

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 2

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbps Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Day: 3

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

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Day: 4

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Enter the challenge and WIN! + www.EmpoweredNutrition.com/Contests

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 5

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 6

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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Day: 7

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
** Remember to drink between 10 and 12 glasses of water per day. **

Huge and Ripped + www.MetabolicSurgeProgram.com

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Day: 8

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

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Day: 9

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Vince Reveals His No Non Sense Muscle Building Strategy! www.VincesNoNonSenseMuscleBuilding.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 10

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 11

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Record your transformation + www.EmpoweredTransformation.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 12

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 13

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry</p> <p>Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 14

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 15

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 16

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 17

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Build It BIG www.MassBuildingMealPlans.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 18

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 19

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 20

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew</p> <p>Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 21

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Your best body ever in 12 weeks! www.EmpoweredNutrition.com/Contests

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Day: 22

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 3 cups Cabbage 2 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 2 Peppers (bell or cubanelle) 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 23

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 24

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

3 pillars to performance: nutrition + exercise + supplements

~~3 pillars to performance: nutrition + exercise + supplements~~ www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 25

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 26

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew</p> <p>Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 27

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 28

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

MASS Building Information and Supplements + www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 29

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 28 grams Protein powder 2 cups Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 30

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 31

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 32

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 33

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 34

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 28 grams Protein powder 2 cups Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 35

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 36

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 37

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 38

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 39

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>14 grams Protein powder</p>	<p>Item Portions 2.00 P</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 40

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 41

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 42

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 43

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 44

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 45

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 46

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 47

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

3 pillars to performance: nutrition + exercise + supplements

3 pillars to performance: nutrition + exercise + supplements www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 48

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
**** Remember to drink between 10 and 12 glasses of water per day. ****

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 49

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 50

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>4.00 P 2.00 C 2.00 C 3.00 F</p> <p>Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <ul style="list-style-type: none"> 42 grams Protein powder 2 cups Fruit juice 	<p>Item Portions</p> <p>6.00 P 6.00 C</p> <p>Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <ul style="list-style-type: none"> 1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 Peppers (bell or cubanelle) 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Mexican Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>12.00 P 3.00 C 3.00 C 6.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 2 cups Yogurt, plain, low fat 9 Almonds, whole 	<p>Item Portions</p> <p>4.00 PC 3.00 F</p> <p>Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 51

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 52

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 53

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts 	<p>Item Portions</p> <p>4.00 P 4.00 C 3.00 F</p> <p>Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground 	<p>Item Portions</p> <p>1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <ul style="list-style-type: none"> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal 	<p>Item Portions</p> <p>6.00 P 4.00 C 2.00 C</p> <p>Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F</p> <p>Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 54

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 55

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 56

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 2 2/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 57

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 58

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 59

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew</p> <p>Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 60

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 28 grams Protein powder 2 cups Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 61

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry</p> <p>Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 62

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 63

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 1/2 cups Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Build It BIG www.MassBuildingMealPlans.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 64

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 28 grams Protein powder 2 cups Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat</p>	<p>Item Portions 4.00 P</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 65

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Swell Swole Simple www.EmpoweredNutrition.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 66

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 67

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Cottage cheese, light/low fat 42 grams Protein powder 1 cup Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 68

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Stew</p> <p>Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 69

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>42 grams Protein powder 3 cups Milk, low fat (1%) 2 1/2 tbsp Barley 2 cups Bran cereal, all varieties 8 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Optimal Supplement Recommendation: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C .50 C 4.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 70

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbps Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 71

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 1/2 cups Won ton soup 3 whole Pita 1 tsp Olive or monounsaturated oil 6 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)</p>	<p>Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 72

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Egg substitute 6 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 1/4 cups Goat cheese, light/low fat 14 oz Tofu 2 cups Fruit cocktail 3 slice Whole grain bread 3 Macadamia nuts 5 tsp Mayonnaise</p>	<p>Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 73

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions 1/4 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P .50 C .50 C .13 C 1.00 C 2.00 C 8.00 C 8.00 F 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 74

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 3 cups Cabbage 2 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 2 Peppers (bell or cubanelle) 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 75

