# **EXPLOSION** WEEKS 2-4 MEAL PLANS



### SHOCK TACTICS FOR EXPLOSIVE MUSCLE GROWTH

BY NICK NILSSON

## Meal Plans for Weeks 2 - 4

Building muscle without gaining fat is not an easy thing to accomplish. To do this, you need to support your body with proper nutrition to ensure you're getting ENOUGH calories and nutrients for growth but without getting TOO many calories that it spills over into bodyfat storage.

These "lean muscle" meal plans were prepared by Patrick McGuire of <u>Empowered Nutrition</u>, covering a range of different caloric intake levels. These plans were designed with LEAN muscle growth in mind, therefore while the caloric intake levels aren't massive, the meals are very nutrient dense.

#### **Reading and Using the Meal Plans**

First off, keep in mind, these meal plans are meant primarily as SUGGESTIONS to help you plan your own eating and menus. You don't have to follow these exactly, especially if there are foods you don't like or can't get. They're meant to help guide you in terms of what foods to eat and how much of them to eat to build lean muscle mass.

You'll notice the number of days in the meal plans goes well beyond the number of days in the Muscle Explosion program. This is to give you as many options as possible in terms of food and meal selection. Look through and find the meals and days that appeal to you most!

In the meal plan sheets, you'll find 3 columns: the ingredients and serving sizes (pretty self-explanatory), item portions (P stands for how many protein portions are in the meal, C for carbohydrate portions and F for fat portions) and preparation suggestions (again self-explanatory).

At the end of each level of caloric intake for each meal plan, you'll also find shopping lists for the recommended foods.

#### How to Choose a Meal Plan

- During Week 2 of the program, I would recommend a caloric intake approximately 20% higher than what you would do for the remaining 2 weeks. The 5 Day Structural Attack week demands more energy both for training and recovery.
- If you're currently 150 lbs or less, I would recommend the 2548 calorie meal plan for Week 2, then dropping down to the 2184 calorie meal plan for Weeks 3 and 4.
- If you're between 150 and 200 lbs, use the 2709 calorie meal plan for Week 2 then drop down to the 2548 calorie meal plan for Weeks 3 and 4.
- If you're currently over 200 lbs, I would suggest using the 2999 calorie meal plan for Week 2, then dropping down to the 2709 or 2548 calorie plan for Weeks 3 and 4. If you're well over 200 lbs, you can use the 2999 meal plans and just increase serving sizes in order to increase caloric intake.

2184 Calories	Page <b>2</b>
2548 Calories	Page <b>67</b>
2709 Calories	Page <b>132</b>
2999 Calories	Page <b>198</b>

## **2184 Calorie Meal Plans**

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:4 C:2 F:2 21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
		drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
2  outpo Mills low fot (19()	Portions 2.00 PC	
2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat	3.00 PC	Simple and healthful, this breakfast will give you a needed energy boost!
	2.00 F	
1 Orange		
24 Peanuts	4.00 F 2.00 P	
1/2 cup Egg substitute		
	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
4 of Chasse low or per fat	Portions 4.00 P	
4 oz Cheese, low or non fat		Cheese, Applesauce & Pistachios
2/3 cup Applesauce	2.00 C	A unique blend of tastes and flavours!
8 Pistachio nuts	2.00 F	
	Calories: 238	
	236 Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat)	7.00 P	California Beef and Vegetable Medley
4 cups Cauliflower	1.00 C	
1 1/2 cups Salsa	3.00 C	Brown beef and add salsa. Sauté mushrooms and
2 cups Mushrooms	1.00 C	cauliflower and mix. Top with the salsa and season
15 Almonds, whole	5.00 F	to taste. Enjoy!
	Calories:	
	511	
	Item	
Snack - Meal Portions: P:4 C:2 F: 2	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Smoothie
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
3/4 cup Papaya	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	238	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Chicken breast, skinless	7.00 P	Chicken with sautéed vegetables: an easy meal to
2 cups Mushrooms	1.00 C	prepare. Try seasoning the vegetables with salt and
1 cup Onions	2.00 C	pepper to taste, plus some basil and oregano.
3 cups Tomatoes	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 Peach	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F Calories:	blender is not available, set aside the fruit and shak
	238	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	230	Enjoy!
Total Daily Portions: Protein	· 33 Carboby	drates: 20 Fat: 20 Calories: 2184
		2 glasses of water per day. **
Have a Prote	ein Smoothie,	be Empowered

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 1/2 cups Cereal, cold 12 Almonds, whole 21 grams Protein powder	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 6 Walnuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 1/2 cups Lettuce, romaine</li> <li>2 cups Cucumber</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 Tomato</li> <li>3 cups Raspberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col- water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1 1/2 cups Bok choy 1 1/2 cups Scallions (green onions) 2/3 cup Water chestnuts 3 cups Snow peas 1 2/3 tsp Olive or monounsaturated oil	7.00 P .50 C .50 C 2.00 C 2.00 C 5.00 F Calories: 511	Chinese Chicken and Vegetables
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
	33 Carbohyd	I drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	A quick and tasty breakfast.
3 oz Cheese, low or non fat	3.00 P	
1 1/2 Nectarines	3.00 C	
24 Peanuts	4.00 F	
21 grams Protein powder	3.00 P	
<b>3 a b b b b b b b b b b</b>	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
12 Peanuts	2.00 F	
	Calories:	
	238	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1/0 our Vaguet plain low fot	1.00 PC	
1/2 cup Yogurt, plain, low fat		Curried Chicken
6 oz Chicken breast, skinless	6.00 P	Cut the chicken into cubes and saute until cooked.
2 1/4 Peppers (bell or cubanelle)	1.13 C	Add chopped vegetables, saute lightly and then add
2 cups Snow peas	1.33 C	yogurt and some water. Season with curry powder
3 cups Mushrooms	1.50 C	and salt and pepper to taste.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/8 Cantaloupe	.50 C	adding water to create desired consistency. If a
1/3 cup Honeydew melon	.50 C	blender is not available, set aside the fruit and shak
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container t
	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
0 on Observe low over 5 tot	Portions	
2 oz Cheese, low or non fat	2.00 P	Steak Wrap
5 oz Beef, lean cuts	5.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add
1/5 cup Salsa	.40 C	beef to oil along with desired seasonings and pan f
1 Apple	2.00 C	until cooked. You can pan fry vegetables or have
1 whole Pita	2.00 C	them raw. Mix all ingredients into pita or tortilla and
1/5 cup Onions	.40 C	serve.
1/5 Tomato	.10 C	
1/4 Pepper (bell or cubanelle)	.13 C	
9 Almonds, whole	3.00 F	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
	Portions	r reparation Suggestions.
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shak
	Calories:	up the remaining ingredients in a closed container t
	238	mix it all together, then eat the fruit on the side.
	230	Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> </ol>	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Strawberries 1 cup Grapes 15 Almonds, whole 7 oz Turkey breast, skinless 1 whole Pita	Item Portions 1.00 C 2.00 C 5.00 F 7.00 P 2.00 C Calories: 511	<b>Preparation Suggestions:</b> Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 3 Kiwis 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 slice Whole grain bread</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/8 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>1/3 cup Honeydew melon</li> <li>tbsp Almonds, slivered</li> </ol>	4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1/4 cup Blueberries</li> <li>1/6 cup Applesauce</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 1 Tomato 1 Apple 15 Almonds, whole	Item Portions 7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:2 28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col- water and have remaining ingredients on the side. Nuts on the side.

