 3 cups Celery 1 1/4 Cantaloupes 3 1/3 cups Honeydew melon 13 1/2 tbsp Barley 1 1/2 cups Tomatoes 2 cups Cereal, cold 3/4 cup Cranberries 1/3 cup Water chestnuts 1 Orange 1 1/2 cups Carrots 12 spears Asparagus 4 cups Cauliflower 2 1/3 cups Rice 2 1/2 cups Grapes 7 1/2 cups Strawberries 3 Apricots 1 1/2 cups Cabbage 1/4 cup Tomato sauce 2/3 cup Applesauce 1 tbsp Raisins 5 slice Rye bread 1/2 Peach 1/2 cup Bran cereal, all varieties 1 2/3 cups Mandarin orange, canned 2 cups Raspberries 1 Nectarine 1 3/4 cups Chickpeas 1 1/4 cups Mushrooms 1/4 head Lettuce, iceberg

1 cup Lettuce, romaine

Fats

55 2/3 tsp Olive, Flax or Salmon Oils 11 tbsp Low fat salad dressings 5 tsp Mayonnaise 24 Pistachio nuts 32 tbsp Almonds, slivered 72 Peanuts 18 Almonds, whole 2 tsp Peanut butter, natural 1 1/3 tsp Butter 2 tsp Almond butter

Other

29 cups Skim Milk 2 1/4 cups Lentils 33 oz Tofu, soft 2 1/4 cups Soybeans 4 cups Vegetable soup 3 cups Chili, canned 5 cups Yogurt, plain, low fat 4 1/2 oz Tempeh

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

Protein

72 Egg whites 476 grams Protein powder 36 oz Cheese, low or non fat 106 oz Tofu 6 3/4 cups Ricotta cheese, skim 5 Eggs, whole 10 oz Cheddar cheese, light/low fat 7 1/4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 14 1/2 links Soy sausage

Carbohydrates

4 cups Blueberries 2 1/3 cups Oatmeal 8 cups Fruit juice 1 1/4 cups Chickpeas 2 cups Onions 2 cups Cucumber 6 Tomatoes 1/2 Apple 4 1/2 cups Cabbage 1/2 cup Tomato sauce 3 cups Applesauce 2 tbsp Raisins 2 2/3 cups Rice 2 Kiwis 3 2/3 cups Mandarin orange, canned 2 cups Mushrooms 1 cup Zucchini 3 cups Bean sprouts 8 Peppers (bell or cubanelle) 6 1/2 tbsp Barley 9 cups Eggplant 6 cups Celery 4 1/2 cups Tomatoes 2 1/2 cups Strawberries 1 Pear 1 slice Rye bread 2 cups Spinach 2 cups Grapes 3 cups Bran cereal, all varieties 1 cup Lettuce, romaine 1 cup Guava 1 oz Bulgar wheat 12 spears Asparagus 4 cups Cauliflower 2 Grapefruits 6 slice Whole grain bread 1 Nectarine 1/2 cup Pineapple 1/2 Peach 3 Apricots 1/4 Cantaloupe 2/3 cup Honeydew melon

Fats

50 tsp Olive, Flax or Salmon Oils 3 tsp Peanut butter, natural 13 tbsp Almonds, slivered 18 Walnuts 11 Macadamia nuts 72 Peanuts 1 1/3 tsp Butter 18 Cashews 3 tbsp Low fat salad dressings 6 tsp Almond butter 69 Almonds, whole

Other

34 cups Skim Milk 8 1/2 cups Yogurt, plain, low fat 9 oz Tempeh 3 3/4 cups Soybeans 2 1/4 cups Lentils 3 cups Chili, canned 12 oz Tofu, soft 4 cups Vegetable soup 4 cups Tomato vegetable soup

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

Protein

Carbohydrates

66 Egg whites 553 grams Protein powder 11 1/2 links Soy sausage 18 oz Cheddar cheese, light/low fat 3 1/4 cups Ricotta cheese, skim 84 oz Tofu 30 oz Cheese, low or non fat 4 Eggs, whole 10 1/2 cups Cottage cheese, light/low fat 4 patty Soy burger 13 oz Soy, ground