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1 cup Cucumber 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/2 cups Grapes 3 whole Pita 2 tsp Olive or monounsaturated oil 12 Peanuts</p>	<p>Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 3 cups Cabbage 2 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 2 Peppers (bell or cubanelle) 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 76

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>12 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Huge and Ripped + www.MetabolicSurgeProgram.com

Huge and Ripped + www.MetabolicSurgeProgram.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 77

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1 cup Neufchatel cheese, light/low fat 16 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 78

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>1 cup Neufchatel cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Egg drop soup 1 1/3 Bananas 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 3 cups Cabbage 2 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 2 Peppers (bell or cubanelle) 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

Vince Reveals His No Non Sense Muscle Building Strategy! www.VincesNoNonSenseMuscleBuilding.com

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 79

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 8 Egg whites 8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>4.00 P 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 4.00 C 2.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered 	<p>Item Portions</p> <p>4.00 PC 3.00 F</p> <p>Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground 	<p>Item Portions</p> <p>2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <ul style="list-style-type: none"> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal 	<p>Item Portions</p> <p>6.00 P 4.00 C 2.00 C</p> <p>Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <ul style="list-style-type: none"> 12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 3 cups Rice 2 2/3 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F</p> <p>Calories: 984</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <ul style="list-style-type: none"> 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil 	<p>Item Portions</p> <p>2.00 P 2.00 PC 2.00 C 3.00 F</p> <p>Calories: 337</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>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 80

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 3 tbsp Barley 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>1 1/2 cups Neufchatel cheese, light/low fat 12 oz Tofu 3 cups Cabbage 2 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 2 Peppers (bell or cubanelle) 2 1/3 cups Rice 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry</p> <p>Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 81

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Cheese, low or non fat 21 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 82

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal</p>	<p>Item Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise</p>	<p>Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>6 oz Feta cheese, light/low fat 10 oz Tofu 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 3 whole Pita 2 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)</p>	<p>Item Portions 6.00 P 5.00 P 2.00 C 1.00 C 2.00 C 6.00 C 8.00 F 1.00 PC Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

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

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

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 83

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers 1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed salsa vegetables and yogurt. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F: 8</p> <p>7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:12 C:12 F:8</p> <p>8 Egg whites 2 cups Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984</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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</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:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Empowered Nutrition - Critical Bench Lean Builder - 4010 Calories

Day: 84

<p>Breakfast - Meal Portions: P:12 C:12 F:8</p> <p>2 cups Cottage cheese, light/low fat 28 grams Protein powder 2 cups Strawberries 3 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:12 C:12 F:8</p> <p>1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil 12 oz Soy, ground</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</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:12 C:12 F:8</p> <p>1/2 cup Neufchatel cheese, light/low fat 20 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 2 cups Pasta 2 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 10.00 P .50 C 1.00 C .50 C 1.33 C .75 C 8.00 C 8.00 F Calories: 984</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. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 1/4 cups Cottage cheese, light/low fat	13 cups Strawberries	16 tbsp Almonds, slivered	11 1/2 cups Yogurt, plain, low fat
511 grams Protein powder	11 tbsp Barley	49 tsp Olive or monounsaturated oil	18 cups Milk, low fat (1%)
18 oz Cheese, low or non fat	6 cups Bran cereal, all varieties	108 Peanuts	2 1/2 cups Won ton soup
74 oz Tofu	4 2/3 cups Oatmeal	10 tsp Mayonnaise	1 cup Egg drop soup
4 cups Neufchatel cheese, light/low fat	9 cups Fruit juice	3 Macadamia nuts	3 cups Chili, canned
36 Eggs, whole	16 slice Whole grain bread	9 Almonds, whole	
11 oz Cheddar cheese, light/low fat	6 Rice cakes		
1 1/4 cups Goat cheese, light/low fat	3 cups Cabbage		
12 oz Textured Vegetable Protein	8 cups Mushrooms		
8 Egg whites	2 cups Zucchini		
19 oz Feta cheese, light/low fat	1 1/2 cups Bean sprouts		
24 oz Soy, ground	7 Peppers (bell or cubanelle)		
6 links Soy sausage	10 cups Rice		
4 patty Soy burger	3 2/3 cups Applesauce		
	6 3/4 cups Onions		
	1 3/4 cups Jalapeno peppers		
	4 1/2 cups Salsa		
	10 1/2 cups Tomatoes		
	5 2/3 cups Fruit cocktail		
	4 cups Peaches, canned		
	5 whole Pita		
	1 Apple		
	1 1/2 cups Tomato, puree		
	4 cups Celery		
	5 cups Pasta		
	1 1/3 Bananas		
	1 1/2 cups Beans, green or yellow		
	1/2 cup Beans, black		
	1 cup Chickpeas		
	2 cups Cucumber		
	2 cups Blueberries		
	1 cup Baked beans		
	2 1/3 cups Potato		