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%)	Item Portions 1.00 PC	Preparation Suggestions: Protein Shake
21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	3.00 P 1.00 C 2.00 F Calories: 238	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
5 oz Chicken breast, skinless 2 oz Cheese, Iow or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil	5.00 P 2.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		licSurgeProgram.com

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat	Portions 1.00 PC 3.00 P	A refreshing breakfast.
1 cup Fruit cocktail	3.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F 3.00 P	
21 grams Protein powder	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Using dried apricots makes this an especially easy
6 Apricots	2.00 C	snack to take with you.
2 Macadamia nuts	2.00 F	
	Calories: 238	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 1/2 cups Chicken noodle soup	Portions 3.00 A	Soup with a cheese sandwich on the side. Enjoy!
2 tsp Mayonnaise	2.00 F	Soup with a cheese sandwich on the side. Enjoy:
1 whole Pita	2.00 C	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	511 Item	
Snack - Meal Portions: P:4 C:2 F: 2	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder 1/2 Nectarine	3.00 P 1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available, set aside the fruit and shake
	Calories:	up the remaining ingredients in a closed container to
	238	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	
	Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Steak and Salad
2/3 cup Rice 1 Pepper (bell or cubanelle)	2.00 C .50 C	Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and
3 cups Lettuce, romaine	.30 C	vinegar dressing (or a low-fat dressing of your
1 3/4 cups Cucumber	.44 C	choice).
1 1/2 cups Mushrooms	.75 C	
2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil	1.00 C 4.00 F	
3 Almonds, whole	1.00 F	
,	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries 1/2 cup Strawberries	.50 C .50 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container to
· p · · · · · · · · · · · · · · · · · ·	Calories:	mix it all together, then eat the fruit on the side.
	000	Enjoy!
	238	drates: 20 Fat: 20 Calories: 2184

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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 8 Pistachio nuts	Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	<b>Preparation Suggestions:</b> A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!
		rates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
Vince Reveals His No Non Sense Muscle B	uilding Strategy	! <u>www.VincesNoNonSenseMuscleBuilding.com</u>

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
10 Egg whites	Portions 5.00 P	French Toast Sticks
1 1/2 slice Whole grain bread	3.00 C	Cut bread into sticks and soak in beaten eggs. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
4 tbsp Almonds, slivered	4.00 F	turning often until done. Top with sliced
2 oz Cheddar cheese, light/low fat	2.00 P	strawberries and slivered almonds.
	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Mix oatmeal with cottage cheese. Top with
2/3 cup Oatmeal	2.00 C	cashews and enjoy!
6 Cashews	2.00 F	
	Calories:	
	238 Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup	5.00 A	A tasty and simple meal of soup. Enjoy!
2 oz Cheddar cheese, light/low fat	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients, except nuts together and add
1/2 cup Blueberries	1.00 C	ice cubes until desired consistency is reached.
3 Almonds, whole	1.00 F	Blender not available? Mix protein powder with col
2 Cashews	.67 F	water and have remaining ingredients on the side.
2 Peanuts	.33 F	Eat nuts separately.
	Calories:	
	238 Item	
Dinner - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Pork, lean	7.00 P	Rosemary Pork Tenderloin
6 spears Asparagus	.50 C	Preheat oven to 500 degrees. Place pork in pan an
1/4 cup Onions	.50 C	brush with oil. Place potato around pork. Sprinkle
1 1/3 cups Potato	4.00 C	with onion, garlic, rosemary and pepper. Cook until
1 2/3 tsp Olive or monounsaturated oil	5.00 F	done.
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries	.50 C	blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
		Enjoy! Irates: 20 Fat: 20 Calories: 2184
** Remember to drink be	tween 10 and 1	2 glasses of water per day. **
Take your vitamins, be active &	eat well & GRC	W. www.EmpoweredNutrition.com
Take your vitamins, he ac	tive & eat well	www.empowerednutrition.com

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole	4.00 P 2.00 C 2.00 F Calories: 238	Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts	Item Portions 1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a lea of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		poweredTransformation.com

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole	1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Ricotta cheese, skim</li> <li>4 Crackers</li> <li>2 pieces Dates</li> <li>2 tbsp Almonds, slivered</li> </ol>	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>1 1/3 Tomatoes</li> <li>3/4 cup Grapes</li> <li>2 1/2 cups Lettuce, romaine</li> <li>3/4 cup Cucumber</li> <li>1 cup Mushrooms</li> <li>1 cup Blackberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Beef, lean cuts 1 1/2 cups Brussels sprouts 1 Orange 1 1/2 cups Beans, green or yellow 2 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil Total Daily Portions: Prote	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat 4 Egg whites 1 Pepper (bell or cubanelle) 1 3/4 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil	5.00 P 2.00 P .50 C 3.50 C 4.00 F Calories: 448	Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown.
		This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder	Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Blueberries 1/2 cup Salsa 1 whole Pita 6 Almonds, whole 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 4.00 P .50 C .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Stuffed Pork Loin Pre-heat oven to 350. Chop vegetables, then lightly saute and season. Spread vegetable mixture over pork loin, then roll pork loin around mixture. Bake in oven until done, about 25 minutes.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Cucumber 1 Pepper (bell or cubanelle) 2/3 tsp Olive or monounsaturated oil 1 cup Broccoli 1 cup Carrots	4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238	Sliced vegetables with olive oil and balsamic vinega dip. Feel free to reduce the quantity of vegetables in you'd like. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Turkey breast, skinless</li> <li>2 Plums</li> <li>1/3 head Lettuce, iceberg</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/4 cups Snow peas</li> <li>2 Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511	Grilled Turkey with Tossed Salad Grill turkey. Core and chop lettuce (you can use les lettuce if you like). Chop vegetables and toss with lettuce in vinegar and olive oil. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories:	<b>Preparation Suggestions:</b> Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	511 Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Blueberries 1/2 cup Blueberries 1/2 cup Salsa 1 whole Pita 6 Almonds, whole 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 4.00 P .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 1/2 cups Bok choy 1 1/2 cups Scallions (green onions) 2/3 cup Water chestnuts 3 cups Snow peas 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 2.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chinese Chicken and Vegetables
Snack - Meal Portions: P:4 C:2 F:2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Blueberries 1/2 cup Salsa 1 whole Pita 6 Almonds, whole 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 4.00 P .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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:7 C:5 F:5 2 oz Cheese, low or non fat 5 oz Beef, lean cuts 1/5 cup Salsa 1 Apple 1 whole Pita 1/5 cup Onions 1/5 Tomato 1/4 Pepper (bell or cubanelle) 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 5.00 P .40 C 2.00 C .40 C .10 C .13 C 3.00 F 2.00 F Calories: 511	Preparation Suggestions: Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F	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

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole	1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/2 cup Raspberries</li><li>1/2 cup Strawberries</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Beef, lean cuts</li> <li>2/3 cup Rice</li> <li>1 Pepper (bell or cubanelle)</li> <li>3 cups Lettuce, romaine</li> <li>1 3/4 cups Cucumber</li> <li>1 1/2 cups Mushrooms</li> <li>2 Tomatoes</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>3 Almonds, whole</li> </ul>	7.00 P 2.00 C .50 C .30 C .44 C .75 C 1.00 C 4.00 F 1.00 F Calories: 511	Steak and Salad Grill or broil steak, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice).
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 1/2 cups Cereal, cold 12 Almonds, whole 21 grams Protein powder	Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>3 oz Cheese, low or non fat</li> <li>4 oz Beef, lean cuts</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 Tomato</li> <li>1/2 cup Blueberries</li> <li>1/2 cup Salsa</li> <li>1 whole Pita</li> <li>6 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	3.00 P 4.00 P .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
<ul> <li>Snack - Meal Portions: P:4 C:2 F: 2</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>3 Almonds, whole</li> <li>2 Cashews</li> <li>2 Peanuts</li> </ul>	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 cups Cauliflower</li> <li>1/2 cup Onions</li> <li>1 1/2 cups Broccoli</li> <li>2/3 cup Rice</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F	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

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered	Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder	Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Turkey breast, skinless</li> <li>2 Plums</li> <li>1/3 head Lettuce, iceberg</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/4 cups Snow peas</li> <li>2 Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511	Grilled Turkey with Tossed Salad Grill turkey. Core and chop lettuce (you can use les lettuce if you like). Chop vegetables and toss with lettuce in vinegar and olive oil. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Beef, lean cuts</li> <li>1 1/2 cups Brussels sprouts</li> <li>1 Orange</li> <li>1 1/2 cups Beans, green or yellow</li> <li>2 cups Mushrooms</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Chicken noodle soup</li> <li>2 tsp Mayonnaise</li> <li>1 whole Pita</li> <li>4 oz Cheddar cheese, light/low fat</li> </ol>	3.00 A 2.00 F 2.00 C 4.00 P Calories: 511	Soup with a cheese sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/2 cup Raspberries</li><li>1/2 cup Strawberries</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories:	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
	238	mix it all together, then eat the fruit on the side. Enjoy!
		drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
Find Out If You Have the Perfect Body	Ratio Women	Want + <u>www.WhatsYourAdonisIndex.com</u>

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole	Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts	Item Portions 1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a lea of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with col water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 5 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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. Enjoy!

