Day: 2	2
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Breakfast - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 50 Fat: 30 Calories: 4010 2 glasses of water per day. **

Day:	3
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Breakfast - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984	Preparation Suggestions: A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories:	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day: 4

Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
42 grams Protein powder 3 cups Milk, low fat (1%)	6.00 P 3.00 PC	A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your
2 1/2 tbsp Barley	5.00 C	cereal for a bit of crunch!
2 cups Bran cereal, all varieties	4.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
8 tbsp Almonds, slivered	8.00 F	Multivitamin, Digestive Enzymes, 1 gram of Vitamin
3 oz Cheddar cheese, light/low fat	3.00 P	C, 400 IU Vitamin E, Omega 3 capsules
	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	Portions 4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 P	Another great, on-the-go shack!
18 Peanuts	3.00 F	
10 1 Carruis	Calories:	
	337	
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
wild Meal - Meal Foltions. F. 12 G. 12 F.0	Portions	
1 cup Onions	2.00 C	Ground Soy and vegetable pasta. Enjoy!
1/2 cup Tomato, puree	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Celery	1.00 C	Digestive Enzymes, Omega 3 capsules & Vitamin B
2 cups Pasta	8.00 C	
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
12 oz Soy, ground	12.00 P Calories:	
	984	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC 4.00 P	Protein Shake with Fruit
28 grams Protein powder 1 cup Oatmeal	3.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 cup dirambernes	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
6 links Sov sausago	Portions	
6 links Soy sausage 1 cup Applesauce	12.00 P 3.00 C	Soy Links with rice, fruit and applesauce on the side ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi
1 cup Applesauce 1 cup Fruit cocktail	3.00 C	Vitamin, Digestive Enzymes & Omega 3 capsules
2 cups Rice	6.00 C	vitariiri, Digestive Erizyriles & Offiega 5 capsules
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
2 2/0 top Onvo of Monouncatarated on	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
	Portions	
14 grams Protein powder	2.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	
r top Olive or monourisaturated on	Calories:	
	337	
Total Daily Portions: Protei		drates: 50 Fat: 30 Calories: 4010

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Breakfast - Meal Portions: P:12 C:12 F:8	Item	Proparation Suggestions:
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%)	Portions 5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/2 tbsp Barley1 tsp Olive or monounsaturated oil	Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item	Preparation Suggestions:
2 cups Fruit juice42 grams Protein powder	Portions 6.00 C 6.00 P Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
 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 	4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F	Cheese, Applesauce & Peanuts Enjoy this quick snack.
	Calories: 337	