6 Kiwis 2 cups Oatmeal 8 cups Fruit juice 6 cups Eggplant 2 cups Sauerkraut 8 Peppers (bell or cubanelle) 5 cups Cherry tomatoes 2 1/2 cups Chickpeas 1/2 cup Mushrooms 1 3/4 cups Onions 1/2 head Lettuce, iceberg 3 cups Strawberries 1 3/4 cups Grapes 6 slice Whole grain bread 2 cups Raspberries 3 Nectarines 8 tbsp Barley 1 1/2 cups Broccoli 5 cups Cauliflower 3 cups Rice 3 cups Blueberries 1/2 cup Peaches, canned 2 cups Cucumber 1 1/6 Tomatoes 1/2 Apple 3 cups Celery 1 1/2 cups Tomatoes 4 Cherries 1 cup Blackberries 1/4 Cantaloupe 2/3 cup Honeydew melon 3 slice Rye bread 1/4 cup Alfalfa sprouts 1/8 cup Lettuce, romaine 1 2/3 cups Mandarin orange, canned 2 slice Sourdough bread 2 1/2 cups Bran cereal, all varieties 1 2/3 cups Applesauce 1 Peach 1 Pear 12 spears Asparagus 1 3/4 cups Kidney beans 1 1/2 cups Tomato, canned 1/2 cup Tomato, puree 1 cup Salsa

42 tsp Olive, Flax or Salmon Oils 60 Peanuts 5 tbsp Low fat salad dressings 5 tsp Mayonnaise 42 tbsp Almonds, slivered 4 tsp Peanut butter, natural 24 Pistachio nuts 2 tsp Almond butter 2 oz Pumpkin seeds 2 oz Sunflower seeds 1 1/3 tsp Butter 11 Macadamia nuts

9 Walnuts

9 Cashews

Fats

Other

9 1/2 cups Yogurt, plain, low fat 37 cups Skim Milk 2 3/4 cups Lentils 4 1/2 oz Tempeh 3/4 cup Soybeans 8 cups Tomato vegetable soup 3 cups Chili, canned 9 oz Tofu, soft

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

Protein

Carbohydrates

46 Egg whites 602 grams Protein powder 13 1/4 cups Cottage cheese, light/low fat 12 patty Soy burger 16 oz Cheddar cheese, light/low fat 9 links Soy sausage 22 oz Cheese, low or non fat 52 oz Tofu 14 Eggs, whole 5 oz Hard cheeses, light/low fat 4 1/4 cups Ricotta cheese. skim 5 oz Mozzarella cheese, light/low fat 8 oz Soy, ground

8 Kiwis 6 cups Oatmeal 8 cups Fruit juice 2 Nectarines 1 1/2 cups Pineapple 4 cups Bran cereal, all varieties 10 slice Rye bread 1 Grapefruit 3 slice Whole grain bread 1/4 Cantaloupe 2/3 cup Honeydew melon 10 tbsp Barley 6 cups Mandarin orange, canned 1/2 cup Peaches, canned 3 1/4 cups Mushrooms 1 1/8 cups Lettuce, romaine 2 1/6 Tomatoes 1 cup Blackberries 1 tbsp Raisins 1 1/2 cups Broccoli 1 cup Cauliflower 1/2 cup Onions 7 3/4 Peppers (bell or cubanelle) 1 cup Rice 4 Cherries 1 3/4 cups Grapes 1 cup Guava 1 oz Bulgar wheat 1/4 cup Alfalfa sprouts 2 slice Sourdough bread 6 cups Eggplant 2 cups Sauerkraut 4 1/2 cups Cherry tomatoes 1 cup Chickpeas 1/4 head Lettuce, iceberg 1 cup Blueberries 2 cups Celery 1 1/2 cups Tomatoes 1 1/3 cups Applesauce 1/2 Peach 1/2 cup Strawberries 2 cups Raspberries 1/2 cup Carrots

41 tsp Olive, Flax or Salmon Oils
3 tsp Peanut butter, natural
36 Almonds, whole
49 tbsp Almonds, slivered
5 tsp Almond butter
24 Pistachio nuts
7 tbsp Low fat salad dressings 18 Walnuts
2 oz Pumpkin seeds 54 Peanuts
5 tsp Mayonnaise

9 Cashews

Fats

Other

14 1/2 cups Yogurt, plain, low fat 22 cups Skim Milk 12 cups Tomato vegetable soup 2 cups Lentils 6 oz Tofu, soft 3/4 cup Soybeans

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

Carbohydrates

Protein

2 1/2 cups Egg substitute 742 grams Protein powder 41 oz Cheese, low or non fat 40 oz Tofu 4 Eggs, whole 9 1/2 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 1 1/2 cups Ricotta cheese, skim 7 patty Soy burger 12 oz Cheddar cheese, light/low fat 44 Egg whites 31 oz Soy, ground 5 oz Mozzarella cheese, light/low fat