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Breakfast - Meal Portions: P:7 C:4 F:4	Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat	5.00 P	Feta Frittata
4 Egg whites	2.00 P	Cube the bread and arrange in the bottom of a
1 Pepper (bell or cubanelle)	.50 C	baking dish. Mix eggs, chopped peppers, and
1 3/4 slice Whole grain bread	3.50 C	cheese in a bowl with salt, pepper and parsley.
1 1/3 tsp Olive or monounsaturated oil	4.00 F	Pour evenly over bread cubes and bake at 400
	Calories:	degrees for 20 minutes or until golden-brown.
	448	, , , , , , , , , , , , , , , , , , ,
		This is a great weekend breakfast. This dish also
		refrigerates well so you can prepare it well in
		advance.
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
4 on Chasses low or non fet	Portions	
4 oz Cheese, low or non fat	4.00 P	Using dried apricots makes this an especially easy
6 Apricots	2.00 C	snack to take with you.
2 Macadamia nuts	2.00 F	
	Calories: 238	
	238 Item	
Mid Meal - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Grilled Chicken Salad
2 cups Cucumber	.50 C	Grill or broil chicken, prepare salad with amount of
5 cups Lettuce, romaine	.50 C	lettuce to your satisfaction and mix with oil and
2 Peppers (bell or cubanelle)	1.00 C	vinegar dressing (or a low-fat dressing of your
1 cup Pineapple	2.00 C	choice). Serve chicken on the side or cube and mix
2 Tomatoes	1.00 C	in the salad.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
1/0 our Voguet plain love fot	Portions 1.00 PC	Protein Smoothie
1/2 cup Yogurt, plain, low fat 21 grams Protein powder	3.00 PC	
	1.00 C	Put all ingredients in a blender over ice and blend,
3/4 cup Papaya	2.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	Z.00 F Calories:	
	238	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	200	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	
	Portions	Preparation Suggestions:
2 oz Cheese, low or non fat	2.00 P	Steak Wrap
5 oz Beef, lean cuts	5.00 P	Cut beef into 1 inch strips. In a pan heat oil. Add
1/5 cup Salsa	.40 C	beef to oil along with desired seasonings and pan fr
1 Apple	2.00 C	until cooked. You can pan fry vegetables or have
1 whole Pita	2.00 C	them raw. Mix all ingredients into pita or tortilla and
1/5 cup Onions	.40 C	serve.
1/5 Tomato	.10 C	
1/4 Pepper (bell or cubanelle)	.13 C	
9 Almonds, whole	3.00 F	
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	511 Item	
Snack - Meal Portions: P:4 C:2 F:2	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1/2 Pear	1.00 C	adding water to create desired consistency. If a
1/2 1 641	1.00 0	

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 1/2 cups Cereal, cold 12 Almonds, whole 21 grams Protein powder	Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!
Snack - Meal Portions: P:4 C:2 F:2 4 oz Cheese, low or non fat 1 Apple 6 Walnuts	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
		rates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 slice Whole grain bread</li> <li>1 cup Strawberries</li> <li>4 tbsp Almonds, slivered</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>cup Ricotta cheese, skim</li> <li>Crackers</li> <li>pieces Dates</li> <li>tbsp Almonds, slivered</li> </ol>	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!
Mid Meal - Meal Portions: P:7 C:5 F:5 49 grams Protein powder 1 1/3 Tomatoes 3/4 cup Grapes 2 1/2 cups Lettuce, romaine 3/4 cup Cucumber 1 cup Mushrooms 1 cup Blackberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Stuffed Pork Loin Pre-heat oven to 350. Chop vegetables, then lightly saute and season. Spread vegetable mixture over pork loin, then roll pork loin around mixture. Bake in oven until done, about 25 minutes.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 1/3 tsp Olive or monounsaturated oil 21 grams Protein powder	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A refreshing breakfast.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/8 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>1/3 cup Honeydew melon</li> <li>2 tbsp Almonds, slivered</li> </ol>	4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>1 1/3 Tomatoes</li> <li>3/4 cup Grapes</li> <li>2 1/2 cups Lettuce, romaine</li> <li>3/4 cup Cucumber</li> <li>1 cup Mushrooms</li> <li>1 cup Blackberries</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	Preparation Suggestions: Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Chicken noodle soup</li> <li>2 tsp Mayonnaise</li> <li>1 whole Pita</li> <li>4 oz Cheddar cheese, light/low fat</li> </ol>	3.00 A 2.00 F 2.00 C 4.00 P Calories: 511	Soup with a cheese sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>3 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C 2.00 F Calories: 238	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: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		+ empowered +

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 6 Walnuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		oweredNutrition.com/Contests
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Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 3 oz Cheese, Iow or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder	Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A quick and tasty breakfast.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/8 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>1/3 cup Honeydew melon</li> <li>2 tbsp Almonds, slivered</li> </ol>	4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
49 grams Protein powder 1 1/3 Tomatoes 3/4 cup Grapes 2 1/2 cups Lettuce, romaine 3/4 cup Cucumber 1 cup Mushrooms 1 cup Blackberries 1 2/3 tsp Olive or monounsaturated oil	7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.
Snack - Meal Portions: P:4 C:2 F:2 28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Very easy to prepare, but balanced to start your day
3 oz Cheese, low or non fat	3.00 P	off right!
2/3 cup Applesauce	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
14 grams Protein powder	2.00 P	
	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Peaches & Nuts
2 Peaches	2.00 C	Enjoy items separately.
12 Peanuts	2.00 F	,,, , , , , , , , , , , , , , , , , ,
	Calories:	
	238	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
1 cup Strawberries	1.00 C	Grilled turkey breast with fruit - makes a refreshing
1 cup Grapes	2.00 C	lunch and an interesting change in your routine.
15 Almonds, whole	5.00 F	
7 oz Turkey breast, skinless	7.00 P	
1 whole Pita	2.00 C	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/4 Cantaloupe	1.00 C	Put all ingredients in a blender over ice and blend,
1/3 cup Honeydew melon	.50 C	adding water to create desired consistency. If a
1/2 Kiwi	.50 C	blender is not available, set aside the fruit and shake
2/3 tsp Olive or monounsaturated oil	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Pork, lean	7.00 P	Sweet and Sour Pork
1/2 cup Tomato, puree	1.00 C	
1 1/4 cups Pineapple	2.50 C	A unique blend of tastes and flavors!
1/2 cup Fruit cocktail	1.50 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
	3.00 PC	
21 grams Protein powder 1 Plum		Put all ingredients in a blender over ice and blend,
	1.00 C 2.00 F	adding water to create desired consistency. If a
2/3 tsp Olive or monounsaturated oil		blender is not available, set aside the fruit and shak
	Calories:	up the remaining ingredients in a closed container t
	238	mix it all together, then eat the fruit on the side.
Total Daily Portions: Protein:	33 Carbohyo	Enjoy! drates: 20 Fat: 20 Calories: 2184
** Remember to drink betw	veen 10 and 1	2 glasses of water per day. **
Is the Force within	n you? + <u>www</u>	.VitalForceMulti.com