Day: 6

8 Eggs, whole 2 cups Yogurt, plain, low fat 1 cup Mushrooms 5 C 1 cup Mushrooms 5 C 1 cup Jalapeno peppers 6 C 1 cup Jalapeno peppers 7 C 2 cups Salsa 8 C 2 2/3 tsp Olive or monounsaturated oil 8 C 2 cups Salsa 9 C 2 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil 8 C 2 cups Strawberries 1 tsp Daffer of monounsaturated oil 9 C 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil 2 cups Fruit juice 1 cups Fruit juice 1 cups Yogurt, plain, low fat 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2 cups Yogurt, plain, low fat 3 cups Chili, canned 4 cups Yogurt, plain, low fat 4 cup Yogurin Supplement Recommendation: 1 8	2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers	Portions 8.00 P	
8 Eggs, whole 2 cups Yogurt, plain, low fat 4,00 PC 1 cup Mushrooms 1 cup Onions 1 cup Onions 2 20 C 1 cup Jaliapeno peppers 3 cups Tomatoes 2 20 C 3 cups Tomatoes 2 cups Strawberries 2 cups Strawberries 2 cups Fruit juice 2 cups Fruit juice 3 cups Fruit juice 4 cups Fruit juice 4 cups Milk, low fat (1%) 2 cups Milk, low fat (1%) 3 cups Chili, canned 2 3 cups Chili, canned 2 3 cups Chili, canned 2 3 cups Beans, green or yellow 1 12 cup Beans, black 1 12 cup Beans, black 1 12 cup Beans, plack 1 12 cup Beans, plack 1 12 cup Pasta 2 cups Yogurt, plain, low fat 1 12 cup Pasta 2 cups Strawberries 3 cups Chili, canned 2 2 cups Cucumber 1 cup Chickpeas 2 cups Gucumber 2 cups Yogurt, plain, low fat 1 2 cup Pasta 2 cups Round fat 3 cups Chili, canned 2 cups Cups Cups Cups Cups Cups Cups Cups C	2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers	8.00 P	Eggs with sautéed salsa vegetables and vogurt
2 cups Yogurt, plain, low fat 1 cup Mushrooms 5 cot 1 cup Onions 1 cup Onions 5 cot 1 cup Jalapeno peppers 1 cup Jalapeno peppers 5 cot 1 fiz cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil 2 arms Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2 grams Protein powder 2 cups Fruit juice 2 cups Wilk, low fat (%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil 2 cups Yogurt, plain, low fat 1 cup Ohions 4 cups Yogurt, plain, low fat 2 cups Yogurt, plain, low fat 1 cup Pasta 2 cups Yogurt, plain, low fat 1 cup Pasta 2 cups Yogurt, plain, low fat 1 cup Pasta 2 cups Yogurt, plain, low fat 1 cup Pasta 2 cups Yogurt, plain, low fat 1 cup Pasta 2 cups Yogurt, plain, low fat 2 cups Yogurt, plain, low fat 3 cups Yogurt, plain, low fat 3 cups Yogurt, plain, low fat 4 cup Pasta 2 cups Yogurt, plain, low fat 3 cups Yogurt, plain, low fat 4 cup Pasta 2 cups Yogurt, plain, low fat 3 cups Yogurt, plain, low fat 4 cup Pasta 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole 3 cups Yogurt, plain, low fat 9 Almonds, whole	2 cups Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1 cup Jalapeno peppers		
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1 cup Dnions 2.00 C 1 / 1/2 cups Salsa 3.00 C 3.0	1 cup Onions 1 cup Jalapeno peppers		
1 cup Jalapeno peppers 1 1/2 cups Salsa 3 .00 C 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Stawberries 2 cups Stawberries 2 cups Stawberries 3 1 tem Portions 2 cups Stawberries 2 cups Stawberries 3 2 cups Stawberries 4 2 grams Protein powder 1 tsp Olive or monounsaturated oil 2 cups Stawberries 3 2 cups Stawberries 3 37 Snack - Meal Portions: P:6 C:6 F:0 4 2 grams Protein powder 2 cups Fruit juice 4 2 grams Protein powder 2 cups Fruit juice 4 2 grams Protein powder 2 cups Fruit juice 5 calories: 3 84	1 cup Jalapeno peppers		
1 1/2 cups Salsa 3 cups Tomatoes 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 grams Protein powder 1 tbsp Barley 2 cups Strawberries 4 2 grams Protein powder 2 cups Fruit juice Snack - Meal Portions: P:6 C:6 F:0 4 2 grams Protein powder 2 cups Fruit juice Snack - Meal Portions: P:12 C:12 F:8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Tomatic Agreement Recommendation: 1 gram Vit C, Creatine & BCAA's Snack - Meal Portions: P:12 C:12 F:8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chil, canned 2/3 tsp Olive or monounsaturated oil 2 oz Tofu 1 1/2 cups Beans, green or yellow 1 1/2 cup Beans, plack 1 1/2 cup Beans, plack 1 1/2 cups Beans, green or yellow 1 1/2 cup Beans, plack 1 1/2 cups Beans, green or yellow 1 1/2 cup Beans, plack 2 cups Yogurt, plain, low fat 2 cups Cumber 1 1 2 cups Cleumber 2 cups Yogurt, plain, low fat 3 cups Chil, cumbed 2 cups Cumber 3 cups Chilchees 4 2 cups Cumber 5 calories: 984 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 cups Chilchees 2 cups Yogurt, plain, low fat 3 cups Chilchees 4 cups Cumber 5 calories: 984 Preparation Suggestions: Preparation Suggestion		.50 C	, 1 1 3 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
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28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2 stage Olive or monounsaturated oil 3 stage Olive or monounsaturated oil 4 stage Olive Oli	Snack - Meal Portions: P:4 C:4 F:3		Prenaration Suggestions:
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1 tsp Olive or monounsaturated oil 3.00 F Calories: 337 Variable Calories: 337 Variable Calories: 337 Variable Calories: 338 Variable Calories: 340 Variable Calories: 341 Variable Ca			Carbs
Calories:			
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice Proteins: 384 Mid Meal - Meal Portions: P:12 C:12 F: 8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil Portions: 6 00 P 1 1/2 cups Beans, black 1 cup Chickpeas 2 cups Cuumber 1 cup Pasta 2 cups Cups Cumber 1 cup Pasta 2 cups Cups Wight 1 repeper (bell or cubanelle) 1 repper (bell or cubanelle) 1 repper (bell or cubanelle) 2 cup Sagurt, plain, low fat 2 cup Sagurt, plain, low fat 3 cup Chili, canned 5 cup Chickpeas 2 cups Cup Cup Cumber 1 cup Pasta 2 cup Sagurt, plain, low fat 3 cup Pasta 4 cup Pasta 4 cup Pasta 5 cups Chili, conned 5 cup Pasta 5 cups Cup Cup Cumber 6 calories: 984 Preparation Suggestions: Preparat	1 tsp Olive or monounsaturated oil		
Item Portions Proparation			
Item Portions Preparation Suggestions: 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 Preparation Suggestions: 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 Preparation Suggestions: Pr		337	
Az grams Protein powder 2 cups Fruit juice 2 cups Fruit juice 2 cups Fruit juice 2 cups Milk, low fat (1%) 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil 2 cups Beans, green or yellow 1/2 cups Beans, green or yellow 1/2 cups Beans, black 1 cup Chickpeas 2 cups Cucumber 2 cups Yogurt, plain, low fat 3 cups Chili, canned 4.00 PC 6.00 A 1.00 PC 6.00 PC 6.00 PC 6.00 A 2.00 F 6.00 PC 6.00 PC 6.00 A 2.00 F 6.00 PC 6.00 PC 6.00 A 2.00 F 6.00 PC 6.00 PC 6.00 PC 6.00 A 2.00 F 6.00 PC			and BCAA'S
42 grams Protein powder 2 cups Fruit juice 8	Snack - Moal Portions: D.S C.S E.O	Item	Propagation Suggestions:
2 cups Fruit juice 6.00 C Calories: 384 Mid Meal - Meal Portions: P:12 C:12 F: 8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 6 oz Feta cheese, light/low fat 1 2 cup Beans, green or yellow 1 /2 cups Beans, green or yellow 1 /2 cups Cuumber 1 cup Chickpeas 2 cups Cuumber 1 cup Pasta 2 cups Vogurt, plain, low fat 4 .00 C 5 .50 C 1 cup Pasta 2 cups Vogurt, plain, low fat 4.00 PC 6.00 A 2.00 F 6.00 P 6.			
Calories: 384 Calori			
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Portions 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1/2 cup Beans, black 1/2 cup Chickpeas 2 cups Cucumber 1 cup Chickpeas 2 cups Cucumber 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Portions 2 2.00 PC 4.00 PC 6.00 A 4.00 PC 6.00 A 2 2.00 F Calories: 984 Preparation Suggestions: A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar desert: it doesn't get much easier to prepare thar for desert: it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't get much easier to prepare thar desert it doesn't ge			gram Vit C, Creatine & BCAA's
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2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 6 oz Feta cheese, light/low fat 1 2 cup Beans, green or yellow 1 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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 4.00 PC 6.00 A 2.00 C 6.00 A 1 ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B Preparation Suggestions: 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 Preparation Suggestions: Yogurt & Almonds Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
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2/3 tsp Olive or monounsaturated oil 2.00 F Calories: 984 Dinner - Meal Portions: P:12 C:12 F:8 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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 2.00 F Calories: 984 Preparation Suggestions: 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 Preparation Suggestions: ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 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 Preparation Suggestions: SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Preparation Suggestions: SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
Dinner - Meal Portions: P:12 C:12 F:8 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 cup Pasta 2 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Color Portions 6.00 P 1.00 C 2.00 C 4.00 C 8.00 F Calories: 984 Preparation Suggestions: 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 **Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
Dinner - Meal Portions: P:12 C:12 F:8 6 oz Feta cheese, light/low fat 12 oz Tofu 1 1/2 cups Beans, green or yellow 1 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 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 Preparation Suggestions:	2/3 tsp Olive or monounsaturated oil		
Dinner - Meal Portions: P:12 C:12 F:8 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 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 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 Preparation Suggestions:			Digestive Enzymes, Omega 3 capsules & Vitamin B
Portions 6 oz Feta cheese, light/low fat 12 oz Tofu 6 11/2 cups Beans, green or yellow 1 1/2 cup Beans, black 1 cup Chickpeas 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C 2.00 C 4.00 C 5.0 C 8.00 F Calories: 984 Preparation Suggestions: 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 Preparation Suggestions: 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 Preparation Suggestions: Vogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		_	
6 oz Feta cheese, light/low fat 12 oz Tofu 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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 6.00 P 6.	Dinner - Meal Portions: P:12 C:12 F:8		Preparation Suggestions:
12 oz Tofu 1 1/2 cups Beans, green or yellow 1 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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 6.00 P 1.00 C 2.00 C 4.00 C 5.0 C 4.00 C 5.0 C 6.00 P 1.00 C 5.00 C 4.00 C 5.00 C 6.00 P 1.00 C 5.00 C 6.00 P 1.00 C 6.00 P 6.00 P 1.00 C 6.00 P	6 oz Feta cheese. light/low fat		Grilled Tofu with Seasoned Beans
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 .00 C 2.00 C 4.00 C 5.0 C 4.00 C 5.0 C 5.0 C 6.00 F Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 9 Almonds, whole 1 .00 C 2.00 C 4.00 C 5.0 C 4.00 C 5.0 C 5.0 C 6.00 F Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 9 Almonds, whole 1 .00 C 2.00 C 4.00 C 5.0 C 4.00 C 5.0 C 5.0 C 6.00 F Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
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 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 2.00 C 4.00 C 5.50 C 4.00 C 5.50 C 4.00 C 5.50 C 6.00 F Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 9 Almonds, whole 2 cup Beans, black 4.00 C 4.00 C 5.50 C 4.00 C 8.00 F Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
1 cup Chickpeas 2 cups Cucumber 3 Pepper (bell or cubanelle) 4.00 C 1 cup Pasta 5 C 2 cy3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 4.00 C 8.00 F Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! ## Wixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
2 cups Cucumber 1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 So C 4.00 C 8.00 F Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 cup Pasta 4.00 C 8.00 F Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! 337			
1 Pepper (bell or cubanelle) 1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil Sinack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Sinack - Meal Portions: P:4 C:4 F:3 337 Sinack - Meal Portions: P:4 C:4 F:3 Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	2 cups Cucumber		(optional). Enjoy! ***OPTIONAL/OPTIMAL
1 cup Pasta 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 4.00 PC 3.00 F Calories: 984 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!		.50 C	
Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 4.00 PC 3.00 F Calories: Wix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
Calories: 984 Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 4.00 PC 3.00 F Calories: Wix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	2 2/3 tsp Olive or monounsaturated oil		
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole Preparation Suggestions: 4.00 PC 3.00 F Calories: 337 Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!			
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2 cups Yogurt, plain, low fat 9 Almonds, whole 4.00 PC 3.00 F Calories: way, you're on your way to a healthy lifestyle!	Snack - Meal Portions: P:4 C:4 F:3		Preparation Suggestions:
9 Almonds, whole 3.00 F Calories: way, you're on your way to a healthy lifestyle! 337	2 cups Voquit plain low fat		Vogurt & Almonds
Calories: way, you're on your way to a healthy lifestyle!			
337	5 Amonds, whole		
			may, you to on your may to a mountry mostyle:
Intal Hally Portions: Protein: 5() (Carbobydrates: 5() Fat: 3() (Caloride: 4(1)1()			1

	Day:	7	
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole	12.00 P	2 Toasted egg sandwiches with fruit.
2 cups Peaches, canned	4.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
4 slice Whole grain bread	8.00 C 8.00 F	Multivitamin, Digestive Enzymes, 1 gram of Vitamin
2 2/3 tsp Olive or monounsaturated oil	Calories:	C, 400 IU Vitamin E, Omega 3 capsules
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	Thousand grout, on the go ondor.
18 Peanuts	3.00 F	
	Calories:	
	337	
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1/2 cup Onions	1.00 C	Ground soy and vegetable pasta. Enjoy!
1 cup Tomato, puree	2.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Celery	1.00 C	Digestive Enzymes, Omega 3 capsules & Vitamin B
2 cups Pasta	8.00 C	
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
12 oz Soy, ground	12.00 P Calories:	
	984	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	Blueberry Surprise
2 cups Blueberries	4.00 C	Blend powder, tofu, blueberries and olive oil
2/3 cup Oatmeal	2.00 C	together. Throw into the fridge overnight for a nice,
	Calories:	cool meal! SURPIRSE no tofu.
	384	
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
4 patty Soy burger	8.00 P	Soy Burgers and Potatoes
2 Peppers (bell or cubanelle)	1.00 C	Cube the potatoes and toss in olive oil, salt, pepper,
1 cup Baked beans	4.00 C	a dash of chili powder and some cayenne pepper if
2 2/3 tsp Olive or monounsaturated oil	8.00 F	you like 'em spicy, then roast them at 350 degrees
2 1/3 cups Potato	7.00 C	for about half an hour or until done. Grill the soy
4 oz Cheddar cheese, light/low fat	4.00 P Calories:	patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
	984	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi
	304	Vitamin, Digestive Enzymes & Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
14 grams Protein powder	Portions 2.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1/3 cup Oatmeal	1.00 C	The state to diddle does do
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	337	
Total Daily Portions: Protei	n: 50 Carbohyo	drates: 50 Fat: 30 Calories: 4010