3/4 cup V 8 juice 2 slice Whole grain bread 4 1/3 cups Oatmeal 1/2 cup Peaches, canned 8 cups Fruit juice 2 slice Rye bread 1 1/2 cups Broccoli 1 cup Cauliflower 2 cups Onions 5 1/2 Peppers (bell or cubanelle) 2 cups Rice 15 1/2 tbsp Barley 1 1/2 cups Grapes 5 1/2 cups Bran cereal, all varieties 1 2/3 cups Mandarin orange, canned 3 cups Blueberries 1/4 cup Alfalfa sprouts 2 1/8 cups Lettuce, romaine 7 1/6 Tomatoes 2 slice Sourdough bread 1 Nectarine 2 cups Chickpeas 2 cups Cucumber 1 1/2 Apples 1/4 cup Tomato sauce 1 2/3 cups Applesauce 8 Cherries 2 cups Pineapple 8 Kiwis 1/4 Cantaloupe 2/3 cup Honeydew melon 1 1/4 cups Kidney beans 1/2 cup Tomato, puree 1 cup Salsa 5 cups Mushrooms 1 cup Blackberries 1 tbsp Raisins 2 cups Cereal, cold 3/4 cup Cranberries 1/2 cup Carrots 1/2 Peach 1/2 cup Strawberries 3 Apricots 1 cup Tomato, canned 2 oz Matzo

Fats

4 Macadamia nuts 10 tsp Peanut butter, natural 51 2/3 tsp Olive. Flax or Salmon Oils 1 1/3 tsp Butter 9 Walnuts 1 oz Pumpkin seeds 16 tbsp Almonds, slivered 42 Peanuts 2 oz Sunflower seeds 12 Olives 48 Pistachio nuts 5 tbsp Low fat salad dressings 9 Cashews

18 Almonds, whole

11 1/2 cups Yogurt, plain, low fat 26 cups Skim Milk 3 cups Chili, canned

Other

1 1/4 cups Lentils 4 cups Tomato vegetable soup 9 oz Tempeh 2 1/4 cups Soybeans 4 cups Vegetable soup

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

Carbohydrates

Protein

5 cups Egg substitute 581 grams Protein powder 27 oz Cheese, low or non fat 64 oz Tofu 86 Egg whites 11 3/4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 18 oz Cheddar cheese, light/low fat 9 links Soy sausage 8 patty Soy burger 1 1/2 cups Ricotta cheese, skim

1 1/2 cups V 8 juice 9 slice Whole grain bread 3 cups Oatmeal 8 cups Fruit juice 2 cups Chickpeas 1 3/4 cups Onions 2 cups Cucumber 11 1/6 Tomatoes 1 1/2 Apples 4 cups Spinach 3 cups Grapes 2 1/2 cups Bran cereal, all varieties 3/4 Cantaloupe 2 cups Honeydew melon 3 Nectarines 8 1/2 tbsp Barley 1/4 cup Tomato sauce 2 1/3 cups Applesauce 1 cup Rice 5 Kiwis 9 cups Eggplant 2 cups Sauerkraut 10 Peppers (bell or cubanelle) 4 cups Cherry tomatoes 4 slice Rye bread 2 cups Cereal, cold 3/4 cup Cranberries 2 1/8 cups Lettuce, romaine 4 cups Celery 3 cups Tomatoes 1/2 cup Pineapple 8 Cherries 1 cup Blackberries 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 3 cups Bean sprouts 1 cup Guava 1 oz Bulgar wheat 1 Grapefruit 1/4 cup Alfalfa sprouts 2/3 cup Mandarin orange, canned 2 slice Sourdough bread

Fats

8 Macadamia nuts 20 tsp Peanut butter, natural 44 1/3 tsp Olive. Flax or Salmon Oils 39 tbsp Almonds, slivered 54 Peanuts 12 Olives 11 tbsp Low fat salad dressings 5 tsp Mayonnaise 36 Almonds, whole 24 Pistachio nuts 18 Cashews 3 tsp Almond butter

Other

11 1/2 cups Yogurt, plain, low fat 24 cups Skim Milk 13 1/2 oz Tempeh 4 1/4 cups Lentils 2 1/4 cups Soybeans 6 oz Tofu, soft

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

Carbohydrates

1 cup Blueberries

Protein

48 Egg whites 637 grams Protein powder 9 oz Hard cheeses. light/low fat 100 oz Tofu 4 patty Soy burger 20 oz Cheddar cheese, light/low fat 15 oz Cheese, low or non fat 10 1/4 cups Cottage cheese, light/low fat 3 3/4 cups Ricotta cheese, skim 2 1/2 cups Egg substitute 10 oz Soy, ground 6 1/2 links Soy sausage