		pplements www.empowerednutrition.com
** Remember to drink betwe	en 10 and 1	drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
Snack - Meal Portions: P:4 C:2 F:2 21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil	Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511 Item	Preparation Suggestions: Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 4 oz Cheese, low or non fat 2 Peaches 12 Peanuts	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Cheese, Peaches & Nuts Enjoy items separately.
Breakfast - Meal Portions: P:7 C:4 F:4 2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 24 Peanuts 1/2 cup Egg substitute	Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Yogurt, plain, low fat</li> <li>4 Egg whites</li> <li>1 cup Grapes</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>3 Eggs, whole</li> </ol>	2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511	<b>Preparation Suggestions:</b> Soup with a cheese sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C 2.00 F Calories: 238 Item	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:7 C:5 F:5 7 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 3 Kiwis 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:2 F:2 21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
		drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Chop the fruit and mix with the remaining
35 grams Protein powder	5.00 P	ingredients. Enjoy!
1 cup Pineapple	2.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item	Preparation Suggestions:
	Portions	
1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal	4.00 P 2.00 C	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
6 Cashews	2.00 C	cashews and enjoy!
0 Cashews	Calories:	
	238	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Turkey breast, skinless 2 Plums	7.00 P 2.00 C	Grilled Turkey with Tossed Salad Grill turkey. Core and chop lettuce (you can use less
1/3 head Lettuce, iceberg	2.00 C	lettuce if you like). Chop vegetables and toss with
2 Peppers (bell or cubanelle)	1.00 C	lettuce in vinegar and olive oil.
1 1/4 cups Snow peas	.83 C	
2 Tomatoes	1.00 C	Enjoy the fruit for dessert.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients, except nuts together and add
1/2 cup Blueberries	1.00 C	ice cubes until desired consistency is reached.
3 Almonds, whole	1.00 F	Blender not available? Mix protein powder with cold
2 Cashews	.67 F	water and have remaining ingredients on the side.
2 Peanuts	.33 F	Eat nuts separately.
	Calories: 238	
	Item	
Dinner - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Pork, lean	7.00 P	Stuffed Pork Loin
1 cup Onions	2.00 C	Pre-heat oven to 350. Chop vegetables, then lightly
3 1/2 cups Spinach	1.00 C	saute and season. Spread vegetable mixture over
2 cups Leeks	2.00 C	pork loin, then roll pork loin around mixture. Bake in
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories:	oven until done, about 25 minutes.
	511	
One also Maral Deutience D.4.0-0 E.0	Item	Barrantian Orana tiana
Snack - Meal Portions: P:4 C:2 F:2	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1/2 cup Raspberries	.50 C	adding water to create desired consistency. If a
1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	.50 C 2.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
2/3 ISP Onve of monounsaturated on	Calories:	mix it all together, then eat the fruit on the side.
	238	Enjoy!
	ein: 33 Carbohyc	drates: 20 Fat: 20 Calories: 2184
** Remember to drink b	etween 10 and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 slice Whole grain bread</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>3 oz Cheese, low or non fat</li><li>1/2 cup Grapes</li><li>12 Peanuts</li></ul>	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Rosemary Pork Tenderloin Preheat oven to 500 degrees. Place pork in pan and brush with oil. Place potato around pork. Sprinkle with onion, garlic, rosemary and pepper. Cook until done.
Snack - Meal Portions: P:4 C:2 F:2 28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
	33 Carbohyd	drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
10 Egg whites	5.00 P	French Toast Sticks
1 1/2 slice Whole grain bread 1 cup Strawberries	3.00 C 1.00 C	Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks,
4 tbsp Almonds, slivered	4.00 F	turning often until done. Top with sliced
2 oz Cheddar cheese, light/low fat	2.00 P	strawberries and slivered almonds.
	Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Cherries, Grapes and Pistachio
1/2 cup Grapes	1.00 C	Mix all the ingredients together and enjoy cold.
8 Cherries	1.00 C	
8 Pistachio nuts	2.00 F Calories:	
	238	
Mid Meal - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 2/3 cups Tomato vegetable soup	Portions 4.00 A	A hot and tasty bowl of soup with fruit for dessert.
21 grams Protein powder	3.00 P	Enjoy!
1/2 Nectarine	1.00 C	Lijoy.
1/3 tsp Olive or monounsaturated oil	1.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Blend all ingredients together and add ice cubes
1/2 cup Strawberries	.50 C	until desired consistency is reached. If a blender is
1/4 cup Peaches, canned	.50 C	not available mix protein powder with cold water
2/3 tsp Olive or monounsaturated oil	2.00 F	and have remaining ingredients on the side. Enjoy!
	Calories: 238	
	Item	
Dinner - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Steak and Salad
2/3 cup Rice	2.00 C	Grill or broil steak, prepare salad with amount of
1 Pepper (bell or cubanelle)	.50 C	lettuce to your satisfaction and mix with oil and
3 cups Lettuce, romaine 1 3/4 cups Cucumber	.30 C .44 C	vinegar dressing (or a low-fat dressing of your choice).
1 1/2 cups Mushrooms	.75 C	
2 Tomatoes	1.00 C	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
3 Almonds, whole	1.00 F	
	Calories:	
	511 Item	
Snack - Meal Portions: P:4 C:2 F:2	Portions	Preparation Suggestions:
21 grams Protein powder	3.00 P	Protein Shake with Fruit
2 oz Tofu	1.00 P	Blend all ingredients together and add ice cubes
1/2 Cantaloupe	2.00 C	until desired consistency is reached. If a blender is
2/3 tsp Olive or monounsaturated oil	2.00 F	not available mix protein powder with cold water
	Calories: 238	and have remaining ingredients on the side.
Total Daily Portions: Protein		drates: 20 Fat: 20 Calories: 2184

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	-	
Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
<ol> <li>1 cup Yogurt, plain, low fat</li> <li>3 oz Cheese, low or non fat</li> <li>2/3 cup Applesauce</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ol>	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Cucumber 1 Pepper (bell or cubanelle) 2/3 tsp Olive or monounsaturated oil 1 cup Broccoli 1 cup Carrots	4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238	Sliced vegetables with olive oil and balsamic vinegal dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 cups Cucumber</li> <li>5 cups Lettuce, romaine</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 cup Pineapple</li> <li>2 Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, Iow or non fat 6 Apricots 2 Macadamia nuts	4.00 P 2.00 C 2.00 F Calories: 238	Using dried apricots makes this an especially easy snack to take with you.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	Marinara Chicken Sauté the mushrooms and season to taste, then add the canned tomatoes and simmer. Grill the chicken and serve covered in the sauce. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1/4 cup Blueberries</li> <li>1/6 cup Applesauce</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>1 1/2 cups Bok choy</li> <li>1 1/2 cups Scallions (green onions)</li> <li>2/3 cup Water chestnuts</li> <li>3 cups Snow peas</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .50 C 2.00 C 2.00 C 5.00 F Calories: 511	Chinese Chicken and Vegetables
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		2 glasses of water per day.

gestions:
red, non-sugary cereal with milk the protein powder to add flavour - ourse, which will get you started on
gestions:
ls er or eat them separately. Either our way to a healthy lifestyle!
gestions:
ese sandwich on the side. Enjoy!
gestions:
e s in a blender over ice and blend, create desired consistency. If a ailable, set aside the fruit and shake ingredients in a closed container to r, then eat the fruit on the side.
gestions:
k, prepare salad with amount of atisfaction and mix with oil and (or a low-fat dressing of your
gestions:
s in a blender over ice and blend, create desired consistency. If a ailable, set aside the fruit and shake ingredients in a closed container to r, then eat the fruit on the side.
cre ail ir

