

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 3

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit</p> <p>Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili</p> <p>In large pan heat oil. Add chopped onion and pepper 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.</p> <p>Sprinkle with grated cheese and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

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

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

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Day: 4

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk</p>	<p>Item Portions 5.00 P 1.00 PC</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal Put all ingredients in a blender over ice and blend,</p>

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Day: 5

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>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.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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Day: 6

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

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

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Day: 7

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Is the Force within you? + www.VitalForceMulti.com

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Day: 8

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole</p>	<p>Item Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Sausage and eggs with fruit on the side. Simple and quick!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Herbed Ground Soy and Bean Stew</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 9

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 10

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad</p> <p>Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 11

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

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

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Day: 12

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu Stir Fry</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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

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Record your transformation + www.EmpoweredTransformation.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 13

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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Smoooooooooth...Protein builds muscles www.EmpoweredSmoothie.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 14

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 15

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>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.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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Day: 16

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 17

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Soy Sausage Dinner</p> <p>Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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Today's checklist: 1.Eat 2.Train 3.Grow www.EmpoweredNutrition.com

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Day: 18

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots</p>	<p>Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 19

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Grilled Dble Soy Burgers with Vegetables.</p> <p>Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce</p> <p>Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

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

All The Essentials, No HYPE + www.EmpoweredNutrition.com

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Day: 20

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>

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

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Day: 21

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

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Day: 22

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C .50 C 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad</p> <p>Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Stuffed Cabbage</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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Day: 23

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 24

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>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.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
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Day: 25

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

3 pillars to performance: nutrition + exercise + supplements

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Day: 26

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole</p>	<p>Item Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Sausage and eggs with fruit on the side. Simple and quick!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit</p> <p>Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Stuffed Cabbage</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce</p> <p>Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 27

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole</p>	<p>Item Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Sausage and eggs with fruit on the side. Simple and quick!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots</p>	<p>Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanella) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack Enjoy items separately!</p>

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

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

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 28

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsps Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsps Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
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Enter the challenge and WIN! + www.EmpoweredNutrition.com/Contests

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Day: 29

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad</p> <p>Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 30

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 31

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C .50 C 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad</p> <p>Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>3/4 cup Ricotta cheese, skim 14 oz Tofu 3/4 cup Soybeans 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanella) 1 1/2 cups Tomatoes 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 32

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Soy burger with toppings; fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 33

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad</p> <p>Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce</p> <p>Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

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Day: 34

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Soy Sausage Dinner Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

Explosive Powerful Strength is Hard CORE www.WhatIsCombatCoreStrength.com

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Day: 35

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 36

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit</p> <p>Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Grilled Dble Soy Burgers with Vegetables.</p> <p>Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

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Smoooooooooth...Protein builds muscles www.EmpoweredSmoothie.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 37

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 38

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu Stir Fry</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 39

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Soy burger with toppings; fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 40

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad</p> <p>Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 41

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 42

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 43

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 44

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>1 3/4 cups Cottage cheese, light/low fat 4 cups Tomato vegetable soup 1 slice Rye bread 1 oz Pumpkin seeds</p>	<p>Item Portions 7.00 P 6.00 A 2.00 C 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup and cottage cheese. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Soy burger with toppings; fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 45

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C .50 C 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad</p> <p>Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Stuffed Cabbage</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 46

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Meal plans work. Personalized nutrition delivers Powerful Proven Results. www.EmpoweredNutrition.com/Personalized-Nutrition-Programs

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 47

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Baked Soy and Vegetables</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 48

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

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3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 49

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots</p>	<p>Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili In large pan heat oil. Add chopped onion and pepper 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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
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Have a Protein Smoothie, be Empowered

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 50

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C .50 C 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 51

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 52

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Grilled Dble Soy Burgers with Vegetables.</p> <p>Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 53

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 54

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 55

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 56

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole</p>	<p>Item Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Sausage and eggs with fruit on the side. Simple and quick!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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 and dice egg whites over the mix and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Soy burger with toppings; fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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Day: 57

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Soy burger with toppings; fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

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Day: 58

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 59

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 60

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty breakfast: bran cereal with fruit mixed in. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 61

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 2.00 C 1.00 C .50 C .50 C 1.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad</p> <p>Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Baked Soy and Vegetables</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 62

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 63

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	Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949	Preparation Suggestions: 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 oil 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!