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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Huge and Ripped + <u>www.MetabolicSurgeProgram.com</u>

Day:	8
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil	12.00 P 6.00 C 6.00 C 8.00 F Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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%)	Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Day:	9
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Portions 4.00 PC 3.00 F Calories:	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
	337 Item	.,,,,,,,,,,,,,,,,,
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Portions 6.00 P 3.00 PC 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Peaches, canned1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	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!
Total Dalla Dantianas Dantai	n: FO Carbabya	drates: 50 Fat: 30 Calories: 4010

Vince Reveals His No Non Sense Muscle Ruilding Strategyl www.VincesNoNonSenseMuscleRuilding.com

Day:	10
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Breakfast - Meal Portions: P:12 C:12 F:8 8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984 Item	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984	Preparation Suggestions: Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder1 cup Mandarin orange, canned2 2/3 tsp Olive or monounsaturated oil3 cups Oatmeal	12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 6.00 P 4.00 C 2.00 C Calories: 384	Preparation Suggestions: 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.
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper and enjoy!
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Partiana, Protoi		drates: 50 Fat: 30 Calories: 4010

Day:	12
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/2 tbsp Barley1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Portions 6.00 C 6.00 P Calories:	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape
	384	juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise	6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P 4.00 C	Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day:	1	3
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Breakfast - Meal Portions: P:12 C:12 F:8 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 Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984 Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		drates: 50 Fat: 30 Calories: 4010 2 alasses of water per day. **

Day: 14

Breakfast - Meal Portions: P:12 C:12 F:8 12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984 Item	Preparation Suggestions: 2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Powerful Proven Results @ www.EmpoweredNutrition.com

Day:	1	5
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat	Item Portions 4.00 P 2.00 C	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day:	1	6
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Breakfast - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Bolt Bolt Company		drates: 50 Fat: 30 Calories: 4010

Today's checklist: 1 Fat 2 Train 3 Grow www Empowered Nutrition com

Day: 1	7
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 1/2 cups Egg substitute6 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
 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 	4.00 P 8.00 P 1.00 C 1.00 C 2.00 C 8.00 C 8.00 F Calories: 984	Mexican Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Prehea oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 9 Almonds, whole	4.00 PC 3.00 F Calories: 337	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protein		drates: 50 Fat: 30 Calories: 4010

Day:	1	8
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	19
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estions:
salsa vegetables and yogurt. FIMAL SUPPLEMENTS:*** stive Enzymes, 1 gram of Vitamin E, Omega 3 capsules
estions:
ke + Energy Sustaining Growth in a blender over ice and blend to y. Enjoy! ents for Optimal Results: Creatine
estions:
ake in blender over ice. We a high glycemic juice like grape beration. Enjoy! Supplement Recommendation: 1 ne & BCAA's
estions:
hili and a glass of milk with yogurt 't get much easier to prepare than IMAL SUPPLEMENTS:*** s, Omega 3 capsules & Vitamin B
estions:
vegetables: an easy meal to oning the vegetables with salt and us some basil and oregano. IMAL SUPPLEMENTS:*** Multi Enzymes & Omega 3 capsules
estions:
Peanuts eep you going through the day!

Dav:	20
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Breakfast - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Calories: 984 Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat	Item Portions 4.00 P	Preparation Suggestions: Cheese, Apples & Peanuts

Dav: 2

Breakfast - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 6.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	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.
Dinner - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil	Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984	Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Day:	22
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Breakfast - Meal Portions: P:12 C:12 F:8 84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 6.00 C 6.00 C 8.00 F Calories: 984	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 6.00 P 6.00 P 5.50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 C 6.00 F 2.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day:	23
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Breakfast - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	6.00 P 6.00 P 2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 50 Fat: 30 Calories: 4010

Dav:	24

Breakfast - Meal Portions: P:12 C:12 F:8 12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Preparation Suggestions: 2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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%)	Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions : Protei ** Remember to drink be	n: 50 Carbohyo	drates: 50 Fat: 30 Calories: 4010

Day:	25
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 8 Egg whites 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil 	4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)28 grams Protein powder1 cup Oatmeal1 cup Strawberries	2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/3 cup Oatmeal1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	: 50 Carbohyo	drates: 50 Fat: 30 Calories: 4010
** Remember to drink bet	veen 10 and 1	2 glasses of water per day. **

Day:	26
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
2 1/2 cups Won ton soup3 whole Pita1 tsp Olive or monounsaturated oil6 oz Feta cheese, light/low fat1 cup Milk, low fat (1%)	5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F	Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day:	27
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protei ** Remember to drink be	n: 50 Carbohyo	drates: 50 Fat: 30 Calories: 4010

Day:	28
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	4.00 C 1.00 C 1.00 C 1.00 C 5.00 C 8.00 F 12.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Day:	29
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat12 oz Tofu4 slice Whole grain bread4 Rice cakes18 Peanuts5 tsp Mayonnaise	6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	4.00 P 2.00 C 3.00 F 2.00 C Calories:	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day:	30	
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
		Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper and enjoy!
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	31	
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Breakfast - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
2 cups Cottage cheese, light/low fat	8.00 P	A healthy breakfast with fibre and fruit. This meal is
14 grams Protein powder	2.00 P	perfectly balanced! Just mix all the ingredients
2 cups Milk, low fat (1%)	2.00 PC	together and enjoy.
1 cup Strawberries	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
3 tbsp Barley	6.00 C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin
1 1/2 cups Bran cereal, all varieties	3.00 C	C, 400 IU Vitamin E, Omega 3 capsules
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	r mounds grown, our und go onwone
18 Peanuts	3.00 F	
	Calories:	
	337	
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
	Portions	
1 1/4 cups Goat cheese, light/low fat	5.00 P	Cheese & Tofu Sandwich
14 oz Tofu	7.00 P	Slice cheese and tofu and top with mayonnaise. You
2 cups Fruit cocktail	6.00 C	may also wish to add lettuce for crunch. Add fruit fo
3 slice Whole grain bread	6.00 C	dessert. ***OPTIONAL/OPTIMAL
3 Macadamia nuts	3.00 F	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
5 tsp Mayonnaise	5.00 F	capsules & Vitamin B
	Calories: 984	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
Shack - Meal Foltions. F.O C.O I . 0	Portions	
21 grams Protein powder	3.00 P	Protein Smoothie
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1/3 cup Oatmeal	1.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
	Item	Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Portions	Preparation Suggestions:
6 oz Feta cheese, light/low fat	6.00 P	Grilled Tofu with Seasoned Beans
12 oz Tofu	6.00 P	Let beans and vegetables marinate in olive oil,
1 1/2 cups Beans, green or yellow	1.00 C	balsamic vinegar and seasoning for at least a couple
1/2 cup Beans, black	2.00 C	hours. Grill the tofu, rubbing first with a seasoning
1 cup Chickpeas	4.00 C	mixture of salt, lemon pepper, and rosemary
2 cups Cucumber	.50 C	(optional). Enjoy! ***OPTIONAL/OPTIMAL
1 Pepper (bell or cubanelle)	.50 C	SUPPLEMENTS:*** Multi Vitamin, Digestive
1 cup Pasta	4.00 C	Enzymes & Omega 3 capsules
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1/3 cup Oatmeal	1.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
1 top Olive of monounsaturated off	Calories:	
	337	
Total Daily Portions, Protain		drates: 50 Fat: 30 Calories: 4010