Grocery List

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

Protein	Carbohydrates	Fats	Other
602 grams Protein powder	3 2/3 cups Mandarin orange, canned	58 tsp Olive or monounsaturated oil	2 1/2 cups Won ton soup
18 oz Feta cheese, light/low fat	11 1/3 cups Oatmeal	120 Peanuts	17 cups Milk, low fat (1%)
36 oz Soy, ground	11 cups Strawberries	3 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
28 oz Cheese, low or non fat	12 cups Fruit juice	5 tsp Mayonnaise	2 cups Lentils
34 Eggs, whole	12 whole Pita	9 Almonds, whole	
12 oz Textured Vegetable Protein	1 cup Chickpeas		
16 Egg whites	1/4 cup Kidney beans		
70 oz Tofu	4 cups Onions		
1 1/2 cups Neufchatel cheese, light/low fat	6 cups Tomatoes		
4 cups Cottage cheese, light/low fat	7 1/4 cups Pasta		
3 1/2 cups Egg substitute	2 2/3 cups Applesauce		
1 cup Goat cheese, light/low fat	17 slice Whole grain bread		
4 patty Soy burger	2 cups Cucumber		
4 oz Cheddar cheese, light/low fat	2 Tomatoes		
	2 Apples		
	7 1/2 cups Peaches, canned		
	4 cups Mushrooms		
	5 1/3 cups Rice		
	5 1/2 tbsp Barley		
	7 cups Celery		
	11 1/2 Peppers (bell or cubanelle)		
	1 1/2 cups Grapes		
	3 cups Eggplant		
	2 Rice cakes		
	2 2/3 cups Fruit cocktail		
	2 cups Tomato, puree		
	2 cups Blueberries		
	1 cup Carrots		
	1 cup Spinach		
	1 1/2 cups Bran cereal, all varieties		
	2 cups Salsa		
	2 cups Jalapeno peppers		
	1 1/2 cups Cabbage		
	1 cup Zucchini		
	2 cups Bean sprouts		
	1 cup Baked beans		
	2 1/3 cups Potato		

Grocery List

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

Protein	Carbohydrates	Fats	Other
525 grams Protein powder	7 1/2 tbsp Barley	11 tbsp Almonds, slivered	19 cups Milk, low fat (1%)
19 oz Cheddar cheese, light/low fat	4 cups Bran cereal, all varieties	52 1/3 tsp Olive or monounsaturated oil	10 cups Yogurt, plain, low fat
28 oz Cheese, low or non fat	12 cups Strawberries	120 Peanuts	3 cups Chili, canned
62 oz Tofu	12 cups Fruit juice	10 tsp Mayonnaise	
12 oz Feta cheese, light/low fat	20 slice Whole grain bread	3 Macadamia nuts	
38 Eggs, whole	5 1/4 cups Onions	9 Almonds, whole	
3 1/4 cups Cottage cheese, light/low fat	12 Peppers (bell or cubanelle)		
2 1/4 cups Goat cheese, light/low fat	6 cups Salsa		
12 patty Soy burger	9 whole Pita		
3 1/2 cups Egg substitute	4 Apples		
24 oz Soy, ground	6 Rice cakes		
1 1/2 cups Neufchatel cheese, light/low fat	2/3 cup Mandarin orange, canned		
6 links Soy sausage	5 2/3 cups Fruit cocktail		
	4 1/3 cups Oatmeal		
	3 cups Baked beans		
	7 cups Potato		
	4 cups Peaches, canned		
	4 1/4 cups Jalapeno peppers		
	1 cup Tomato, puree		
	3 cups Celery		
	3 1/4 cups Pasta		
	5 cups Mushrooms		
	13 1/2 cups Tomatoes		
	4 2/3 cups Rice		
	2 cups Cucumber		
	1 1/2 cups Grapes		
	1 cup Chickpeas		
	1/4 cup Kidney beans		
	1 Tomato		
	2 cups Blueberries		
	1 cup Applesauce		