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

*** Remember to drink between 10 and 12 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.Grow 4. Become and INSIDER www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 64

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 1.00 C 4.00 C 4.00 F 7.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled Eggs and Toast Add spices to the egg mixture, then cook until desired consistency is reached.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>28 grams Protein powder 2 cups Skim Milk 1/3 cup Oatmeal 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Build It BIG www.MassBuildingMealPlans.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 65

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 66

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 P 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Sausage and Sauerkraut Salad</p> <p>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.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili</p> <p>In large pan heat oil. Add chopped onion and pepper 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.</p> <p>Sprinkle with grated cheese and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

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Day: 67

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>3 cups Skim Milk 4 cups Vegetable soup 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 Apricots</p>	<p>Item Portions 3.00 PC 4.00 A 6.00 F 6.00 P 1.00 C Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk - simple but healthful. Enjoy the nuts for dessert.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Find Out If You Have the Perfect Body Ratio Women Want + www.WhatsYourAdonisIndex.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 68

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese with Fruit</p> <p>Combine all ingredients with cinnamon & nutmeg (optional spices)</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 5.00 P .50 C 7.00 C .50 C 10.00 F 8.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Baked Barley with Mushrooms</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 69

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 P 2.00 PC 2.00 C 4.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 70

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 P 4.00 PC 2.00 C 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt, bran and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 4.00 F 3.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 2.00 C 10.00 F 13.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 57 Carbohydrates: 38 Fat: 37 Calories: 3963
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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 71

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili</p> <p>In large pan heat oil. Add chopped onion and pepper 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.</p> <p>Sprinkle with grated cheese and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 72

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>3 cups Skim Milk 21 grams Protein powder 1 Nectarine 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 PC 3.00 P 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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 cubanella) 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili In large pan heat oil. Add chopped onion and pepper 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.</p> <p>Sprinkle with grated cheese and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 73

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 1.00 C 4.00 C 9.00 F 2.00 F 4.00 P Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>5 oz Cheese, low or non fat 3 cups Chili, canned 1 1/3 tsp Butter 1 slice Rye bread 4 oz Tofu</p>	<p>Item Portions 5.00 P 6.00 A 4.00 F 2.00 C 2.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Chili with grated cheese on top and toast on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Stuffed Cabbage</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce</p> <p>Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 74

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 7.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Cook eggs any style. Enjoy the fruit on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Red-Bean Chili In large pan heat oil. Add chopped onion and pepper 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.</p> <p>Sprinkle with grated cheese and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 Kiwi 1/3 cup Oatmeal 3 tbsp Almonds, slivered</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 75

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 5.00 P 5.00 P 3.00 PC 5.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with Salad</p> <p>Cook the Tofu to your liking and toss vegetables in a salad bowl. Sprinkle slivered almonds on top and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 76

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 2 cups Cottage cheese, light/low fat 2 2/3 cups Oatmeal 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 8.00 P 8.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>10 oz Tofu 2 cups Skim Milk 4 cups Tomato vegetable soup 1 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 2.00 PC 6.00 A 4.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with extra protein packed tofu. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Cottage cheese, light/low fat 4 Cherries 1/4 cup Grapes 1 tbsp Barley 12 Pistachio nuts</p>	<p>Item Portions 6.00 P .50 C .50 C 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Grow while you sleep snack - Cottage Cheese, Cherries, Grapes and Pistachio. Mix all the ingredients together and enjoy cold.</p>

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

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

Is the Force within you? + www.VitalForceMulti.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 77

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>14 Egg whites 3 cups Yogurt, plain, low fat 2 Kiwis 3 2/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 6.00 P 3.00 PC 3.00 C 1.50 C .50 C 10.00 F 4.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Huge and Ripped + www.MetabolicSurgeProgram.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 78

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 2/3 cup Oatmeal 3 tsp Peanut butter, natural</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>6 1/2 links Soy sausage 12 spears Asparagus 4 cups Cauliflower 2 cups Rice 3 1/3 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 13.00 P 1.00 C 1.00 C 6.00 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Soy Sausage Dinner</p> <p>Brush soy sausage lightly with oil, broil or grill. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Late Night Protein Shake with Oatmeal</p> <p>Put all ingredients in a blender over ice and blend, adding water to create desired consistency. Enjoy and grow in your sleep!</p>