Day: 3	33
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8 Eggs, whole 8 Eggs, whole 1 1/2 cups Peaches, canned 3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil 2 2/3 cup Oatmeal Snack - Meal Portions: P:4 C:4 F:3 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal Portions 4 2 grams Protein powder 2 cups Strawberries 2 00 C Calories: 337 Item Portions 4 2 grams Protein powder 2 cups Fruit juice Snack - Meal Portions: P:6 C:6 F:0 Mild Meal - Meal Portions: P:12 C:12 F: 8 7 cz 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 2 1/3 cups Won ton soup 2 1 cup Fita 1 tsp Olive or monounsaturated oil 2 1/3 cups Won ton soup 2 1 cup Fita 1 tsp Olive or monounsaturated oil 2 1/3 cups Won ton soup 2 1 2 typ Won ton soup 3 to preparation Suggestions: Portions 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 4 patty Soy burger 2 Peppers (bell or cubanelle) 5 1/3 cups Potato 5 1/3 cups Potato 6 00 C 6 00 C 7 00 C 8 00 P 8 00 P 8 00 P 9 00 C 8	Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 2/3 cup Oatmeal 2/	8 Eggs, whole1 1/2 cups Peaches, canned3 cups Oatmeal	4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin
Portions 42 grams Protein powder 2 cups Fruit juice Post	28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories:	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating
42 grams Protein powder 2 cups Fruit juice 6.00 C Calories: 384 Item Portions 7 oz Feta cheese, light/low fat 2 lup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil 2 Preparation Suggestions: 4 patty Soy burger 2 Peppers (bell or cubanelle) 1 cup Baked beans 4 oz Cheese, light/low fat 2 1/3 cups Potato 4 oz Cheese, light/low fat 4 oz Cheese, low or non fat 4 oz Cheese, low or non fat 1 Apple 3 Cups Fruit juice 2 cups Fruit juice 3 Calories: 384 Item Portions Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:**** Dinner - Meal Portions: P:12 C:12 F:8 Preparation Suggestions: Dinner - Meal Portions: P:12 C:12 F:8 Preparation Suggestions: Preparation Suggestions: Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, per of about half an hour or until done. Grill the service of about half an hour or until done. Grill the service is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** You like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the service is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Yitamin, Digestive Enzymes & Omega 3 capsules Preparation Suggestions: Preparation Suggestions: Preparation Suggestions: Cheese, Apples & Peanuts A oz Cheese, low or non fat A oz Cheese, Apples & Peanuts A quick snack to keep you going through the d	Snack - Meal Portions: P:6 C:6 F:0		Preparation Suggestions:
Portions 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 Dinner - Meal Portions: P:12 C:12 F:8 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 Cheeddar cheese, light/low fat Snack - Meal Portions: P:4 C:4 F:3 Portions 7.00 P 5.00 A 4.00 C 4.00 C 3.00 F Calories: 984 Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 6 a dash of chili powder and some cayenne pepp you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the sc patties, seasoning with your favourite steak spice is a great choice!) 984 Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts Preparation Suggestions: A bowl of soup with a cheese pita on the side. Enjoy! A bowl of soup with a cheese pita on the side. Enjoy! A bowl of soup with a cheese pita on the side. Enjoy! A bowl of soup with a cheese pita on the side. Enjoy! A bowl of soup with a cheese pita on the side. Enjoy! A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsules & Vitar ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsules & Vitar ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsules & Preparation Suggestions: Cheese, Apples & Peanuts Cheese, Apples & Peanuts A quick snack to keep you going through the d		6.00 P 6.00 C Calories:	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
7 oz Feta cheese, light/low fat 2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita 3.00 C 1 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 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 Cheeddar cheese, light/low fat Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 1 cup Fruit juice 3.00 C 4.00 C 5.00 A 3.00 C 4.00 C 5.00 A 3.00 C 5.00 A 3.00 C 5.00 A 3.00 C 6.00 P 5.00 A 3.00 C 6.00 P 5.00 A 3.00 C 6.00 P 6.00	Mid Meal - Meal Portions: P:12 C:12 F: 8		Preparation Suggestions:
A 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 Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 1 portions: Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 C 4.00 P Calories: (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsu Preparation Suggestions: Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, perions a dash of chili powder and some cayenne pepty you like 'em spicy, then roast them at 350 degret for about half an hour or until done. Grill the set of patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsu Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the displayed and some cayenne pepty you like 'em spicy, then roast them at 350 degret for about half an hour or until done. Grill the set of patties, seasoning with your favourite steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsu Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the displayed and some cayenne pepty you like 'em spicy, then roast them at 350 degret for about half an hour or until done. Grill the set of about half an hour or until done. **OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsu **OPTIONAL/OPTIMAL SUPPLEMENTS:*** **OPTIONAL/OPTIMAL SUPPLEMENTS	2 1/2 cups Won ton soup 1 cup Fruit juice 2 whole Pita	7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories:	Enjoy!
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 Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 1 cup Baked beans 2 1.00 C 4.00 C 8.00 F 7.00 C 4.00 C 4.00 P Calories: 984 Item Portions 4 oz Cheese, low or non fat 1 Apple 18 Peanuts Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, per a dash of chili powder and some cayenne pept you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the set patties, seasoning with your favourite steak spic (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Vitamin, Digestive Enzymes & Omega 3 capsus **Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the displayment of the potatoes Cube the potatoes A dash of chili powder and some cayenne pept you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the set of the potatoes and toss in olive oil, salt, pet a dash of chili powder and some cayenne pept you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the set of the potatoes and toss in olive oil, salt, pet a dash of chili powder and some cayenne pept you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the set of the potatoes and toss in olive oil, salt, pet a dash of chili powder and some cayenne pept you like 'em spicy, then roast them at 350 degr for about half an hour or until done. Grill the set of about half an hour or until done. Grill the set of about half an hour or until done. Grill the set of about half an hour or until done. Grill the set of about half an hour or until done. Grill the set of about half an hour or until done. Grill the set of about half an hour or until	Dinner - Meal Portions: P:12 C:12 F:8		Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 18 Peanuts Portions Portions 4.00 P 2.00 C 18 Peanuts Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the d 3.00 F	 2 Peppers (bell or cubanelle) 1 cup Baked beans 2 2/3 tsp Olive or monounsaturated oil 2 1/3 cups Potato 	8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
2 Rice cakes 2.00 C Calories: 337	4 oz Cheese, low or non fat 1 Apple	Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories:	
Total Daily Portions: Protein: 50 Carbohydrates: 50 Fat: 30 Calories: 4010 ** Remember to drink between 10 and 12 glasses of water per day. **		50 Carbohyo	

D	ay:	34

Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
 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 	4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F Calories:	Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day:	35
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 1/4 cups Goat cheese, light/low fat14 oz Tofu2 cups Fruit cocktail3 slice Whole grain bread3 Macadamia nuts5 tsp Mayonnaise	5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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%)	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/3 cup Oatmeal1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Portions: Protein		drates: 50 Fat: 30 Calories: 4010

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Breakfast - Meal Portions: P:12 C:12 F:8 12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Preparation Suggestions: 2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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%)	Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C 4.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 1/2 cups Egg substitute6 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 cup Onions1/2 cup Tomato, puree2 cups Celery2 cups Pasta2 2/3 tsp Olive or monounsaturated oil12 oz Soy, ground	2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	4.00 P 8.00 P 2.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute al 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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/3 cup Oatmeal1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

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Day	•	JU

Breakfast - Meal Portions: P:12 C:12 F:8 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 Snack - Meal Portions: P:4 C:4 F:3	Item Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984 Item	Preparation Suggestions: 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 Preparation Suggestions:
28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: Mexican Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Prehea oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day:	39
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	6.00 P 3.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	3.00 PC 3.00 PC 2.00 C 1.00 C Calories: 384	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	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 Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake

Day:	40
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
8 Egg whites8 Eggs, whole1 1/2 cups Peaches, canned3 cups Oatmeal2 2/3 tsp Olive or monounsaturated oil	4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F	Cheese, Applesauce & Peanuts Enjoy this quick snack.

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

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Day: 41

Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: Mexican Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Prehea oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day: 4	2
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Breakfast - Meal Portions: P:12 C:12 F:8 8 Egg whites 8 Eggs, whole	Portions 4.00 P 8.00 P	Preparation Suggestions: Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers	.50 C 2.00 C .25 C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
1 cup Salsa 2 cups Tomatoes	2.00 C 1.33 C	
1 1/3 cups Oatmeal1 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	4.00 C 2.00 C 8.00 F	
	Calories: 984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F	Another great, on-the-go snack!
10 Tourido	Calories:	
Mid Meal - Meal Portions: P:12 C:12 F:8 6 oz Cheese, low or non fat	Item Portions 6.00 P	Preparation Suggestions: Tomato Cucumber Salad
21 grams Protein powder 3 cups Milk, low fat (1%)	3.00 P 3.00 PC	Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic
1 cup Cucumber 1 Tomato	.25 C .50 C	vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 Apple3 whole Pita2 2/3 tsp Olive or monounsaturated oil	2.00 C 6.00 C 8.00 F	Digestive Enzymes, Omega 3 capsules & Vitamin B
	Calories: 984	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes	12.00 P 1.00 C 1.00 C 1.00 C	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
3 cups Rice 2 2/3 tsp Olive or monounsaturated oil	9.00 C 8.00 F Calories:	Vitamin, Digestive Enzymes & Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	984 Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%)	2.00 P 2.00 PC	Protein Shake Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	

Day:	43
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder2 cups Mandarin orange, canned2 cups Oatmeal2 2/3 tsp Olive or monounsaturated oil	12.00 P 6.00 C 6.00 C 8.00 F Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatin and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
 6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise 	6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat1 Apple18 Peanuts2 Rice cakes	4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day:	44
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 6.00 P 3.00 PC .25 C .50 C 2.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	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 goodnes I hate tofu.
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
		Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper and enjoy!
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Peaches, canned1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

Day:	45
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
8 Egg whites8 Eggs, whole1 1/2 cups Peaches, canned3 cups Oatmeal2 2/3 tsp Olive or monounsaturated oil	4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Day:	46
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Item	Preparation Suggestions:
8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984	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
Item Portions 4.00 PC 3.00 F Calories:	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 C 8.00 F 12.00 P Calories:	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item	Preparation Suggestions:
8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
Item Portions	Preparation Suggestions:
2.00 P 2.00 PC 1.00 C 1.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	Portions 8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984 Item Portions 4.00 PC 3.00 F Calories: 337 Item Portions 1.00 C 2.00 C 1.00 C 8.00 F 12.00 P Calories: 984 Item Portions 2.00 PC 4.00 P 3.00 C Calories: 384 Item Portions 2.00 PC 4.00 P 3.00 C Calories: 984 Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 984 Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984 Item Portions 8.00 P 1.00 C 4.00 P Calories: 984