Grocery List

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

Protein	Carbohydrates	Fats	Other
497 grams Protein powder	2 cups Mandarin orange, canned	56 1/3 tsp Olive or monounsaturated oil	9 1/2 cups Yogurt, plain, low fat
36 oz Feta cheese, light/low fat	9 2/3 cups Oatmeal	84 Peanuts	18 cups Milk, low fat (1%)
86 oz Tofu	7 1/2 tbsp Barley	3 Macadamia nuts	5 cups Won ton soup
3 cups Neufchatel cheese, light/low fat	14 cups Strawberries	5 tsp Mayonnaise	
8 oz Cheese, low or non fat	8 cups Fruit juice	18 Almonds, whole	
40 Eggs, whole	5 cups Celery	3 tbsp Almonds, slivered	
6 cups Cottage cheese, light/low fat	1 cup Cucumber		
2 1/4 cups Goat cheese, light/low fat	12 Peppers (bell or cubanelle)		
8 Egg whites	9 cups Tomatoes		
48 oz Soy, ground	1 1/2 cups Grapes		
2 cups Egg substitute	18 whole Pita		
	3 cups Cabbage		
	5 cups Mushrooms		
	2 cups Zucchini		
	1 1/2 cups Bean sprouts		
	5 cups Rice		
	2 2/3 cups Applesauce		
	7 1/2 cups Onions		
	3 cups Jalapeno peppers		
	7 cups Salsa		
	4 2/3 cups Fruit cocktail		
	15 slice Whole grain bread		
	6 1/2 cups Peaches, canned		
	1 1/2 cups Tomato, puree		
	6 1/2 cups Pasta		
	3 cups Bran cereal, all varieties		
	2 cups Chickpeas		
	1/2 cup Kidney beans		

Grocery List

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

Protein	Carbohydrates	Fats	Other
9 1/4 cups Cottage cheese, light/low fat	18 cups Strawberries	21 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
553 grams Protein powder	16 1/2 tbsp Barley	46 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
22 oz Cheese, low or non fat	9 1/2 cups Bran cereal, all varieties	138 Peanuts	2 cups Lentils
90 oz Tofu	9 cups Fruit juice	15 tsp Mayonnaise	2 1/2 cups Won ton soup
12 patty Soy burger	14 slice Whole grain bread	6 Macadamia nuts	1 cup Egg drop soup
15 oz Cheddar cheese, light/low fat	8 Rice cakes		
20 Eggs, whole	13 Peppers (bell or cubanelle)		
12 oz Soy, ground	3 cups Baked beans		
16 Egg whites	7 cups Potato		
25 oz Feta cheese, light/low fat	2 Apples		
2 1/2 cups Goat cheese, light/low fat	5 1/2 cups Peaches, canned		
2 cups Neufchatel cheese, light/low fat	3 cups Onions		
	1/2 cup Tomato, puree		
	5 cups Celery		
	3 cups Pasta		
	7 1/3 cups Oatmeal		
	1 Tomato		
	1 cup Carrots		
	1 cup Spinach		
	3 cups Cucumber		
	3 cups Tomatoes		
	1 1/2 cups Grapes		
	8 whole Pita		
	2 2/3 cups Applesauce		
	6 2/3 cups Fruit cocktail		
	1 1/2 cups Beans, green or yellow		
	1/2 cup Beans, black		
	1 cup Chickpeas		
	1 1/3 Bananas		
	3 cups Eggplant		
	2 1/3 cups Rice		
	1 cup Salsa		