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

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Put up a fight, be empowered and visit www.EmpoweredMMA.com

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 79

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>10 Egg whites 4 links Soy sausage 1 Grapefruit 3 slice Whole grain bread 3 tsp Almond butter 15 Almonds, whole</p>	<p>Item Portions 5.00 P 8.00 P 2.00 C 6.00 C 6.00 F 5.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Sausage and eggs with fruit on the side. Simple and quick!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>21 grams Protein powder 3 cups Skim Milk 1 cup Blueberries 1 1/2 tbsp Barley</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 3.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 2/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 80

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 3.00 PC 2.00 PC 3.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>Mix the tofu, chopped fruit, and olive oil together and enjoy.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink</p> <p>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 and water in a blender.</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu Stir Fry</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 6 oz Tofu, soft 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 PC 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese and Grape Snack</p> <p>Enjoy items separately!</p>

Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 81

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 1/2 cups Ricotta cheese, skim 1 cup Mandarin orange, canned 9 Walnuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Mix these ingredients together to create a simple and delicious snack.</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 6.00 PC 1.00 C .57 C .50 C 10.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>35 grams Protein powder 1 cup Skim Milk 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 5.00 P 1.00 PC 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 82

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 3.00 P 3.00 PC 3.00 PC 2.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick, easy, and tasty breakfast to start your day. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Skim Milk 35 grams Protein powder 1/3 cup Oatmeal 1/2 cup Peaches, canned 1 tsp Olive, Flax or Salmon Oils</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>PRE WORKOUT - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F:0</p> <p>42 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 6.00 P 8.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>POST WORKOUT- Protein Shake</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Orange, Tofu, and Spinach Salad</p> <p>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!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>4 patty Soy burger 10 tbsp Almonds, slivered 4 slice Rye bread 5 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 10.00 F 8.00 C 5.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Grilled Dble Soy Burgers with Vegetables.</p> <p>Grill the burgers, throw them on bread 2 high, enjoy in the knowledge that you're on track toward your goals.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce</p> <p>Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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Empowered Nutrition - Critical Bench Lean Builder - 3963 Calories

Day: 83

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 10.00 P 3.00 PC 4.00 C 1.00 C 11.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 1 cup Applesauce 9 Cashews</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Cashews A nice light snack. Why not try dipping the cashews in the applesauce?</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>14 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Guava 1 oz Bulgar wheat</p>	<p>Item Portions 2.00 P 4.00 PC 2.00 C 2.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions 6.00 P 1.00 C .50 C .50 C 1.00 C</p>	<p>Preparation Suggestions:</p> <p>Fresh Fruit with Creamy Sauce Combine cottage cheese with cinnamon and nutmeg and blend until smooth. Pour over fruit in a small bowl and top with slivered almonds. Serve immediately.</p>

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Day: 84

<p>Breakfast - Meal Portions: P:13 C:8 F:11</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 P 3.00 PC 2.00 C 3.00 C 1.00 F 10.00 F Calories: 949</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>6 oz Cheese, low or non fat 3 Kiwis 12 Pistachio nuts</p>	<p>Item Portions 6.00 P 3.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Cheese, Kiwi & Pistachio Just because it's simple and quick doesn't mean it isn't tasty!</p>
<p>Mid Meal - Meal Portions: P:13 C:8 F:10</p> <p>49 grams Protein powder 3 cups Yogurt, plain, low fat 1 Apple 2 1/3 tsp Olive, Flax or Salmon Oils 18 Peanuts</p>	<p>Item Portions 7.00 P 6.00 PC 2.00 C 7.00 F 3.00 F Calories: 922</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Fruit & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:6 C:8 F: 0</p> <p>42 grams Protein powder 1/4 Cantaloupe 2/3 cup Honeydew melon 1 Kiwi 2 1/2 tbsp Barley</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 5.00 C Calories: 456</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:13 C:8 F:10</p> <p>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</p>	<p>Item Portions 3.00 PC 3.00 C 1.00 C 1.00 C 10.00 F 10.00 P Calories: 922</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 tsp Olive, Flax or Salmon Oils 1 tbsp Barley</p>	<p>Item Portions 1.00 PC 5.00 P 3.00 F 2.00 C Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Powerful Proven Results @ www.EmpoweredNutrition.com