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Day:	47
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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%)	Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
6 links Soy sausage 1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil	12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984	Soy Links with rice, fruit and applesauce on the side ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
1 cup Applesauce 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	3.00 C 3.00 C 6.00 C 8.00 F Calories: 984 Item Portions 4.00 PC 3.00 F Calories: 337	

Day: 4	8
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal	12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984	Preparation Suggestions: A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare that that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.
Total Daily Doutions, Dustain		L drates: 50 Fat: 30 Calories: 4010

Day: 49

Breakfast - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal	Portions 12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 6.00 P 4.00 C 2.00 C Calories: 384	Preparation Suggestions: Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! drates: 50 Fat: 30 Calories: 4010
		2 glasses of water per day. **

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Item Portions			
8 Eggs, whole 1 cup Mushrooms 5.00 C 1 cup Orions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 1/3 cup Soltmeal 2 2/3 tsp Olive or monounsaturated oil 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2 cups Strawberries 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 2 cups Strawberries 3 cup Olive or monounsaturated oil 3 cup Sp Calories: 3 cups Fruti juice 2 cups Fruti juice 3 cups Fruti juice 4 cups Alapeno peppers 1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Egg substitute 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Egg substitute 3 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 3 cups Fruti cup fati cup fati cup Applesauce 3 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Fati cup Applesauce 3 cups Jalapeno peppers 1 cup Goat cheese, light/low fat 2 cups Fati cup Applesauce 3 cups Jalapeno peppers 5 cloid cup Applesauce 6 cloid cup Applesauce 7 cups Fruti cup Fruti		Portions	
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1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 1/3 cups Oatmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil 3 0.0 F Calories: 3 28 grams Protein powder 1 tsp Olive or monounsaturated oil 3 0.0 F Calories: 3 37 2 Caps 2 Cups Strawberries 1 tsp Olive or monounsaturated oil 3 0.0 F Calories: 3 37 3 Tomotham Portions: P:6 C:6 F:0 4 2 grams Protein powder 2 cups Fruit juice 4 2 grams Protein powder 2 cups Fruit juice 4 2 grams Protein powder 2 cups Fruit juice 4 2 grams Protein powder 2 cups Fruit juice 5 Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 6 0.00 C Calories: 3 84 5 Item Portions 7 Calories: 3 84 5 Item Portions 8 0.00 C Calories: 3 84 5 Item Portions 9 Calories: 3 84 5 Item Portions 1 Cup Goat cheese, light/low fat 2 cups Egg substitute 2 cups Egg substitute 3 Cups Calories: 3 84 5 Item Portions 9 Calories: 3 84 5 Item Portions 1 Cup Goat cheese, light/low fat 2 cups Egg substitute 3 Cups Calories: 3 84 5 Item Portions 9 Calories: 3 84 5 Item Portions 1 Cup Apple Meal Portions: P:12 C:12 F:8 6 Inks Soy sausage 1 cup Apple Substitute 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil 1 cup Full cocktail 2 cup Full cocktail 2 cup Full cocktail 3 Cup Full Calories: 9 84 5 Item Portions Calories: 9 84 6 Item Portions Portions Calories: 9 84 6 Item Portions Portions Calo			
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2 cups Tomatoes 1 1/3 cups Catmeal 1 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Srawberries 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:0 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice Snack - Meal Portions: P:12 C:12 F: 8 1 cup Goat cheese, light/low fat 2 cups Sgubstitue 8 cup Sgubstitue 8 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F: 8 6 links Soy sausage 1 cup Salsa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:12 C:12 F:8 6 links Soy sausage 1 cup Salsa 1 cup Fult cocktail 2 cups Rice 2 cups Slapesauce 3 and C 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:12 C:12 F:8 6 links Soy sausage 1 cup Fult cocktail 2 cups Rice 2 cups Japesauce 3 and C			
1 1/3 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil 2 2/3 tsp Olive or monounsaturated oil 2 2/3 tsp Olive or monounsaturated oil 2 8 grams Protein powder 1 tsp Olive or monounsaturated oil 2 1 tsp Olive or monounsaturated oil 3 0.0 F Calories: 984 Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 0.0 F Calories: 3 37 Snack - Meal Portions: P:6 C:6 F:0 4 2 grams Protein powder 2 cups Fruit juice Snack - Meal Portions: P:12 C:12 F: 8 1 cup Goat cheese, light/low fat 2 cups Sigubstitute 2 Peppers (bell or cubanelle) 2 cups Sigubstitute 2 Peppers (bell or cubanelle) 2 cups Jalapen peppers 1 cup Goat slasa 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 6 links Soy sausage 1 cup Fruit cocktail 2 cups Rice 2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 cup Squr, plain, low fat 9 Almonds, whole Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 cup Squr, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 1 cup Squr, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole 2 cups Yogurt, plain, low fat 9 Almonds, whole			
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2 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:0 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:6 C:6 F:0 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:12 C:12 F:8 1 cup Goat cheese, light/low fat 2 cups Log Substitute 2 cups Jalapeno peppers 1 cup Salsa 4 slice Whole grain bread 2 2 /3 tsp Olive or monounsaturated oil Dinner - Meal Portions: P:12 C:12 F:8 6 links Soy sausage 1 cup Applesauce 1 cup Applesauce 2 cups Rogut, plain, low fat 2 cups Rogut, plain, low fat 9 Almonds, whole Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth 2 cup Signal Substitute 2 cup Signal Substitute 3 0.0 F Calories: 984 Item Portions Portions Postions 4.00 P Calories: 984 Item Portions Postions POST - Protein Shake Pot ossiered consistency. Enjoy! "Optional Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional/Optimal Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional/Optimal Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional/Optimal Supplements for Optimal Results: Creatine and BCAA's Post ossiered consistency. Enjoy! "Optional/Optimal Supplements for Optimal Supplement fecommendation: 1 gram Vit (Creatine & BCAA's Protions Almonds in the supplement fecommendati			
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Calories: way, you're on your way to a healthy lifestyle!	2 cups Yogurt, plain, low fat		
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	Total Daily Portions: Protein: 5		Hrates: 50, Fat: 30, Calories: 4010

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Breakfast - Meal Portions: P:12 C:12 F:8 12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Preparation Suggestions: 2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

MASS Building Information and Supplments + www.EmpoweredNutrition.com

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Item Portions	Preparation Suggestions:
12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Item Portions 4.00 P	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth
2.00 C 3.00 F 2.00 C Calories: 337	Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Item	Preparation Suggestions:
7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984	A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Item Portions	Preparation Suggestions:
12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984	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
Item Portions	Preparation Suggestions:
4.00 P 4.00 C 3.00 F	Cheese, Applesauce & Peanuts Enjoy this quick snack.
	12.00 P 3.00 C 8.00 F 9.00 C Calories: 984 Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337 Item Portions 6.00 P 6.00 C Calories: 384 Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984 Item Portions 12.00 P 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984 Item Portions 12.00 P 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984 Item Portions 12.00 P

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Breakfast - Meal Portions: P:12 C:12 F:8	ltem Portions	Preparation Suggestions:
 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 	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	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 6.00 P 4.00 C 2.00 C Calories: 384	Preparation Suggestions: Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Item Portions	Preparation Suggestions:
12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Item	Preparation Suggestions:
6.00 C 6.00 P Calories: 384	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
Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Item	Preparation Suggestions:
12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984	Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
Item	Preparation Suggestions:
Portions	1
	Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984 Item Portions 2.00 P 2.00 PC 1.00 C 3.00 F Calories: 337 Item Portions 6.00 C 6.00 P Calories: 384 Item Portions 6.00 C 6.00 P Calories: 384 Item Portions 6.00 C 6.00 P Calories: 984 Item Portions 12.00 P 3.00 C 3.00 C 6.00 C 8.00 F Calories: 984

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Day: 5	5
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 P 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)28 grams Protein powder1 cup Oatmeal1 cup Strawberries	2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	6.00 P 6.00 P 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Peaches, canned1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	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.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