Grocery List

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

Protein	Carbohydrates	Fats	Other
50 Eggs, whole	6 1/2 cups Peaches, canned	59 1/3 tsp Olive or monounsaturated oil	20 cups Milk, low fat (1%)
483 grams Protein powder	20 slice Whole grain bread	108 Peanuts	2 1/2 cups Won ton soup
12 oz Feta cheese, light/low fat	10 cups Strawberries	3 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
60 oz Tofu	6 tbsp Barley		2 cups Lentils
32 oz Cheese, low or non fat	10 cups Fruit juice		3 cups Chili, canned
5 1/2 cups Egg substitute	9 whole Pita		
12 oz Soy, ground	1 1/2 cups Beans, green or yellow		
3 cups Neufchatel cheese, light/low fat	1/2 cup Beans, black		
2 cups Goat cheese, light/low fat	1 cup Chickpeas		
32 Egg whites	4 cups Cucumber		
3 1/4 cups Cottage cheese, light/low fat	8 1/2 Peppers (bell or cubanelle)		
24 oz Textured Vegetable Protein	5 cups Pasta		
	2 2/3 cups Applesauce		
	6 cups Onions		
	1/2 cup Tomato, puree		
	4 cups Celery		
	4 cups Blueberries		
	8 1/3 cups Oatmeal		
	3 cups Eggplant		
	10 cups Tomatoes		
	11 cups Rice		
	2/3 cup Mandarin orange, canned		
	5 cups Jalapeno peppers		
	4 cups Salsa		
	10 cups Mushrooms		
	4 Apples		
	4 Rice cakes		
	2 2/3 cups Fruit cocktail		
	3 Tomatoes		
	1 cup Carrots		
	1 cup Spinach		
	2 cups Bran cereal, all varieties		
	1 1/2 cups Cabbage		
	1 cup Zucchini		
	2 cups Bean sprouts		

Grocery List

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

Protein	Carbohydrates	Fats	Other
777 grams Protein powder	4 2/3 cups Mandarin orange, canned	51 1/3 tsp Olive or monounsaturated oil	21 cups Milk, low fat (1%)
34 oz Cheese, low or non fat	14 1/3 cups Oatmeal	126 Peanuts	2 cups Lentils
66 oz Tofu	8 tbsp Barley	10 tsp Mayonnaise	6 cups Yogurt, plain, low fat
12 oz Feta cheese, light/low fat	10 cups Strawberries	11 tbsp Almonds, slivered	2 1/2 cups Won ton soup
3 1/4 cups Cottage cheese, light/low fat	12 cups Fruit juice	9 Almonds, whole	3 cups Chili, canned
16 Egg whites	9 slice Whole grain bread		
16 Eggs, whole	4 1/2 cups Onions		
2 cups Neufchatel cheese, light/low fat	5 1/2 Peppers (bell or cubanelle)		
24 oz Soy, ground	1 cup Salsa		
4 patty Soy burger	9 whole Pita		
7 oz Cheddar cheese, light/low fat	2 Apples		
6 links Soy sausage	6 Rice cakes		
12 oz Textured Vegetable Protein	4 cups Bran cereal, all varieties		
	3 2/3 cups Fruit cocktail		
	1 cup Cucumber		
	2 Tomatoes		
	4 cups Blueberries		
	1 cup Carrots		
	1 cup Spinach		
	3 1/2 cups Peaches, canned		
	6 cups Mushrooms		
	3 cups Tomatoes		
	7 2/3 cups Rice		
	3 2/3 cups Applesauce		
	2 cups Tomato, puree		
	4 cups Celery		
	6 cups Pasta		
	1 cup Baked beans		
	2 1/3 cups Potato		
	1 1/2 cups Cabbage		
	1 cup Zucchini		
	2 cups Bean sprouts		