Grocery List

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

Protein	Carbohydrates	Fats	Other
532 grams Protein powder	2 cups Cereal, cold	52 2/3 tsp Olive, Flax or Salmon Oils	36 cups Skim Milk
25 oz Cheese, low or non fat	3/4 cup Cranberries	36 Peanuts	4 1/2 oz Tempeh
84 oz Tofu	2 2/3 cups Oatmeal	12 Olives	3 cups Soybeans
27 oz Cheddar cheese, light/low fat	8 cups Fruit juice	24 Pistachio nuts	21 oz Tofu, soft
12 cups Cottage cheese, light/low fat	1/2 cup Chickpeas	12 tsp Peanut butter, natural	5 1/2 cups Yogurt, plain, low fat
5 oz Hard cheeses, light/low fat	2 1/4 cups Onions	39 Almonds, whole	2 3/4 cups Lentils
5 oz Mozzarella cheese, light/low fat	2 cups Cucumber	26 tbsp Almonds, slivered	4 cups Vegetable soup
8 oz Soy, ground	2 1/6 Tomatoes	5 tbsp Low fat salad dressings	4 cups Tomato vegetable soup
54 Egg whites	1/2 Apple	5 tsp Mayonnaise	
7 patty Soy burger	1/2 cup Tomato sauce	9 Cashews	
3 cups Ricotta cheese, skim	2 cups Applesauce	4 Macadamia nuts	
5 links Soy sausage	1 1/3 cups Rice	9 Walnuts	
2 1/2 cups Egg substitute	4 1/2 cups Strawberries	1 oz Pumpkin seeds	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
56 Egg whites	1 Grapefruit	5 tsp Almond butter	21 cups Skim Milk
10 1/2 links Soy sausage	3 slice Whole grain bread	15 Almonds, whole	18 cups Yogurt, plain, low fat
714 grams Protein powder	5 1/3 cups Oatmeal	78 Peanuts	4 1/2 oz Tempeh
23 oz Soy, ground	8 cups Fruit juice	8 tbsp Low fat salad dressings	2 1/4 cups Soybeans
35 oz Cheese, low or non fat	4 1/4 cups Mushrooms	47 1/3 tsp Olive, Flax or Salmon Oils	1 1/2 cups Lentils
4 patty Soy burger	2 cups Lettuce, romaine	24 Pistachio nuts	3 cups Chili, canned
5 oz Cheddar cheese, light/low fat	6 Tomatoes	29 tbsp Almonds, slivered	6 oz Tofu, soft
4 oz Hard cheeses, light/low fat	1 cup Blackberries	2 oz Sunflower seeds	4 cups Tomato vegetable soup
68 oz Tofu	1 tbsp Raisins	3 tsp Peanut butter, natural	
2 3/4 cups Ricotta cheese, skim	1 cup Kidney beans	1 1/3 tsp Butter	
7 1/2 cups Cottage cheese, light/low fat	1 cup Onions	11 Macadamia nuts	
9 Eggs, whole	1/2 cup Tomato, puree	9 Cashews	
	1 cup Salsa	9 Walnuts	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
64 Egg whites	2 cups Blackberries	55 2/3 tsp Olive, Flax or Salmon Oils	29 cups Skim Milk
8 1/2 cups Cottage cheese, light/low fat	6 slice Whole grain bread	11 tbsp Low fat salad dressings	2 1/4 cups Lentils
630 grams Protein powder	2 1/3 cups Oatmeal	5 tsp Mayonnaise	33 oz Tofu, soft
11 1/2 links Soy sausage	1 cup Peaches, canned	24 Pistachio nuts	2 1/4 cups Soybeans
22 oz Cheddar cheese, light/low fat	8 cups Fruit juice	32 tbsp Almonds, slivered	4 cups Vegetable soup
35 oz Cheese, low or non fat	6 cups Eggplant	72 Peanuts	3 cups Chili, canned
88 oz Tofu	2 cups Sauerkraut	18 Almonds, whole	5 cups Yogurt, plain, low fat
2 cups Ricotta cheese, skim	6 1/4 Peppers (bell or cubanelle)	2 tsp Peanut butter, natural	4 1/2 oz Tempeh
4 oz Hard cheeses, light/low fat	4 1/2 cups Cherry tomatoes	1 1/3 tsp Butter	
4 patty Soy burger	1 1/4 cups Onions	2 tsp Almond butter	