Powerful Proven Results @ www.EmpoweredNutrition.com

Fortions       Fortions         1 cup Yogurt, plain, low fat       3.00 P         3 oz Cheese, low or non fat       2.00 P         2/3 cup Applesauce       2.00 P         1 drams Protein powder       2.00 P         1 drams Protein powder       2.00 P         1 drams Protein powder       2.00 P         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       3.00 P         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       3.00 P         1 2 Apple       1.00 PC         2 oz Cheese, low or non fat       3.00 P         1 2 Apple       2.00 F         2 oz Cheese, low or non fat       3.00 P         2 oz Cheedar cheese, light/low fat       2.00 F         2 oz Cheddar cheese, light/low fat       5.00 A         2 oz Cheddar cheese, light/low fat       5.00 P         1 /2 cup Milk, low fat (1%)       5.0 P C         1 /2 cup Milk, low fat (1%)       5.0 P C         1 /2 cup Milk, low fat (1%)       5.0 P C         1 /2 cup Milk, low fat (1%)       5.0 P C         1 /2 cup Milk, low fat (1%)       5.0 P C         1 /2 cup Milk, low fat (1%)       5.0 C         1 /2 cup Milk, low fat (1%)       5.0 C	Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
3 oz Chesse, low or non fat       3.00 P         2/3 cup Applesauce       0ff right         1 /3 tsp Olive or monounsaturated oil       2.00 P         1 /4 grams Protein powder       2.00 P         Snack - Meal Portions: P:4 C:2 F:2       Item         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       3.00 P         1/2 Apple       1.00 C         1/2 Apple       1.00 C         1/2 Apple       1.00 C         1/2 Apple       1.00 C         2 oz Cheese, low or non fat       3.00 P         1/2 Apple       1.00 C         2 oz Cheese, low or non fat       3.00 P         1/2 Apple       1.00 C         2 oz Cheddar cheese, light/low fat       Calories:         -11       Erem         9 ortions       5.00 P         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Subeerries       .50 P         1/4 cup Subeerries       .50 C         1/4 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       .238         Dinner - Meal Portions: P:7 C:5 F:5       Portions         7 oz Chicken braast, skinless       .50 C		Portions	
2/3 cup Applesauce       2.00 C         11/3 tsp Olive or monounsaturated oil       2.00 F         3 run Milk, low fat (1%)       Term         3 oc Cheese, low or non fat       1.00 PC         1/2 Apple       1.00 PC         2/3 co Cheese, low or non fat       3.00 P         1/2 Apple       1.00 PC         1/2 Apple       2.00 F         2/3 ave the set of th			
11/3 tsp Ölive or monounsaturated oil       4.00 F         14 grams Protein powder       4.00 F         Snack - Meal Portions: P:4 C:2 F:2       Item         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       3.00 P         12 Apple       1.00 PC         12 Apple       1.00 PC         12 Apple       1.00 PC         12 Apple       1.00 PC         12 Apple       2.00 F         Calories:       238         Mid Meal - Meal Portions: P:7 C:5 F:5       Portions         5 0.00 A       2.00 P         Calories:       2.00 P         5 11       Stack - Meal Portions: P:4 C:2 F:2         Portions       Protein Snake with Fruit         1/4 cup Yogurt, plain, low fat       50 PC         1/4 cup Poleipeauce       .50 C         1/4 cup Bueberries       .50 C         1/4 cup Bueberries       .50 C         1/4 cup Bueberries       .50 C         1/2 cups Broconi       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Broconi       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C			off right!
14 grams Protein powder       2.00 P         Calories:       448         Snack - Meal Portions: P:4 C:2 F:2       Perparation Suggestions:         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       1.00 C         12 Apple       1.00 C         12 Apple       2.00 F         12 Apple       2.00 F         12 Apple       2.00 F         12 Apple       2.00 F         2 oz Cheddar cheese, light/low fat       2.00 F         Calories:       238         Item       Preparation Suggestions:         7 A tasty and simple meal of soup. Enjoy!       2.00 F         2 oz Cheddar cheese, light/low fat       Calories:         511       Freparation Suggestions:         7 /2 cup Milk, low fat (1%)       .50 PC         1/4 cup Euberries       .50 C         1/2 cup Onions       .70 C Hicken Brotions: P:7 C: 5 F:5         Te			
Calories:         Atag         I cup Milk, low fat (1%)       1.00 PC         3 oz Cheese, low or non fat       3.00 P         1/2 Apple       1.00 PC         12 Peanuts       A nice, quick snack to satisfy those cravings!         Mid Meal - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         A tasty and simple meal of soup. Enjoy!       2 oz Cheddar cheese, light/low fat         2 oz Cheddar cheese, light/low fat       2.00 P         Calories:       511         Snack - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         A tasty and simple meal of soup. Enjoy!       2 oz Cheddar cheese, light/low fat         2 oz Dup Milk, low fat (1%)       50 PC         1/4 cup Suget, plain, low fat       50 PC         1/4 cup Supert, plain, low fat       50 PC         1/4 cup Supeleauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 P         Calories:       238         Dinner - Meal Portions; P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 oups Cauliflower       .50 C         1 /2 cups Broccoli       .50 C         2 /2 spe Dilower or monounsaturated oil       .50 C         2 /2 pepter (bell or cubanelle) <td< td=""><td>1 1/3 tsp Olive or monounsaturated oil</td><td></td><td></td></td<>	1 1/3 tsp Olive or monounsaturated oil		
448         Snack - Meal Portions: P:4 C:2 F:2       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       3.00 P         3 oz Cheese, low or non fat       3.00 P         12 Apple       2.00 F         2 Peanuts       238         Mid Meal - Meal Portions: P:7 C:5 F:5       Item Portions         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       5.00 A 2.00 P         2 act Meal Portions: P:4 C:2 F: 2       Item Portions         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Xourt, plain, low fat       .50 PC         1/4 cup Bueberries       .50 C         1/4 cup Aubeberries       .50 C         1/2 cup Cauliflower       .50 C         1/2 cup Cauliflower       .50 C         1/2 cup Cauliflower       .50 C	14 grams Protein powder		
Snack - Meal Portions: P:4 C:2 F:2       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       3.00 PC         3 cz Cheese, low or non fat 1/2 Apple       1.00 PC         12 Peanuts       2.00 F         Calories:       2.00 F         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       5.00 A         1/2 cup Milk, low fat (1%)       5.00 F         1/2 cup Milk, low fat (1%)       5.01 F         1/2 cup Milk, low fat (1%)       5.01 C         1/4 cup Sugurt, plain, low fat       5.00 C         1/6 cup Applesauce       5.00 C         1/6 cup Applesauce       5.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       5.00 C         1/2 cups Roccoli       5.00 C         2/3 tsp Olive or monounsaturated oil       5.00 C         1/2 cups Broccoli       5.00 C         2/3 tsp Olive or monounsaturated oil       5.00 C         1/2 cups Califilower       5.00 C         1/2 cup Califilower       5.00 C         1/2 cups Califilower <t< td=""><td></td><td></td><td></td></t<>			
Shack - Meal Portions: P:4 C:2 F:2       Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         3 oz Cheese, low or non fat       3.00 P         1/2 Apple       2.00 F         12 Peanuts       2.00 F         3 1/3 cups Beef and vegetable soup       2.00 F         2 oz Cheddar cheese, light/low fat       5.00 A         2 oz Cheddar cheese, light/low fat       5.00 A         1/4 cup Yogurt, plain, low fat       5.00 F         1/4 cup Yogurt, plain, low fat       5.00 F         1/4 cup Supersense       5.00 F         2/1 grams Protein powder       5.00 F         1/4 cup Supersense       5.00 F         1/4 cup Supersense       5.00 F         2/3 tap Olive or monounsaturated oil       5.00 F         2/3 tap Olive or monounsaturated oil       2.00 F         2/3 tap Olive or monounsaturated oil       5.00 C		-	
1 cup Milk, low fat (1%)       3 oz Cheese, low or non fat       1.00 PC         1/2 Apple       1.00 PC         1/2 Apple       1.00 PC         1/2 Peanuts       2.00 F         Calories:       238         Mid Meal - Meal Portions: P:7 C:5 F:5       Portions         3 1/3 cups Beef and vegetable soup       5.00 A         2 oz Cheddar cheese, light/low fat       2.00 F         2 oz Cheddar cheese, light/low fat       5.01 T         Snack - Meal Portions: P:4 C:2 F: 2       Item Portions         1/2 cup Milk, low fat (1%)       5.01 C         1/4 cup Yogurt, plain, low fat       5.00 C         2/3 top Olive or monounsaturated oil       5.00 C         2/3 top Olive or monounsaturated oil       2.00 F         2/3 top Olive or monounsaturated oil       5.00 C         1/2 cups Califilower       5.00 C         1/2 cups Droions       7.00 P         7 oz Chicken breast, skinless       7.00 P         2/3 top Olive or monounsaturated oil       5.00 C         2/3 top Olive or monounsaturated oil       5.00 F         1/2 cup	Snack - Meal Portions: P:4 C:2 F:2	-	Preparation Suggestions:
3 oz Cheese, low or non fat 1/2 Apple       3.00 P         12 Peanuts       1.00 C         2.00 F       Calories: 238         Mid Meal - Meal Portions: P:7 C:5 F:5       Preparation Suggestions: A tasty and simple meal of soup. Enjoy!         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       5.00 A         2 oz Cheddar cheese, light/low fat       2.00 P         Calories: 511       5.00 A         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Yogurt, plain, low fat       .50 PC         1/4 cup Poyout, plain, low fat       .50 PC         1/4 cup Applesauce       .50 C         1/4 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       Calories: 238         Dinner - Meal Portions: P:7 C:5 F:5       Them Portions         7 oz Chicken breast, skinless       7.00 P         2 cups Culiflower       .50 C         1 1/2 cups Broccoli       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C         1 2/3 tsp Olive or monounsaturated oi	1 our Mills low fot (10()		A nice quick enable to esticity these everyinged
1/2 Apple       1.00 C         12 Peanuts       2.00 F         Calories:       238         Wid Meal - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         A tasty and simple meal of soup. Enjoy!       A tasty and simple meal of soup. Enjoy!         2 oz Cheddar cheese, light/low fat       2.00 P         Calories:       511         Snack - Meal Portions: P:4 C:2 F: 2       Item Portions         1/2 cup Milk, low fat (1%)       50 PC         1/4 cup Suggestions:       50 PC         2/14 cup Blueberries       50 C         1/4 cup Bueberries       50 C         1/6 cup Applesauce       50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cup Drions       7.00 C         7 oz Chicken breast, skinless       7.00 C         2 and saute, then add chicken. Add chopped         1/2 cup Drions       1.00 C         1/2 cup B foccoli       5.00 C         2 Peopers (bell or cubanelle)       1.00 C         1/2 dup B roccoli       5.00 F         2 rays polive or monounsaturated oil       5.00 F         2 rays polive or monounsaturated oil       5.00 F			A nice, quick shack to satisfy those cravings:
12 Peanuts       2.00 F         Calories:       238         Mid Meal - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         3 1/3 cups Beef and vegetable soup       5.00 A         2 oz Cheddar cheese, light/low fat       5.00 P         Snack - Meal Portions: P:4 C:2 F:2       Preparation Suggestions:         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Bueberries       .50 C         1/4 cup Bueberries       .50 C         1/6 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Broccoii       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Broccoii       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Broccoii       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Cauliflower       .50 C         1/2 cups Totein powder       .50 C         1/2 cup St			
Calories: 238         Wid Meal - Meal Portions: P:7 C:5 F:5       Pertions         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       5.00 A 2.00 P       A tasty and simple meal of soup. Enjoy!         Snack - Meal Portions: P:4 C:2 F:2       Item Portions       Preparation Suggestions: 5.01 A         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Yogurt, plain, low fat       .50 PC         2/1 grams Protein powder       .50 PC         1/4 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 P         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Perparation Suggestions: 7 oz Chicken breast, skinless       Protions 7.00 P         7 cup Scauliflower 1/2 cup Onions       1.00 C       .50 C         1 1/2 cups Broccoli       .50 C       .50 C         2 reopser (bell or cubanelle)       1.00 C       .50 C         1 1/2 cups Broccoli       .50 C       .50 C         2 reopser (bell or cubanelle)       1.00 C       .50 C         1 1/2 cups Broccoli       .50 C       .50 C         2 reopser (bell or cubanelle)       1.00 C       .50 C         1 2/3 tsp Olive or monounsaturated oil       .50 C       .50 C         2 reopres (bell or cubanelle)       .50 C<			
238         Mid Meal - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       5.00 A 2.00 P Calories: 511       A tasty and simple meal of soup. Enjoy!         Snack - Meal Portions: P:4 C:2 F:2       Preparation Suggestions: 511         Snack - Meal Portions: P:4 C:2 F:2       Preparation Suggestions: 50 C         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Yogurt, plain, low fat       .50 PC         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         1/2 cups Broccoli       .50 C         1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       5.00 C         1/2 cup Broccoli       .50 C         2 reppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 reppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 reppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F </td <td>12 Peanuts</td> <td></td> <td></td>	12 Peanuts		
Mid Meal - Meal Portions: P:7 C:5 F:5       Item Portions       Preparation Suggestions: A tasty and simple meal of soup. Enjoy!         3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat       2.00 P Calories: 511       A tasty and simple meal of soup. Enjoy!         Snack - Meal Portions: P:4 C:2 F: 2       Preparation Suggestions: Portions       Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender i until desired consistency is reached. If a blender i until desired consistency is reached. If a blender is ont available mix protein powder with cold water and have remaining ingredients on the side. Enjoy         2/3 tsp Olive or monounsaturated oil       5.00 C 2.00 F         7 oz Chicken breast, skinless 2 cups Cauliflower 1 /2 cup Slower 2 /2 up Sloccoli 2 /3 tsp Olive or monounsaturated oil       Them Portions 7.00 P         7 ack - Meal Portions: P:4 C:2 F:2       Item Portions 7.00 P         2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil       5.00 F Calories: 5.00 F         2 I grams Protein powder 2 oz Tofu 1/2 Cataloupe 2 /3 tsp Olive or monounsaturated oil       5.00 F Calories: 5.00 F         21 grams Protein powder 2 /3 tsp Olive or monounsaturated oil       5.00 F Calories: 5.00 F         21 grams Protein powder 2 /2 Tofu       5.00 F Calories:         21 grams Protein powder 2 /2 Cataloupe 2 /3 tsp Olive or monounsatu			
Wid Meal - Meal Portions: P:7 C:5 F:5       Portions         3 1/3 cups Beef and vegetable soup       5.00 A         2 oz Cheddar cheese, light/low fat       5.00 A         2 oz Cheddar cheese, light/low fat       5.00 A         2 no cheddar cheese, light/low fat       5.00 A         2 no cheddar cheese, light/low fat       5.00 A         2 no cheddar cheese, light/low fat       5.00 A         1/2 cup Milk, low fat (1%)       5.0 PC         1/4 cup Bueberries       5.00 C         1/4 cup Bueberries       5.00 C         1/6 cup Applesauce       5.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Chicken breast, skinless       7.00 P         2 cup Scaliflower       5.00 C         1/2 cup Dions       7.00 P         1/2 cup Onions       7.00 P         2 cup Chicken breast, skinless       7.00 P         2 cup Scaliflower       5.00 C         1/2 cup Brice       5.00 C         2/3 cup Brice       5.00 C         2 Peppers (bell or cubanelle)       5.00 C         1/2 cup Brice       5.00 C         2 oz Tofu       5.00 C         1/2 cup Stroccoli       5.00 C         2 oz Tofu       5.00 F         1/2 cantaloup			
2 oz Cheddar cheese, light/low fat       2.00 P         Calories:       511         Snack - Meal Portions: P:4 C:2 F: 2       Item         1/2 cup Milk, low fat (1%)       50 PC         1/4 cup Yogurt, plain, low fat       50 PC         1/4 cup Applesauce       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cup Onions       7.00 P         1 1/2 cup Broccoli       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 tsp Olive or monounsaturated oil <td< td=""><td>Mid Meal - Meal Portions: P:7 C:5 F:5</td><td>-</td><td>Preparation Suggestions:</td></td<>	Mid Meal - Meal Portions: P:7 C:5 F:5	-	Preparation Suggestions:
2 oz Cheddar cheese, light/low fat       2.00 P         Calories:       511         Snack - Meal Portions: P:4 C:2 F: 2       Item         1/2 cup Milk, low fat (1%)       .50 PC         21 grams Protein powder       .50 PC         1/4 cup Blueberries       .50 C         1/6 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       .238         Dinner - Meal Portions: P:7 C:5 F:5       Them         7 oz Chicken breast, skinless       7.00 P         2/3 cup Broccoli       .50 C         1/2 cup Broccoli       .50 C         2/3 cup Onions       1.00 C         1 1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       5.00 C         2/3 tsp Olive or monounsaturated oil       5.00 C         2/3 tsp Olive or monounsaturated oil       5.00 C         2/3 tsp Olive or monounsaturated oil       1.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F <td< td=""><td>3 1/3 cups Beef and vegetable soup</td><td>5.00 A</td><td>A tasty and simple meal of soup. Enjoy!</td></td<>	3 1/3 cups Beef and vegetable soup	5.00 A	A tasty and simple meal of soup. Enjoy!
Calories: 511         Snack - Meal Portions: P:4 C:2 F: 2       Preparation Suggestions:         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Yogurt, plain, low fat       .50 PC         21 grams Protein powder       .50 PC         1/4 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       .238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1/2 cup Stroccoli       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cup Stroccoli       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cup Stroccoli       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       .50 F		2.00 P	
Snack - Meal Portions: P:4 C:2 F: 2       Item Portions       Preparation Suggestions:         1/2 cup Milk, low fat (1%)       .50 PC       Blend all ingredients together and add ice cubes         21 grams Protein powder       .50 PC       Blend all ingredients together and add ice cubes         1/4 cup Blueberries       .50 C       .50 C         1/4 cup Applesauce       .50 C       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       .238         Dinner - Meal Portions: P:7 C:5 F:5       Term         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1/2 cup Brice       .50 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       .511         Snack - Meal Portions: P:4 C:2 F:2       Item         2 peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       Calories:         21 grams Protein powder       2.00 F         2 agrams Protein powder       2.00 F         2 agrams Protein powder       2.00 F         2 agrams Protein powder       2.00 F         2 oz Tofu	· •	Calories:	
Shack - Meal Portions: P:4 C:2 F: 2       Portions         1/2 cup Milk, low fat (1%)       .50 PC         1/4 cup Supering powder       .50 PC         1/4 cup Blueberries       .50 PC         1/4 cup Blueberries       .50 C         1/4 cup Blueberries       .50 C         1/4 cup Blueberries       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Portions         7 oz Chicken breast, skinless       7.00 F         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1/2 cup Stree       .50 C         2 appers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Stack - Meal Portions: P:4 C:2 F:2       Item         2 appers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 appers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 appers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 aprofu       Protein Sha		511	
1/2 cup Milk, low fat (1%)       50 PC         1/4 cup Yogurt, plain, low fat       50 PC         21 grams Protein powder       3.00 P         1/4 cup Blueberries       50 C         1/4 cup Applesauce       3.00 P         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cup Onions       1.00 C         1/2 cup Strocoli       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2 cups Cauliflower       50 C         1/2 cup Onions       1.00 C         1/2 cup Brice       2.00 F         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Stack - Meal Portions: P:4 C:2 F:2       Item         2 rams Protein powder       2.00 F         2 oz Tofu       5.00 F         2 oz Tofu       5.00 F         2 oz Tofu       1.00 P         2 // 2 cantaloupe       2.00 F	Snack - Meal Portions: P·4 C·2 F· 2	-	Preparation Suggestions:
1/4 cup Yogurt, plain, low fat       .50 PC         21 grams Protein powder       3.00 P         1/4 cup Blueberries       .50 C         1/4 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cup Onions       1.00 C         1/2 cup Strocoli       .50 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 tsp Olive or monounsaturated oil       .50 C         2 repsers (bell or cubanelle)       1.00 C         1/2 cup Drions:       Preparation Suggestions:         2/3 tsp Olive or monounsaturated oil       50 C         2 reppers (bell or cubanelle)       1.00 C         1/2 cap Brocoli       .50 F         2 rams Protein powder       3.00 F         2 oz Tofu       50 C         1/2 cardaloupe       2.00 F         2 oz Tofu       1.00 P         2 1/2 cantaloupe       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F      <			