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Day:	58	
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ne-go snack!
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getable pasta. Enjoy! IMAL SUPPLEMENTS:*** , Omega 3 capsules & Vitamin B
estions:
Fruit n a blender over ice and blend, ate desired consistency. If a able, set aside the fruit and shake gredients in a closed container to nen eat the fruit on the side.
estions:
or chunks and add to oil with and pan fry until cooked. You les or have them raw. Mix all and enjoy. IMAL SUPPLEMENTS:*** Multi Enzymes & Omega 3 capsules
estions:
n blender over ice and blend. desired consistency. Enjoy!
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Day:	59
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
8 Eggs, whole 1 cup Mushrooms 1/4 cup Onions	8.00 P .50 C .50 C	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin
1/4 cup Jalapeno peppers 1/2 cup Salsa	.13 C 1.00 C	C, 400 IU Vitamin E, Omega 3 capsules
3 cups Tomatoes 4 slice Whole grain bread	2.00 C 8.00 C	
2 2/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat	8.00 F 4.00 P	
4 02 Cheddal Cheese, light/low lat	Calories:	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries	2.00 P 2.00 PC 1.00 C	PRE - Protein Shake + Energy Sustaining Growth Carbs
1/2 tbsp Barley	1.00 C 1.00 C 3.00 F	Put all ingredients in a blender over ice and blend to
1 tsp Olive or monounsaturated oil	Calories:	desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C	POST - Protein Shake Put all ingredients in blender over ice. We
2 Super Man Julios	Calories:	recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!
		*Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat	2.00 PC 4.00 PC	A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than
3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil	6.00 A 2.00 F	that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
	Calories: 984	Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 cup Chickpeas 1/4 cup Kidney beans	4.00 C 1.00 C	Stew Brown soy quickly and place in a pot with the
1/2 cup Onions 1 1/2 cups Tomatoes	1.00 C 1.00 C	vegetables and pasta. Stew everything together for this highly nutritious dinner.
1 1/4 cups Pasta 2 2/3 tsp Olive or monounsaturated oil	5.00 C 8.00 F	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules
12 oz Soy, ground	12.00 P Calories:	,
	984 Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce	4.00 P 4.00 C	Cheese, Applesauce & Peanuts Enjoy this quick snack.
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18 Peanuts	3.00 F Calories: 337	

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	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 goodnes I hate tofu.
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/3 cup Oatmeal1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories:	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Day: 61

	Item	
Breakfast - Meal Portions: P:12 C:12 F:8	Portions	Preparation Suggestions:
8 Eggs, whole4 oz Cheese, low or non fat2/3 cup Mandarin orange, canned	8.00 P 4.00 P 2.00 C	Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Fruit juice 2 2/3 tsp Olive or monounsaturated oil 2 slice Whole grain bread	6.00 C 8.00 F 4.00 C Calories: 984	Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries	2.00 P 2.00 PC 1.00 C	PRE - Protein Shake + Energy Sustaining Growth Carbs
1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F Calories: 337	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Fruit juice	6.00 P 6.00 C Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise	6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Applesauce & Peanuts Enjoy this quick snack.
Total Daily Portions: Prote		l drates: 50 Fat: 30 Calories: 4010

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil	12.00 P 6.00 C 6.00 C 8.00 F Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item Portions	Preparation Suggestions:
2 cups Fruit juice42 grams Protein powder	6.00 C 6.00 P Calories: 384	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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984	Preparation Suggestions: A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Portions 4.00 PC 3.00 F Calories:	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

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

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Breakfast - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F	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:***
3 oz Cheddar cheese, light/low fat	3.00 P Calories: 984	Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories:	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	337 Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 6 oz Feta cheese, light/low fat 12 oz Tofu	Item Portions 6.00 P 6.00 P	Preparation Suggestions: Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with
1 cup Onions2 Peppers (bell or cubanelle)1 1/2 cups Salsa3 whole Pita2 2/3 tsp Olive or monounsaturated oil	2.00 C 1.00 C 3.00 C 6.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories:	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 6.00 P 6.00 P .50 C .25 C 1.00 C 1.00 C 3.00 C 6.00 F 2.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C 4.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat	Item Portions 4.00 P	Preparation Suggestions: Cheese, Applesauce & Peanuts

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 1/2 cups Egg substitute	6.00 P	Toasted egg sandwich with fruit.
6 Eggs, whole	6.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Peaches, canned	4.00 C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin
4 slice Whole grain bread	8.00 C	C, 400 IU Vitamin E, Omega 3 capsules
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Another great, on-the-go snack!
1 1/3 cups Fruit cocktail	4.00 C	Thousand ground and go original
18 Peanuts	3.00 F	
	Calories:	
	337	
Mid Meal - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
	Portions 1.00 C	Ground Soy and vegetable pasta. Enjoy!
1/2 cup Onions 1 cup Tomato, puree	2.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Celery	1.00 C	Digestive Enzymes, Omega 3 capsules & Vitamin B
2 cups Pasta	8.00 C	bigostive Enzymos, omega o capsules a vitalini b
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
12 oz Soy, ground	12.00 P	
	Calories:	
	984	
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Smoothie
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1/3 cup Oatmeal	1.00 C	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	384	mix it all together, then eat the fruit on the side.
	Item	Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Portions	Preparation Suggestions:
6 links Soy sausage	12.00 P	Soy Links with rice, fruit and applesauce on the side.
1 cup Applesauce	3.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi
1 cup Fruit cocktail	3.00 C	Vitamin, Digestive Enzymes & Omega 3 capsules
2 cups Rice	6.00 C	
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
	Calories: 984	
	Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
14 grams Protein powder	2.00 P	Protein Shake
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	337	mix it all together, then eat the fruit on the side.
Total Daily Partiana, Proto	in: 50 Carbobys	Enjoy! drates: 50 Fat: 30 Calories: 4010
		2 glasses of water per day. **
Nomber to units be	TO ALIU I	2 glasses of water per day.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
8 Eggs, whole 1 cup Mushrooms	8.00 P .50 C	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1/4 cup Onions	.50 C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin
1/4 cup Jalapeno peppers	.13 C	C, 400 IU Vitamin E, Omega 3 capsules
1/2 cup Salsa	1.00 C	C, 400 TO VItalilli E, Offiega 3 capsules
3 cups Tomatoes	2.00 C	
4 slice Whole grain bread	8.00 C	
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
-	Calories:	
	984	
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	PRE - Protein Shake + Energy Sustaining Growth
1 tbsp Barley	2.00 C	Carbs
2 cups Strawberries	2.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	Put all ingredients in a blender over ice and blend to
	Calories:	desired consistency. Enjoy!
	337	*Optional Supplements for Optimal Results: Creatine
		and BCAA's
Snack - Meal Portions: P:6 C:6 F:0	Item	Propagation Suggestions
	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	POST - Protein Shake
2 cups Fruit juice	6.00 C	Put all ingredients in blender over ice. We
	Calories:	recommend using a high glycemic juice like grape
	384	juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1
		gram Vit C, Creatine & BCAA's
		gram vit o, orealine a boyers
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item	Preparation Suggestions:
7 oz Feta cheese, light/low fat	Portions 7.00 P	A bowl of soup with a cheese pita on the side.
2 1/2 cups Won ton soup	5.00 A	Enjoy!
1 cup Fruit juice	3.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 whole Pita	4.00 C	Digestive Enzymes, Omega 3 capsules & Vitamin B
1 tsp Olive or monounsaturated oil	3.00 F	grant y tay a again and an an
•	Calories:	
	984	
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 oz Textured Vegetable Protein	12.00 P	TVP with sautéed vegetables: an easy meal to
1 cup Mushrooms	.50 C	prepare. Try seasoning the vegetables with salt and
1 cup Onions	2.00 C	pepper to taste, plus some basil and oregano.
1 cup Tomatoes	.67 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi
3 cups Rice	9.00 C	Vitamin, Digestive Enzymes & Omega 3 capsules
2 2/3 tsp Olive or monounsaturated oil	8.00 F	
	Calories:	
	984 Item	
Snack - Meal Portions: P:4 C:4 F:3	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Applesauce & Peanuts
1 1/3 cups Applesauce	4.00 C	Enjoy this quick snack.
18 Peanuts	3.00 F	
	Calories:	
	337	
		drates: 50 Fat: 30 Calories: 4010 2 alasses of water per day, **
Remember to drink be	ween it and h	Z UIGOSES UI WAIEI DEI UAV.

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Breakfast - Meal Portions: P:12 C:12 F:8	ltem Portions	Preparation Suggestions:
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%)	5.00 P 6.00 P 1.00 C 6.00 C 4.00 C 8.00 F 1.00 PC Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.
Dinner - Meal Portions: P:12 C:12 F:8	Item	Preparation Suggestions:
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	Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C 4.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
1 1/2 cups Egg substitute6 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	6.00 P 6.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	6.00 P 3.00 PC 5.00 C 4.00 C 8.00 F 3.00 P Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 2.00 C 4.00 C .50 C 4.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
	Item	Preparation Suggestions:

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	4.00 PC 3.00 F Calories: 337	Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 1.00 C 2.00 C 1.00 C 8.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day: 71

Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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%)	Item Portions 5.00 A 6.00 C 3.00 F 6.00 P 1.00 PC Calories: 984	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Dinner - Meal Portions: P:12 C:12 F:8 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%)	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	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	Preparation Suggestions: Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Day:	72
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Item Portions 6.00 P 6.00 P 4.00 C	Preparation Suggestions: Toasted egg sandwich with fruit.
6.00 P 6.00 P	
8.00 C 8.00 F Calories: 984	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Item	Preparation Suggestions:
4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
	Preparation Suggestions:
5.00 P 7.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	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
Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper,
	and enjoy!
Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	984 Item Portions 4.00 P 4.00 C 3.00 F Calories: 337 Item Portions 5.00 P 7.00 P 6.00 C 6.00 C 3.00 F Calories: 984 Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384 Item Portions 4.00 P 8.00 PC 2.00 C 1.00 C 3.00 F Calories: 984