5 Eggs, whole	5 cups Spinach		
5 oz Mozzarella cheese, light/low fat	5 Tomatoes		
8 oz Soy, ground	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
72 Egg whites	4 cups Blueberries	50 tsp Olive, Flax or Salmon Oils	34 cups Skim Milk
476 grams Protein powder	2 1/3 cups Oatmeal	3 tsp Peanut butter, natural	8 1/2 cups Yogurt, plain, low fat
36 oz Cheese, low or non fat	8 cups Fruit juice	13 tbsp Almonds, slivered	9 oz Tempeh
106 oz Tofu	1 1/4 cups Chickpeas	18 Walnuts	3 3/4 cups Soybeans
6 3/4 cups Ricotta cheese, skim	2 cups Onions	11 Macadamia nuts	2 1/4 cups Lentils
5 Eggs, whole	2 cups Cucumber	72 Peanuts	3 cups Chili, canned
10 oz Cheddar cheese, light/low fat	6 Tomatoes	1 1/3 tsp Butter	12 oz Tofu, soft
7 1/4 cups Cottage cheese, light/low fat	1/2 Apple	18 Cashews	4 cups Vegetable soup
5 oz Hard cheeses, light/low fat	4 1/2 cups Cabbage	3 tbsp Low fat salad dressings	4 cups Tomato vegetable soup
14 1/2 links Soy sausage	1/2 cup Tomato sauce	6 tsp Almond butter	
	3 cups Applesauce	69 Almonds, whole	
	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 Bulgur 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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
66 Egg whites	6 Kiwis	42 tsp Olive, Flax or Salmon Oils	9 1/2 cups Yogurt, plain, low fat
553 grams Protein powder	2 cups Oatmeal	60 Peanuts	37 cups Skim Milk
11 1/2 links Soy sausage	8 cups Fruit juice	5 tbsp Low fat salad dressings	2 3/4 cups Lentils
18 oz Cheddar cheese, light/low fat	6 cups Eggplant	5 tsp Mayonnaise	4 1/2 oz Tempeh
3 1/4 cups Ricotta cheese, skim	2 cups Sauerkraut	42 tbsp Almonds, slivered	3/4 cup Soybeans
84 oz Tofu	8 Peppers (bell or cubanelle)	4 tsp Peanut butter, natural	8 cups Tomato vegetable soup
30 oz Cheese, low or non fat	5 cups Cherry tomatoes	24 Pistachio nuts	3 cups Chili, canned
4 Eggs, whole	2 1/2 cups Chickpeas	2 tsp Almond butter	9 oz Tofu, soft
10 1/2 cups Cottage cheese, light/low fat	1/2 cup Mushrooms	2 oz Pumpkin seeds	
4 patty Soy burger	1 3/4 cups Onions	2 oz Sunflower seeds	
13 oz Soy, ground	1/2 head Lettuce, iceberg	1 1/3 tsp Butter	
	3 cups Strawberries	11 Macadamia nuts	
	1 3/4 cups Grapes	9 Walnuts	
	6 slice Whole grain bread	9 Cashews	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
46 Egg whites	8 Kiwis	41 tsp Olive, Flax or Salmon Oils	14 1/2 cups Yogurt, plain, low fat
602 grams Protein powder	6 cups Oatmeal	3 tsp Peanut butter, natural	22 cups Skim Milk
13 1/4 cups Cottage cheese, light/low fat	8 cups Fruit juice	36 Almonds, whole	12 cups Tomato vegetable soup
12 patty Soy burger	2 Nectarines	49 tbsp Almonds, slivered	2 cups Lentils
16 oz Cheddar cheese, light/low fat	1 1/2 cups Pineapple	5 tsp Almond butter	6 oz Tofu, soft
9 links Soy sausage	4 cups Bran cereal, all varieties	24 Pistachio nuts	3/4 cup Soybeans
22 oz Cheese, low or non fat	10 slice Rye bread	7 tbsp Low fat salad dressings	
52 oz Tofu	1 Grapefruit	18 Walnuts	
14 Eggs, whole	3 slice Whole grain bread	2 oz Pumpkin seeds	
5 oz Hard cheeses, light/low fat	1/4 Cantaloupe	54 Peanuts	