21 grams Protein powder       3.00 P         1/4 cup Blueberries       50 C         1/6 cup Applesauce       50 C         2/3 tsp Olive or monounsaturated oil       50 C         Dinner - Meal Portions: P:7 C:5 F:5       Pereparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cups Broccoli       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2 cups Cauliflower       50 C         1/2 cups Broccoli       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 tsp Olive or monounsaturated oil       50 C         2 rapes (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Item Portions         2 oz Tofu       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       5.00 F         2/3 tsp Olive or monounsaturated oil       1.00 P         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F			
1/4 cup Blueberries       .50 C         1/6 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 F         2 cups Cauliflower       1.00 C         1/2 cup Onions       1.00 C         1/2 cups Broccoli       .50 C         2/3 tsp Olive or monounsaturated oil       50 C         1/2 cup Onions       1.00 C         2 Ageppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Preparation Suggestions:         21 grams Protein powder       3.00 P         2/3 tsp Olive or monounsaturated oil       5.00 F         21 grams Protein powder       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated			Blend all ingredients together and add ice cubes
1/6 cup Applesauce       .50 C         2/3 tsp Olive or monounsaturated oil       .50 C         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1/2 cup Onions       1.00 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Properation Suggestions:         21 grams Protein powder       3.00 P         2/3 tsp Olive or monounsaturated oil       1.00 P         1/2 Cantaloupe       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2.00 F			
2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1/2 cup Broccoli       2.00 C         2/3 tsp Olive or monounsaturated oil       50 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Item         2 1 grams Protein powder       3.00 P         2 2.00 C       3.00 P         2 2.00 C       2.00 C         2 3 tsp Olive or monounsaturated oil       2.00 C         2 3 tsp Olive or monounsaturated oil       2.00 C         2 3 tsp Olive or monounsaturated oil       2.00 F         2 3 tsp Olive or monounsaturated oil       2.00 F         2 3 tsp Olive or monounsaturated oil       2.00 F         2 3 tsp Olive or monounsaturated oil       2.00 F         2 3 tsp Olive or monounsaturated oil       2.00 F         2 3 tsp Olive or monounsaturated oil       2.00 F         <			
Calories: 238         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions: No0 P         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       .50 C         1/2 cup Onions       1.00 C         1 1/2 cups Broccoli       .50 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Portions         2 1 grams Protein powder       3.00 P         2 /3 tsp Olive or monounsaturated oil       3.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00			and have remaining ingredients on the side. Enjoy!
238         Dinner - Meal Portions: P:7 C:5 F:5       Item         7 oz Chicken breast, skinless       7.00         2 cups Cauliflower       50 C         1/2 cup Onions       1.00 C         1 1/2 cups Broccoli       50 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:2 F:2       Item         2 oz Tofu       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       5.00 P         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Item         2/3 tsp Olive or monounsaturated oil       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       511         Preparation Suggestions:       Protein Shake with Fruit         Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       23         2/3 tsp Olive or monounsaturated oil       2.00 F </td <td>2/3 tsp Olive or monounsaturated oil</td> <td></td> <td></td>	2/3 tsp Olive or monounsaturated oil		
Dinner - Meal Portions: P:7 C:5 F:5       Item       Preparation Suggestions:         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cups Broccoli       50 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:2 F:2       Portions         21 grams Protein powder       3.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       1.00 P         2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 C         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       1.00 P         2/3 tsp Olive or monounsaturated oil       1.00 P         2/3 tsp Olive or monounsaturated oil       2.00 C         2.00 C       <			
Dinner - Meal Portions: P:7 C:5 F:5       Portions         7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       50 C         1/2 cups Broccoli       1.00 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:4 C:2 F:2         2 grams Protein powder       3.00 P         2/3 tsp Olive or monounsaturated oil       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Item       Preparation Suggestions:         Portions       5.00 F         2 grams Protein powder       3.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2.00 F       2.00 F			
7 oz Chicken breast, skinless       7.00 P         2 cups Cauliflower       7.00 P         1/2 cup Onions       50 C         1 1/2 cups Broccoli       50 C         2/3 cup Rice       2.00 C         2 Peppers (bell or cubanelle)       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Portions         2 1/2 Cantaloupe       3.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Preparation Suggestions:       Protein Shake with Fruit         Blend all ingredients together and add ice cubes       until desired consistency is reached. If a blender is         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated	Dinner - Meal Portions: P:7 C:5 F:5		Preparation Suggestions:
2 cups Cauliflower       .50 C       Cube chicken and set aside. Chop 1 clove of garli and saute, then add chicken. Add chopped         1/2 cups Broccoli       .50 C       .50 C       uest aside. then add chicken. Add chopped         2/3 cup Rice       2.00 C       .50 C       uest aside. then add chicken. Add chopped         2 Peppers (bell or cubanelle)       1.00 C       .50 C       uest aside. then add chicken. Add chopped         1 2/3 tsp Olive or monounsaturated oil       5.00 F       cayenne pepper should do it). Stir until vegetables         2 not saw it is the index of			
1/2 cup Onions       1.00 C       and saute, then add chicken. Add chopped         1 1/2 cups Broccoli       .50 C       vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables         2/3 cup Rice       1.00 C       are tender and enjoy!         1 2/3 tsp Olive or monounsaturated oil       5.00 F       calories:         511       5.00 F       Calories:         511       5.00 F       Calories:         511       5.00 F       Preparation Suggestions:         21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 C       and auli ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsatura			
1 1/2 cups Broccoli       .50 C       vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!         2 Peppers (bell or cubanelle)       1.00 C       are tender and enjoy!         1 2/3 tsp Olive or monounsaturated oil       5.00 F       Calories: 511         Snack - Meal Portions: P:4 C:2 F:2       Item       Portions         21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monouns			
2/3 cup Rice       2.00 C       cayenne pepper should do it). Stir until vegetables are tender and enjoy!         1 2/3 tsp Olive or monounsaturated oil       1.00 C       are tender and enjoy!         1 2/3 tsp Olive or monounsaturated oil       5.00 F       Calories:         511       511       Preparation Suggestions:         Portions       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       calories: 238         Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
2 Peppers (bell or cubanelle)       1.00 C       are tender and enjoy!         1 2/3 tsp Olive or monounsaturated oil       5.00 F       Calories:         511       511       Preparation Suggestions:         Snack - Meal Portions: P:4 C:2 F:2       Portions       Protein Shake with Fruit         2 oz Tofu       1.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         238       Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184       **         **			
1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Item         21 grams Protein powder       3.00 P         2 oz Tofu       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Calories:       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories:       511         Snack - Meal Portions: P:4 C:2 F:2       Item       Preparation Suggestions:         21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         Calories:       238         Total Daily Portions:       Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			are tender and enjoy!
511         Snack - Meal Portions: P:4 C:2 F:2       Item       Preparation Suggestions:         21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         Calories:       238         Total Daily Portions:       Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **	1 2/3 tsp Olive or monounsaturated oil		
Snack - Meal Portions: P:4 C:2 F:2       Item       Preparation Suggestions:         21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         238       238         Total Daily Portions:       Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
Snack - Meal Portions: P:4 C:2 F:2       Protions         21 grams Protein powder       3.00 P         2 oz Tofu       1.00 P         1/2 Cantaloupe       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
21 grams Protein powder       3.00 P       Protein Shake with Fruit         2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         238       238	Snack - Meal Portions: P:4 C:2 F:2		Preparation Suggestions:
2 oz Tofu       1.00 P       Blend all ingredients together and add ice cubes         1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water         238       238         Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **	21 grams Protein nowdor		Protein Shake with Fruit
1/2 Cantaloupe       2.00 C       until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         238       Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         2/3 tsp Olive or monounsaturated oil       2.00 F       Calories:       238         Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories:       and have remaining ingredients on the side.         238       238         Total Daily Portions:       Protein: 33         Carbohydrates:       20         Fat:       20         Calories:       2184         ** Remember to drink between 10 and 12 glasses of water per day.			
238 <b>Total Daily Portions:</b> Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184 ** Remember to drink between 10 and 12 glasses of water per day. **			
<b>Total Daily Portions:</b> Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184 ** Remember to drink between 10 and 12 glasses of water per day. **			
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	Get MASSIVE Results, Tips, Trick	s and Informa	tion www.EmpoweredNutrition.com