Grocery List

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

Protein	Carbohydrates	Fats	Other
16 Egg whites	9 cups Mushrooms	56 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
52 Eggs, whole	6 cups Onions	9 Almonds, whole	12 cups Milk, low fat (1%)
497 grams Protein powder	3 cups Jalapeno peppers	6 tbsp Almonds, slivered	2 1/2 cups Won ton soup
1 cup Goat cheese, light/low fat	3 cups Salsa	108 Peanuts	
2 cups Egg substitute	8 cups Tomatoes	10 tsp Mayonnaise	
12 links Soy sausage	9 cups Oatmeal		
36 oz Soy, ground	25 slice Whole grain bread		
4 patty Soy burger	5 1/2 tbsp Barley		
4 oz Cheddar cheese, light/low fat	11 cups Strawberries		
7 oz Feta cheese, light/low fat	11 cups Fruit juice		
24 oz Textured Vegetable Protein	5 1/2 Peppers (bell or cubanelle)		
24 oz Cheese, low or non fat	6 cups Applesauce		
3 cups Cottage cheese, light/low fat	3 1/3 cups Fruit cocktail		
56 oz Tofu	12 2/3 cups Rice		
2 cups Neufchatel cheese, light/low fat	8 cups Peaches, canned		
	3 cups Tomato, puree		
	6 cups Celery		
	8 cups Pasta		
	1 cup Baked beans		
	2 1/3 cups Potato		
	1 cup Mandarin orange, canned		
	2 whole Pita		
	2 cups Blueberries		
	4 Rice cakes		
	1 1/2 cups Cabbage		
	1 cup Zucchini		
	2 cups Bean sprouts		
	1 1/2 cups Bran cereal, all varieties		

Grocery List

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

Protein	Carbohydrates	Fats	Other
28 Eggs, whole	4 cups Peaches, canned	51 2/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
609 grams Protein powder	13 slice Whole grain bread	108 Peanuts	9 1/2 cups Yogurt, plain, low fat
2 1/2 cups Neufchatel cheese, light/low fat	10 cups Strawberries	16 tbsp Almonds, slivered	1 cup Egg drop soup
12 oz Textured Vegetable Protein	7 1/3 cups Oatmeal	5 tsp Mayonnaise	3 cups Chili, canned
22 oz Cheese, low or non fat	13 cups Fruit juice	9 Almonds, whole	2 1/2 cups Won ton soup
4 cups Cottage cheese, light/low fat	1 1/3 Bananas		
48 oz Soy, ground	4 cups Mushrooms		
19 oz Feta cheese, light/low fat	5 1/4 cups Onions		
70 oz Tofu	7 cups Tomatoes		
11 oz Cheddar cheese, light/low fat	5 1/3 cups Rice		
4 patty Soy burger	1 Apple		
	2 Rice cakes		
	4 2/3 cups Mandarin orange, canned		
	2 2/3 cups Fruit cocktail		
	3 cups Tomato, puree		
	8 cups Celery		
	9 1/4 cups Pasta		
	9 1/2 Peppers (bell or cubanelle)		
	3 cups Salsa		
	8 whole Pita		
	1/4 cup Jalapeno peppers		
	7 tbsp Barley		
	1 cup Chickpeas		
	1/4 cup Kidney beans		
	2 2/3 cups Applesauce		
	4 cups Bran cereal, all varieties		
	2 cups Blueberries		
	1 cup Baked beans		
	2 1/3 cups Potato		
	1 1/2 cups Cabbage		
	1 cup Zucchini		
	2 cups Bean sprouts		
	3 cups Eggplant		