4 1/4 cups Ricotta cheese, skim	2/3 cup Honeydew melon	5 tsp Mayonnaise	
5 oz Mozzarella cheese, light/low fat	10 tbsp Barley	9 Cashews	
8 oz Soy, ground	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 1/2 cups Egg substitute	3/4 cup V 8 juice	4 Macadamia nuts	11 1/2 cups Yogurt, plain, low fat
742 grams Protein powder	2 slice Whole grain bread	10 tsp Peanut butter, natural	26 cups Skim Milk
41 oz Cheese, low or non fat	4 1/3 cups Oatmeal	51 2/3 tsp Olive, Flax or Salmon Oils	3 cups Chili, canned
40 oz Tofu	1/2 cup Peaches, canned	1 1/3 tsp Butter	1 1/4 cups Lentils
4 Eggs, whole	8 cups Fruit juice	9 Walnuts	4 cups Tomato vegetable soup
9 1/2 cups Cottage cheese, light/low fat	2 slice Rye bread	1 oz Pumpkin seeds	9 oz Tempeh
5 oz Hard cheeses, light/low fat	1 1/2 cups Broccoli	16 tbsp Almonds, slivered	2 1/4 cups Soybeans
1 1/2 cups Ricotta cheese, skim	1 cup Cauliflower	2 oz Sunflower seeds	4 cups Vegetable soup
7 patty Soy burger	2 cups Onions	12 Olives	
12 oz Cheddar cheese, light/low fat	5 1/2 Peppers (bell or cubanelle)	48 Pistachio nuts	
44 Egg whites	2 cups Rice	5 tbsp Low fat salad dressings	
31 oz Soy, ground	15 1/2 tbsp Barley	9 Cashews	
5 oz Mozzarella cheese, light/low fat	1 1/2 cups Grapes	18 Almonds, whole	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 cups Egg substitute	1 1/2 cups V 8 juice	8 Macadamia nuts	11 1/2 cups
581 grams Protein powder	9 slice Whole grain bread	20 tsp Peanut butter, natural	Yogurt, plain, low fat
27 oz Cheese, low or non fat	3 cups Oatmeal	44 1/3 tsp Olive, Flax or Salmon Oils	24 cups Skim Milk
64 oz Tofu	8 cups Fruit juice	39 tbsp Almonds, slivered	13 1/2 oz Tempeh
86 Egg whites	2 cups Chickpeas	54 Peanuts	4 1/4 cups Lentils
11 3/4 cups Cottage cheese, light/low fat	1 3/4 cups Onions	12 Olives	2 1/4 cups Soybeans
5 oz Hard cheeses, light/low fat	2 cups Cucumber	11 tbsp Low fat salad dressings	6 oz Tofu, soft
18 oz Cheddar cheese, light/low fat	11 1/6 Tomatoes	5 tsp Mayonnaise	
9 links Soy sausage	1 1/2 Apples	36 Almonds, whole	
8 patty Soy burger	4 cups Spinach	24 Pistachio nuts	
1 1/2 cups Ricotta cheese, skim	3 cups Grapes	18 Cashews	
	2 1/2 cups Bran cereal, all varieties	3 tsp Almond butter	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
48 Egg whites	1 cup Blueberries	55 1/3 tsp Olive,	27 cups Skim Milk
637 grams Protein powder	6 cups Oatmeal	Flax or Salmon Oils	14 cups Yogurt, plain, low fat
9 oz Hard cheeses, light/low fat	1/2 cup Peaches, canned	5 tbsp Low fat salad dressings	4 1/2 cups Soybeans
100 oz Tofu	8 cups Fruit juice	16 tbsp Almonds, slivered	1/2 cup Lentils
4 patty Soy burger	3 cups Spinach	60 Peanuts	15 oz Tofu, soft
20 oz Cheddar cheese, light/low fat	1/3 cup Water chestnuts	2 oz Sunflower seeds	4 1/2 oz Tempeh
15 oz Cheese, low or non fat	1 Orange	4 Macadamia nuts	4 cups Tomato vegetable soup
10 1/4 cups Cottage cheese, light/low fat	1 cup Carrots	12 tsp Peanut butter, natural	4 cups Vegetable soup
3 3/4 cups Ricotta cheese, skim	1/4 cup Alfalfa sprouts	12 Olives	
2 1/2 cups Egg substitute	1 1/8 cups Lettuce, romaine	36 Pistachio nuts	