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Breakfast - Meal Portions: P:12 C:12 F:8 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	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 Item Portions	Preparation Suggestions: Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules Preparation Suggestions:
28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	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	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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
8 Egg whites8 Eggs, whole1 1/2 cups Peaches, canned3 cups Oatmeal2 2/3 tsp Olive or monounsaturated oil	4.00 P 8.00 P 3.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder1 1/2 cups Yogurt, plain, low fat1 cup Peaches, canned1/3 cup Oatmeal	3.00 PC 3.00 PC 2.00 C 1.00 C Calories: 384	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Partians, Protain		drates: 50 Fat: 30 Calories: 4010

Day:	75
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Breakfast - Meal Portions: P:12 C:12 F:8 12 Eggs, whole 2 cups Peaches, canned 4 slice Whole grain bread 2 2/3 tsp Olive or monounsaturated oil	Item Portions 12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	Preparation Suggestions: 2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	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	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

Day: 76

Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder 2 cups Mandarin orange, canned 2 cups Oatmeal 2 2/3 tsp Olive or monounsaturated oil	12.00 P 6.00 C 6.00 C 8.00 F Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 3 cups Chili, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 4.00 PC 6.00 A 2.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 12.00 P .50 C 2.00 C .67 C 9.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle! drates: 50 Fat: 30 Calories: 4010

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:	77	
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 4.00 P 2.00 C 6.00 C 8.00 F 4.00 C Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	1.00 C 2.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
12 Eggs, whole2 cups Peaches, canned4 slice Whole grain bread2 2/3 tsp Olive or monounsaturated oil	12.00 P 4.00 C 8.00 C 8.00 F Calories: 984	2 Toasted egg sandwiches with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 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	Item Portions 4.00 P 2.00 PC 4.00 PC 2.00 A 4.00 C 6.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 9 Almonds, whole	4.00 PC 3.00 F Calories: 337	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Total Daily Portions: Protein		drates: 50 Fat: 30 Calories: 4010

Day:	79
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Breakfast - Meal Portions: P:12 C:12 F:8	ltem Portions	Preparation Suggestions:
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	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	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
	Calories: 984 Item	
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	6.00 P 4.00 C 2.00 C Calories: 384	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 goodnes I hate tofu.
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	12.00 P 1.00 C 1.00 C 1.00 C 9.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.

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Day:	80
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 2.00 PC 2.00 PC 1.00 C 6.00 C 3.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 4 slice Whole grain bread 4 Rice cakes 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 8.00 C 4.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 6.00 P 6.00 P 1.00 C 1.00 C 1.00 C 1.00 C 7.00 C 8.00 F Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder1 cup Mandarin orange, canned2 2/3 tsp Olive or monounsaturated oil3 cups Oatmeal	12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	Preparation Suggestions: Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	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	Preparation Suggestions: Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 6.00 P 4.00 C 2.00 C Calories: 384	Preparation Suggestions: 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 goodnes I hate tofu.
Dinner - Meal Portions: P:12 C:12 F:8 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	Item Portions 8.00 P 1.00 C 4.00 C 8.00 F 7.00 C 4.00 P Calories: 984	Preparation Suggestions: 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
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories:	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

 $Smooooooooth... Protein \ builds \ muscles \ \underline{www.EmpoweredSmoothie.com}$

Day:	82
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
84 grams Protein powder 1 cup Mandarin orange, canned 2 2/3 tsp Olive or monounsaturated oil 3 cups Oatmeal	12.00 P 3.00 C 8.00 F 9.00 C Calories: 984	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
Snack - Meal Portions: P:4 C:4 F:3 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 2 cups Fruit juice 42 grams Protein powder	Item Portions 6.00 C 6.00 P Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8 6 oz Cheese, low or non fat 12 oz Tofu 2 cups Fruit juice 3 slice Whole grain bread 18 Peanuts 5 tsp Mayonnaise	Item Portions 6.00 P 6.00 P 6.00 C 6.00 C 3.00 F 5.00 F Calories: 984	Preparation Suggestions: 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
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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%)	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	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
Snack - Meal Portions: P:4 C:4 F:3 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.
	0 Carbohy	Irates: 50 Fat: 30 Calories: 4010
18 Peanuts Total Daily Portions: Protein: 5	3.00 F Calories: 337 50 Carbohyo	

Day: 8	33
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
 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 	8.00 P 4.00 PC .50 C 2.00 C .50 C 3.00 C 2.00 C 8.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/2 tbsp Barley1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creating and BCAA's
Snack - Meal Portions: P:6 C:6 F:0 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	Preparation Suggestions: 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
Mid Meal - Meal Portions: P:12 C:12 F: 8	Item Portions	Preparation Suggestions:
 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 	7.00 P 5.00 A 3.00 C 4.00 C 3.00 F Calories: 984	A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Binner - Meal Portions: P:12 C:12 F:8 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	Item Portions 4.00 P 8.00 PC .50 C 2.00 C 1.00 C .29 C 8.00 F Calories: 984	Preparation Suggestions: Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!
Snack - Meal Portions: P:4 C:4 F:3 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	Preparation Suggestions: Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

	D	ay:	84
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Breakfast - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	8.00 P 4.00 P 2.00 C 6.00 C 4.00 C 5.00 F 3.00 F Calories: 984	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts	4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Mid Meal - Meal Portions: P:12 C:12 F:8 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	Item Portions 2.00 C 1.00 C 1.00 C 8.00 C 8.00 F 12.00 P Calories: 984	Preparation Suggestions: Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
Snack - Meal Portions: P:6 C:6 F: 0 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:12 C:12 F:8	Item Portions	Preparation Suggestions:
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	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	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
Snack - Meal Portions: P:4 C:4 F:3	Item Portions	Preparation Suggestions:
14 grams Protein powder2 cups Milk, low fat (1%)1 cup Strawberries1/3 cup Oatmeal1 tsp Olive or monounsaturated oil	2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

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

Other

11 1/2 cups
Yogurt, plain, low
fat
18 cups Milk, low
fat (1%)
2 1/2 cups Won
ton soup
1 cup Egg drop
soup
3 cups Chili,
canned

Protein	Carbohydrates	Fats
5 1/4 cups Cottage cheese, light/low fat 511 grams Protein powder 18 oz Cheese, low or non fat 74 oz Tofu 4 cups Neufchatel cheese, light/low fat 36 Eggs, whole 11 oz Cheddar cheese, light/low fat 1 1/4 cups Goat cheese, light/low fat 12 oz Textured Vegetable Protein 8 Egg whites 19 oz Feta cheese, light/low fat 24 oz Soy, ground 6 links Soy sausage 4 patty Soy burger	13 cups Strawberries 11 tbsp Barley 6 cups Bran cereal, all varieties 4 2/3 cups Oatmeal 9 cups Fruit juice 16 slice Whole grain bread 6 Rice cakes 3 cups Cabbage 8 cups Mushrooms 2 cups Zucchini 1 1/2 cups Bean sprouts 7 Peppers (bell or cubanelle) 10 cups Rice 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	16 tbsp Almonds, slivered 49 tsp Olive or monounsaturated oil 108 Peanuts 10 tsp Mayonnaise 3 Macadamia nuts 9 Almonds, whole

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

Other

2 1/2 cups Won ton soup 17 cups Milk, low fat (1%) 5 1/2 cups Yogurt, plain, low fat 2 cups Lentils

Protein	Carbohydrates	Fats
602 grams Protein powder 18 oz Feta cheese, light/low fat 36 oz Soy, ground 28 oz Cheese, low or non fat 34 Eggs, whole 12 oz Textured Vegetable Protein 16 Egg whites 70 oz Tofu 1 1/2 cups Neufchatel cheese, light/low fat 4 cups Cottage cheese, light/low fat 3 1/2 cups Egg substitute 1 cup Goat cheese, light/low fat 4 patty Soy burger 4 oz Cheddar cheese, light/low fat	3 2/3 cups Mandarin orange, canned 11 1/3 cups Oatmeal 11 cups Strawberries 12 cups Fruit juice 12 whole Pita 1 cup Chickpeas 1/4 cup Kidney beans 4 cups Onions 6 cups Tomatoes 7 1/4 cups Pasta 2 2/3 cups Applesauce 17 slice Whole grain bread 2 cups Cucumber 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 Baked beans 2 1/3 cups Potato	58 tsp Olive or monounsaturated oil 120 Peanuts 3 tbsp Almonds, slivered 5 tsp Mayonnaise 9 Almonds, whole

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

Other

19 cups Milk, low fat (1%) 10 cups Yogurt, plain, low fat 3 cups Chili, canned

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

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

Protein	Carbohydrates	Fats	Other
497 grams Protein powder 36 oz Feta cheese, light/low fat 86 oz Tofu 3 cups Neufchatel cheese, light/low fat 8 oz Cheese, low or non fat 40 Eggs, whole 6 cups Cottage cheese, light/low fat 2 1/4 cups Goat cheese, light/low fat 8 Egg whites 48 oz Soy, ground 2 cups Egg substitute	2 cups Mandarin orange, canned 9 2/3 cups Oatmeal 7 1/2 tbsp Barley 14 cups Strawberries 8 cups Fruit juice 5 cups Celery 1 cup Cucumber 12 Peppers (bell or cubanelle) 9 cups Tomatoes 1 1/2 cups Grapes 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	56 1/3 tsp Olive or monounsaturated oil 84 Peanuts 3 Macadamia nuts 5 tsp Mayonnaise 18 Almonds, whole 3 tbsp Almonds, slivered	9 1/2 cups Yogurt, plain, low fat 18 cups Milk, low fat (1%) 5 cups Won ton soup
	o supo Bran concan, an ranonco		