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 1/4 cups Cottage cheese, light/low fat	13 cups Strawberries	16 tbsp Almonds, slivered	7 1/2 cups Yogurt, plain, low fat
525 grams Protein powder	12 1/2 tbsp Barley	53 tsp Olive or monounsaturated oil	14 cups Milk, low fat (1%)
31 oz Feta cheese, light/low fat	6 cups Bran cereal, all varieties	120 Peanuts	2 1/2 cups Won ton soup
60 oz Tofu	9 cups Fruit juice	5 tsp Mayonnaise	1 cup Egg drop soup
18 oz Cheese, low or non fat	7 cups Celery	9 Almonds, whole	
3 cups Egg substitute	7 cups Cucumber		
28 Eggs, whole	5 Peppers (bell or cubanelle)		
48 oz Soy, ground	11 cups Tomatoes		
6 links Soy sausage	1 1/2 cups Grapes		
11 oz Cheddar cheese, light/low fat	5 whole Pita		
24 oz Textured Vegetable Protein	4 1/2 cups Beans, green or yellow		
1 cup Neufchatel cheese, light/low fat	1 1/2 cups Beans, black		
	4 cups Chickpeas		
	10 1/4 cups Pasta		
	5 cups Applesauce		
	7 cups Peaches, canned		
	20 slice Whole grain bread		
	3 2/3 cups Fruit cocktail		
	4 1/2 cups Onions		
	3 cups Tomato, puree		
	2 1/3 cups Oatmeal		
	8 cups Rice		
	4 cups Mushrooms		
	1/2 cup Jalapeno peppers		
	1 cup Salsa		
	2 cups Blueberries		
	1 1/3 Bananas		
	1/4 cup Kidney beans		
	4 Rice cakes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
50 Eggs, whole	7 cups Mushrooms	55 1/3 tsp Olive or monounsaturated oil	12 1/2 cups Yogurt, plain, low fat
455 grams Protein powder	5 1/4 cups Onions	120 Peanuts	14 cups Milk, low fat (1%)
18 oz Feta cheese, light/low fat	1 1/4 cups Jalapeno peppers	3 Macadamia nuts	2 1/2 cups Won ton soup
92 oz Tofu	3 cups Salsa	5 tsp Mayonnaise	2 cups Lentils
16 oz Cheese, low or non fat	11 1/2 cups Tomatoes	9 Almonds, whole	1 cup Egg drop soup
1 1/2 cups Egg substitute	10 cups Strawberries		3 cups Chili, canned
3 cups Cottage cheese, light/low fat	2 1/2 tbsp Barley		
1 1/4 cups Goat cheese, light/low fat	10 cups Fruit juice		
16 Egg whites	9 whole Pita		
4 oz Cheddar cheese, light/low fat	12 Peppers (bell or cubanelle)		
6 cups Neufchatel cheese, light/low fat	1 Apple		
24 oz Soy, ground	2 Rice cakes		
12 oz Textured Vegetable Protein	8 1/2 cups Peaches, canned		
	17 slice Whole grain bread		
	6 cups Fruit cocktail		
	7 2/3 cups Oatmeal		
	1 Tomato		
	1 cup Carrots		
	1 cup Spinach		
	1 1/3 Bananas		
	6 cups Eggplant		
	9 cups Celery		
	12 1/3 cups Rice		
	2 2/3 cups Applesauce		
	2 cups Tomato, puree		
	4 cups Pasta		
	6 cups Cabbage		
	4 cups Zucchini		
	3 cups Bean sprouts		
	1 cup Cucumber		
	1 1/2 cups Grapes		
	2 2/3 cups Mandarin orange, canned		

Grocery List

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

Protein	Carbohydrates	Fats	Other
28 Eggs, whole	4 cups Peaches, canned	53 2/3 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
644 grams Protein powder	12 slice Whole grain bread	18 Almonds, whole	11 1/2 cups Yogurt, plain, low fat
4 1/2 cups Neufchatel cheese, light/low fat	9 1/2 tbsp Barley	8 tbsp Almonds, slivered	1 cup Egg drop soup
78 oz Tofu	12 cups Strawberries	108 Peanuts	2 1/2 cups Won ton soup
16 Egg whites	11 cups Fruit juice	10 tsp Mayonnaise	2 cups Lentils
24 oz Soy, ground	1 1/3 Bananas		
12 oz Textured Vegetable Protein	7 1/2 cups Cabbage		
6 cups Cottage cheese, light/low fat	10 cups Mushrooms		
26 oz Cheese, low or non fat	5 cups Zucchini		
4 patty Soy burger	5 cups Bean sprouts		
4 oz Cheddar cheese, light/low fat	9 1/2 Peppers (bell or cubanelle)		
13 oz Feta cheese, light/low fat	7 2/3 cups Rice		
	6 1/2 cups Onions		
	1 1/2 cups Jalapeno peppers		
	3 1/2 cups Salsa		
	6 1/2 cups Tomatoes		
	9 2/3 cups Oatmeal		
	1 cup Tomato, puree		
	4 cups Celery		
	6 cups Pasta		
	4 cups Blueberries		
	3 1/2 cups Bran cereal, all varieties		
	4 Rice cakes		
	2 2/3 cups Applesauce		
	2 cups Mandarin orange, canned		
	2 2/3 cups Fruit cocktail		
	1 cup Cucumber		
	2 Tomatoes		
	1 Apple		
	8 whole Pita		
	1 cup Baked beans		
	2 1/3 cups Potato		
	1 cup Carrots		
	1 cup Spinach		