6 cups Oatmeal 1/2 cup Peaches, canned 8 cups Fruit juice 3 cups Spinach 1/3 cup Water chestnuts 1 Orange 1 cup Carrots 1/4 cup Alfalfa sprouts 1 1/8 cups Lettuce, romaine 3 1/6 Tomatoes 1 2/3 cups Mandarin orange, canned 2 slice Sourdough bread 2 Nectarines 4 cups Bran cereal, all varieties 3/4 Cantaloupe 3 1/2 cups Grapes 2 cups Honeydew melon 3/4 cup Kidney beans 1 1/2 cups Tomato, canned 5 cups Celery 4 Kiwis 7 tbsp Barley 6 cups Eggplant 6 Peppers (bell or cubanelle) 3 cups Tomatoes 3/4 cup V 8 juice 4 slice Whole grain bread 4 cups Mushrooms 1 cup Blackberries 2 tbsp Raisins 1 1/4 cups Onions 1/2 cup Tomato sauce 2/3 cup Applesauce 3 1/3 cups Rice 8 Cherries 2 cups Raspberries 2 cups Guava 2 oz Bulgar wheat 1 1/4 cups Chickpeas 2 cups Cucumber 1/2 Apple 1 cup Pineapple 1 1/2 cups Cabbage 3 Apricots 12 spears Asparagus 4 cups Cauliflower

Fats

55 1/3 tsp Olive. Flax or Salmon Oils 5 tbsp Low fat salad dressinas 16 tbsp Almonds, slivered 60 Peanuts 2 oz Sunflower seeds 4 Macadamia nuts 12 tsp Peanut butter, natural 12 Olives 36 Pistachio nuts 2 tsp Almond butter 9 Walnuts 18 Almonds, whole

Other

27 cups Skim Milk 14 cups Yogurt, plain, low fat 4 1/2 cups Soybeans 1/2 cup Lentils 15 oz Tofu, soft 4 1/2 oz Tempeh 4 cups Tomato vegetable soup 4 cups Vegetable soup

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

Protein

2 1/2 cups Egg substitute 553 grams Protein powder 13 cups Cottage cheese, light/low fat 65 oz Soy, ground 24 oz Cheese. low or non fat 32 oz Tofu 17 oz Cheddar cheese, light/low fat 10 oz Mozzarella cheese, light/low fat 50 Egg whites 5 links Soy sausage 3 patty Soy burger 1 1/2 cups Ricotta cheese, skim

Carbohydrates

3/4 cup V 8 juice 4 slice Whole grain bread 5 cups Oatmeal 8 cups Fruit juice 5 Nectarines 2 cups Pineapple 5 cups Bran cereal, all varieties 3/4 cup Chickpeas 6 cups Mushrooms 10 Peppers (bell or cubanelle) 6 Kiwis 1/4 Cantaloupe 1 1/2 cups Grapes 2/3 cup Honeydew melon 4 cups Kidney beans 2 1/2 cups Tomato, canned 1 cup Celery 12 1/2 tbsp Barley 1 cup Carrots 1/2 cup Peaches, canned 3 cups Eggplant 2 cups Sauerkraut 4 cups Cherry tomatoes 2 cups Onions 2 oz Matzo 3 Apricots 1 1/2 cups Tomato, puree 3 cups Salsa 5 1/2 cups Strawberries 1 cup Blackberries 1 1/3 cups Applesauce 1 1/2 cups Cabbage 1 cup Zucchini 3 cups Bean sprouts 1 cup Blueberries 1/2 Peach 1 cup Mandarin orange, canned 2 cups Raspberries 1 cup Guava

1 oz Bulgar wheat

Fats

4 Macadamia nuts 10 tsp Peanut butter, natural 78 Peanuts 60 Almonds, whole 53 tsp Olive, Flax or Salmon Oils 16 tbsp Almonds, slivered 2 oz Sunflower seeds 5 tbsp Low fat salad dressings 5 tsp Mayonnaise 12 Pistachio nuts 9 Cashews 9 Walnuts 2 tsp Almond butter

Other

12 cups Yogurt, plain, low fat 33 cups Skim Milk 1 1/2 cups Soybeans 27 oz Tofu, soft 4 cups Vegetable soup 3/4 cup Lentils