2 cups Chickpeas 1/2 cup Kidney beans

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

Carbohydrates	Fats	Other
18 cups Strawberries 16 1/2 tbsp Barley 9 1/2 cups Bran cereal, all varieties 9 cups Fruit juice 14 slice Whole grain bread 8 Rice cakes 13 Peppers (bell or cubanelle) 3 cups Baked beans 7 cups Potato 2 Apples 5 1/2 cups Peaches, canned 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 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 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas	21 tbsp Almonds, slivered 46 tsp Olive or monounsaturated oil 138 Peanuts 15 tsp Mayonnaise 6 Macadamia nuts	5 1/2 cups Yogurt, plain, low fat 19 cups Milk, low fat (1%) 2 cups Lentils 2 1/2 cups Won ton soup 1 cup Egg drop soup
	18 cups Strawberries 16 1/2 tbsp Barley 9 1/2 cups Bran cereal, all varieties 9 cups Fruit juice 14 slice Whole grain bread 8 Rice cakes 13 Peppers (bell or cubanelle) 3 cups Baked beans 7 cups Potato 2 Apples 5 1/2 cups Peaches, canned 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	18 cups Strawberries 16 1/2 tbsp Barley 9 1/2 cups Bran cereal, all varieties 9 cups Fruit juice 14 slice Whole grain bread 8 Rice cakes 13 Peppers (bell or cubanelle) 3 cups Baked beans 7 cups Potato 2 Apples 5 1/2 cups Peaches, canned 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 Cucumber 3 cups Grapes 8 whole Pita 2 2/3 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas

3 cups Eggplant 2 1/3 cups Rice 1 cup Salsa

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

Protein	Carbohydrates	Fats	Other
50 Eggs, whole 483 grams Protein powder 12 oz Feta cheese, light/low fat 60 oz Tofu 32 oz Cheese, low or non fat 5 1/2 cups Egg substitute 12 oz Soy, ground 3 cups Neufchatel cheese, light/low fat 2 cups Goat cheese, light/low fat 32 Egg whites 3 1/4 cups Cottage cheese, light/low fat 24 oz Textured Vegetable Protein	6 1/2 cups Peaches, canned 20 slice Whole grain bread 10 cups Strawberries 6 tbsp Barley 10 cups Fruit juice 9 whole Pita 1 1/2 cups Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 4 cups Cucumber 8 1/2 Peppers (bell or cubanelle) 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	59 1/3 tsp Olive or monounsaturated oil 108 Peanuts 3 tbsp Almonds, slivered	20 cups Milk, low fat (1%) 2 1/2 cups Won ton soup 5 1/2 cups Yogurt, plain, low fat 2 cups Lentils 3 cups Chili, canned

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

Other

21 cups Milk, low fat (1%) 2 cups Lentils 6 cups Yogurt, plain, low fat 2 1/2 cups Won ton soup 3 cups Chili, canned

Protein	Carbohydrates	Fats
777 grams Protein powder 34 oz Cheese, low or non fat 66 oz Tofu 12 oz Feta cheese, light/low fat 3 1/4 cups Cottage cheese, light/low fat 16 Egg whites 16 Eggs, whole 2 cups Neufchatel cheese, light/low fat 24 oz Soy, ground 4 patty Soy burger 7 oz Cheddar cheese, light/low fat 6 links Soy sausage 12 oz Textured Vegetable Protein	4 2/3 cups Mandarin orange, canned 14 1/3 cups Oatmeal 8 tbsp Barley 10 cups Strawberries 12 cups Fruit juice 9 slice Whole grain bread 4 1/2 cups Onions 5 1/2 Peppers (bell or cubanelle) 1 cup Salsa 9 whole Pita 2 Apples 6 Rice cakes 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 Rplesauce 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	51 1/3 tsp Olive or monounsaturated oil 126 Peanuts 10 tsp Mayonnaise 11 tbsp Almonds, slivered 9 Almonds, whole

Grocery List

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

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

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

Other

22 cups Milk, low fat (1%)
9 1/2 cups Yogurt, plain, low fat
1 cup Egg drop soup
3 cups Chili, canned
2 1/2 cups Won ton soup

Protein	Carbohydrates	Fats
28 Eggs, whole 609 grams Protein powder 2 1/2 cups Neufchatel cheese, light/low fat 12 oz Textured Vegetable Protein 22 oz Cheese, low or non fat 4 cups Cottage cheese, light/low fat 48 oz Soy, ground 19 oz Feta cheese, light/low fat 70 oz Tofu 11 oz Cheddar cheese, light/low fat 4 patty Soy burger	4 cups Peaches, canned 13 slice Whole grain bread 10 cups Strawberries 7 1/3 cups Oatmeal 13 cups Fruit juice 1 1/3 Bananas 4 cups Mushrooms 5 1/4 cups Onions 7 cups Tomatoes 5 1/3 cups Rice 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 Cabbage 1 cup Zucchini 2 cups Bean sprouts 3 cups Eggplant	51 2/3 tsp Olive or monounsaturated oil 108 Peanuts 16 tbsp Almonds, slivered 5 tsp Mayonnaise 9 Almonds, whole

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 525 grams Protein powder 31 oz Feta cheese, light/low fat 60 oz Tofu 18 oz Cheese, low or non fat 3 cups Egg substitute 28 Eggs, whole 48 oz Soy, ground 6 links Soy sausage 11 oz Cheddar cheese, light/low fat 24 oz Textured Vegetable Protein 1 cup Neufchatel cheese, light/low fat	13 cups Strawberries 12 1/2 tbsp Barley 6 cups Bran cereal, all varieties 9 cups Fruit juice 7 cups Celery 7 cups Cucumber 5 Peppers (bell or cubanelle) 11 cups Tomatoes 1 1/2 cups Grapes 5 whole Pita 4 1/2 cups Beans, green or yellow 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	16 tbsp Almonds, slivered 53 tsp Olive or monounsaturated oil 120 Peanuts 5 tsp Mayonnaise 9 Almonds, whole	7 1/2 cups Yogurt, plain, low fat 14 cups Milk, low fat (1%) 2 1/2 cups Won ton soup 1 cup Egg drop soup
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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 455 grams Protein powder 18 oz Feta cheese, light/low fat 92 oz Tofu 16 oz Cheese, low or non fat 1 1/2 cups Egg substitute 3 cups Cottage cheese, light/low fat 1 1/4 cups Goat cheese, light/low fat 16 Egg whites 4 oz Cheddar cheese, light/low fat 6 cups Neufchatel cheese, light/low fat 24 oz Soy, ground 12 oz Textured Vegetable Protein	7 cups Mushrooms 5 1/4 cups Onions 1 1/4 cups Jalapeno peppers 3 cups Salsa 11 1/2 cups Tomatoes 10 cups Strawberries 2 1/2 tbsp Barley 10 cups Fruit juice 9 whole Pita 12 Peppers (bell or cubanelle) 1 Apple 2 Rice cakes 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	55 1/3 tsp Olive or monounsaturated oil 120 Peanuts 3 Macadamia nuts 5 tsp Mayonnaise 9 Almonds, whole	12 1/2 cups Yogurt, plain, low fat 14 cups Milk, low fat (1%) 2 1/2 cups Won ton soup 2 cups Lentils 1 cup Egg drop soup 3 cups Chili, canned
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Total items required to meet meal requirements from day 78 to day 84

Other

16 cups Milk, low fat (1%)
11 1/2 cups
Yogurt, plain, low fat
1 cup Egg drop soup
2 1/2 cups Won ton soup
2 cups Lentils

Protein	Carbohydrates	Fats
28 Eggs, whole 644 grams Protein powder 4 1/2 cups Neufchatel cheese, light/low fat 78 oz Tofu 16 Egg whites 24 oz Soy, ground 12 oz Textured Vegetable Protein 6 cups Cottage cheese, light/low fat 26 oz Cheese, low or non fat 4 patty Soy burger 4 oz Cheddar cheese, light/low fat 13 oz Feta cheese, light/low fat	4 cups Peaches, canned 12 slice Whole grain bread 9 1/2 tbsp Barley 12 cups Strawberries 11 cups Fruit juice 1 1/3 Bananas 7 1/2 cups Cabbage 10 cups Mushrooms 5 cups Zucchini 5 cups Bean sprouts 9 1/2 Peppers (bell or cubanelle) 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	53 2/3 tsp Olive or monounsaturated oil 18 Almonds, whole 8 tbsp Almonds, slivered 108 Peanuts 10 tsp Mayonnaise