10 oz Soy, ground	3 1/6 Tomatoes	2 tsp Almond butter	
6 1/2 links Soy sausage	1 2/3 cups Mandarin orange, canned	9 Walnuts	
	2 slice Sourdough bread	18 Almonds, whole	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 1/2 cups Egg substitute	3/4 cup V 8 juice	4 Macadamia nuts	12 cups Yogurt, plain, low fat
553 grams Protein powder	4 slice Whole grain bread	10 tsp Peanut butter, natural	33 cups Skim Milk
13 cups Cottage cheese, light/low fat	5 cups Oatmeal	78 Peanuts	1 1/2 cups Soybeans
65 oz Soy, ground	8 cups Fruit juice	60 Almonds, whole	27 oz Tofu, soft
24 oz Cheese, low or non fat	5 Nectarines	53 tsp Olive, Flax or Salmon Oils	4 cups Vegetable soup
32 oz Tofu	2 cups Pineapple	16 tbsp Almonds, slivered	3/4 cup Lentils
17 oz Cheddar cheese, light/low fat	5 cups Bran cereal, all varieties	2 oz Sunflower seeds	
10 oz Mozzarella cheese, light/low fat	3/4 cup Chickpeas	5 tbsp Low fat salad dressings	
50 Egg whites	6 cups Mushrooms	5 tsp Mayonnaise	
5 links Soy sausage	10 Peppers (bell or cubanelle)	12 Pistachio nuts	
3 patty Soy burger	6 Kiwis	9 Cashews	
1 1/2 cups Ricotta cheese, skim	1/4 Cantaloupe	9 Walnuts	
	1 1/2 cups Grapes	2 tsp Almond butter	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
651 grams Protein powder	2 cups Cereal, cold	61 tsp Olive, Flax or Salmon Oils	26 cups Skim Milk
4 oz Hard cheeses, light/low fat	3/4 cup Cranberries	8 tsp Peanut butter, natural	4 1/2 cups Soybeans
98 oz Tofu	6 cups Oatmeal	5 tbsp Low fat salad dressings	15 oz Tofu, soft
32 oz Cheese, low or non fat	8 cups Fruit juice	22 tbsp Almonds, slivered	14 1/2 cups Yogurt, plain, low fat
9 patty Soy burger	3 cups Spinach	18 Peanuts	3 cups Chili, canned
9 1/2 cups Cottage cheese, light/low fat	1/3 cup Water chestnuts	1 1/3 tsp Butter	8 cups Tomato vegetable soup
50 Egg whites	1 Orange	12 Olives	1 1/2 cups Lentils
11 oz Cheddar cheese, light/low fat	1 cup Carrots	9 Walnuts	
2 cups Ricotta cheese, skim	1 1/2 cups Kidney beans	24 Pistachio nuts	
9 Eggs, whole	2 1/4 cups Onions	9 Cashews	
10 oz Soy, ground	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
38 oz Cheese, low or non fat	3 Pears	33 Macadamia nuts	27 cups Skim Milk
805 grams Protein powder	3 cups Oatmeal	3 tsp Peanut butter, natural	16 1/2 cups Yogurt, plain, low fat
8 oz Hard cheeses, light/low fat	8 cups Fruit juice	8 tbsp Low fat salad dressings	3 3/4 cups Soybeans
96 oz Tofu	8 cups Spinach	46 tsp Olive, Flax or Salmon Oils	3 3/4 cups Lentils
10 1/2 links Soy sausage	2/3 cup Water chestnuts	3 tsp Almond butter	12 oz Tofu, soft
24 Egg whites	2 Oranges	15 Almonds, whole	
16 oz Cheddar cheese, light/low fat	2 cups Carrots	24 Pistachio nuts	
4 Eggs, whole	12 spears Asparagus	30 tbsp Almonds, slivered	
4 cups Cottage cheese, light/low fat	5 cups Cauliflower	12 Olives	
2 1/4 cups Ricotta cheese, skim	4 1/3 cups Rice	60 Peanuts	
4 patty Soy burger	1 Grapefruit	9 Walnuts	
10 oz Soy, ground	3 slice Whole grain bread	9 Cashews	
	7 Kiwis	2 oz Sunflower seeds	
	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		