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

Carbohydrates

Protein

651 grams Protein powder 4 oz Hard cheeses, light/low fat 98 oz Tofu 32 oz Cheese, low or non fat 9 patty Soy burger 9 1/2 cups Cottage cheese, light/low fat 50 Egg whites 11 oz Cheddar cheese, light/low fat 2 cups Ricotta cheese, skim 9 Eggs, whole 10 oz Soy, ground

2 cups Cereal, cold 3/4 cup Cranberries 6 cups Oatmeal 8 cups Fruit juice 3 cups Spinach 1/3 cup Water chestnuts 1 Orange 1 cup Carrots 1 1/2 cups Kidney beans 2 1/4 cups Onions 4 1/2 cups Tomato, canned 6 oz Matzo 9 3/4 Peppers (bell or cubanelle) 5 1/2 cups Strawberries 3/4 Cantaloupe 2 cups Grapes 2 cups Honeydew melon 1 Apple 1 Nectarine 6 tbsp Barley 2 slice Whole grain bread 1 slice Rye bread 1/4 cup Tomato sauce 1 2/3 cups Applesauce 2 cups Rice 1/2 Peach 1/2 cup Bran cereal, all varieties 1 cup Blueberries 2 2/3 cups Mandarin orange, canned 4 Kiwis 1/2 cup Peaches, canned 4 1/4 cups Mushrooms 1 cup Lettuce, romaine 2 Tomatoes 1 cup Blackberries 1 tbsp Raisins 1 3/4 cups Chickpeas 1/4 head Lettuce, iceberg 1/2 cup Cherry tomatoes 8 Cherries 2 cups Guava 2 oz Bulgar wheat 1 1/2 cups Broccoli 1 cup Cauliflower 1 cup Celery

Fats

61 tsp Olive, Flax or Salmon Oils
8 tsp Peanut butter, natural
5 tbsp Low fat salad dressings
22 tbsp Almonds, slivered
18 Peanuts
1 1/3 tsp Butter
12 Olives
9 Walnuts
24 Pistachio nuts
9 Cashews

Other

26 cups Skim Milk 4 1/2 cups Soybeans 15 oz Tofu, soft 14 1/2 cups Yogurt, plain, low fat 3 cups Chili, canned 8 cups Tomato vegetable soup 1 1/2 cups Lentils

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

Protein

Carbohydrates

38 oz Cheese, low or non fat 805 grams Protein powder 8 oz Hard cheeses, light/low fat 96 oz Tofu 10 1/2 links Soy sausage 24 Egg whites 16 oz Cheddar cheese, light/low fat 4 Eggs, whole 4 cups Cottage cheese, light/low fat 2 1/4 cups Ricotta cheese, skim 4 patty Soy burger 10 oz Soy, ground

3 Pears 3 cups Oatmeal 8 cups Fruit juice 8 cups Spinach 2/3 cup Water chestnuts 2 Oranges 2 cups Carrots 12 spears Asparagus 5 cups Cauliflower 4 1/3 cups Rice 1 Grapefruit 3 slice Whole grain bread 7 Kiwis 4 1/2 cups Cabbage 8 cups Mushrooms 2 cups Zucchini 6 cups Bean sprouts 7 1/2 Peppers (bell or cubanelle) 1 cup Blueberries 5 tbsp Barley 1 1/2 cups Onions 1/2 cup Tomato sauce 2 1/3 cups Applesauce 5 cups Strawberries 1 cup Peaches, canned 1 cup Lettuce, romaine 3 Tomatoes 1 cup Blackberries 2 tbsp Raisins 1 1/2 cups Broccoli 1/2 cup Grapes 1 cup Mandarin orange, canned 2 Apples 2 cups Guava 2 oz Bulgar wheat 4 slice Rye bread 1 Peach 2 1/2 cups Bran cereal, all varieties 2 cups Cereal, cold 3/4 cup Cranberries 1 Nectarine 1/4 Cantaloupe 2/3 cup Honeydew melon 3/4 cup Chickpeas

33 Macadamia nuts 3 tsp Peanut butter, natural 8 tbsp Low fat salad dressings 46 tsp Olive, Flax or Salmon Oils 3 tsp Almond butter 15 Almonds, whole 24 Pistachio nuts 30 tbsp Almonds. slivered 12 Olives 60 Peanuts 9 Walnuts 9 Cashews 2 oz Sunflower seeds

Fats

Other

27 cups Skim Milk 16 1/2 cups Yogurt, plain, low fat 3 3/4 cups Soybeans 3 3/4 cups Lentils 12 oz Tofu, soft