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 slice Whole grain bread</li> <li>1 cup Strawberries</li> <li>4 tbsp Almonds, slivered</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5 1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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:7 C:5 F:5 7 oz Pork, lean 1/2 cup Tomato, puree	Item Portions 7.00 P 1.00 C	<b>Preparation Suggestions:</b> Sweet and Sour Pork
<ol> <li>1 1/4 cups Pineapple</li> <li>1/2 cup Fruit cocktail</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	2.50 C 1.50 C 5.00 F Calories: 511	A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!
Total Daily Portions: Protein ** Remember to drink betw		drates: 20 Fat: 20 Calories: 2184

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole	Item Portions 4.00 P 2.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
49 grams Protein powder 1 1/3 Tomatoes 3/4 cup Grapes 2 1/2 cups Lettuce, romaine 3/4 cup Cucumber 1 cup Mushrooms 1 cup Blackberries 1 2/3 tsp Olive or monounsaturated oil	7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511	Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.
Snack - Meal Portions: P:4 C:2 F: 2 28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 6 Walnuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil	4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>2 cups Cauliflower</li> <li>1/2 cup Onions</li> <li>1 1/2 cups Broccoli</li> <li>2/3 cup Rice</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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 Daily Portions: Protein ** Remember to drink bet	n: 33 Carbohyd	drates: 20 Fat: 20 Calories: 2184

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories:	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	448 Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 21 grams Protein powder 1/4 cup Blueberries 1/6 cup Applesauce 2/3 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 2 oz Cheese, low or non fat 5 oz Beef, lean cuts 1/5 cup Salsa 1 Apple 1 whole Pita 1/5 cup Onions 1/5 Tomato 1/4 Pepper (bell or cubanelle) 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 5.00 P .40 C 2.00 C 2.00 C .40 C .10 C .13 C 3.00 F 2.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fr until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 slice Whole grain bread</li> <li>1 cup Strawberries</li> <li>4 tbsp Almonds, slivered</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448	French Toast Sticks Cut bread into sticks and soak in beaten eggs. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews	4.00 P 2.00 C 2.00 F Calories: 238	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5 3 oz Cheese, low or non fat 4 oz Beef, lean cuts 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Blueberries 1/2 cup Salsa 1 whole Pita 6 Almonds, whole 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 4.00 P .50 C 1.00 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/8 Cantaloupe</li><li>1/3 cup Honeydew melon</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Pork, lean 1/2 cup Tomato, puree 1 1/4 cups Pineapple 1/2 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511	Sweet and Sour Pork A unique blend of tastes and flavors!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder	Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A quick and tasty breakfast.
Snack - Meal Portions: P:4 C:2 F:2 4 oz Cheese, low or non fat 1 cup Cucumber 1 Pepper (bell or cubanelle) 2/3 tsp Olive or monounsaturated oil 1 cup Broccoli 1 cup Carrots	Item Portions 4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238	<b>Preparation Suggestions:</b> Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts	1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream	Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
	in: 33 Carbohyc	drates: 20 Fat: 20 Calories: 2184
** Remember to drink be	etween 10 and 1	2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 2/3 cup Applesauce 1 1/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448	Very easy to prepare, but balanced to start your day off right!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder	2.00 PC 2.00 F 2.00 P Calories: 238	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
		drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
Meal plans work. Personalized	nutrition de	livers Powerful Proven Results.

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 1/2 cups Cereal, cold 12 Almonds, whole 21 grams Protein powder	Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 6 Apricots 2 Macadamia nuts	4.00 P 2.00 C 2.00 F Calories: 238	Using dried apricots makes this an especially easy snack to take with you.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul><li>28 grams Protein powder</li><li>1/2 cup Blueberries</li><li>1/2 Orange</li><li>3 Almonds, whole</li><li>1/3 tsp Olive or monounsaturated oil</li></ul>	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col water and have remaining ingredients on the side. Nuts on the side.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 3 Kiwis 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:4 C:2 F:2 1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered	Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories:	<b>Preparation Suggestions:</b> Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!
Mid Meal - Meal Portions: P:7 C:5 F:5 2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil	238 Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511	<b>Preparation Suggestions:</b> A hot and tasty bowl of soup with fruit for dessert. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 1 Tomato 1 Apple 15 Almonds, whole	Item Portions 7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
3 pillars to performa	nce: nutrition +	exercise + supplements

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 slice Whole grain bread</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Fortions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts	4.00 P 1.00 C 1.00 C 2.00 F Calories: 238	Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole	7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511	California Beef and Vegetable Medley Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 3 Kiwis 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
5 oz Feta cheese, light/low fat 4 Egg whites 1 Pepper (bell or cubanelle) 1 3/4 slice Whole grain bread 1 1/3 tsp Olive or monounsaturated oil	5.00 P 2.00 P .50 C 3.50 C 4.00 F Calories: 448	Feta Frittata Cube the bread and arrange in the bottom of a baking dish. Mix eggs, chopped peppers, and cheese in a bowl with salt, pepper and parsley. Pour evenly over bread cubes and bake at 400 degrees for 20 minutes or until golden-brown. This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5 1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511	<b>Preparation Suggestions:</b> Soup with a cheese sandwich on the side. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken with fruit and applesauce on the side.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 1/2 cups Cereal, cold 12 Almonds, whole 21 grams Protein powder	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 cup Cucumber 1 Pepper (bell or cubanelle) 2/3 tsp Olive or monounsaturated oil 1 cup Broccoli 1 cup Carrots	4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238	Sliced vegetables with olive oil and balsamic vinegal dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Turkey breast, skinless</li> <li>2 Plums</li> <li>1/3 head Lettuce, iceberg</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/4 cups Snow peas</li> <li>2 Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511	Grilled Turkey with Tossed Salad Grill turkey. Core and chop lettuce (you can use less lettuce if you like). Chop vegetables and toss with lettuce in vinegar and olive oil. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511	Preparation Suggestions: Stuffed Pork Loin Pre-heat oven to 350. Chop vegetables, then lightly saute and season. Spread vegetable mixture over pork loin, then roll pork loin around mixture. Bake in oven until done, about 25 minutes.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> 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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 3 Almonds, whole	Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, Iow or non fat 2/3 cup Applesauce 8 Pistachio nuts	4.00 P 2.00 C 2.00 F Calories: 238	Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!
Mid Meal - Meal Portions: P:7 C:5 F:5 1/2 cup Yogurt, plain, low fat 6 oz Chicken breast, skinless 2 1/4 Peppers (bell or cubanelle) 2 cups Snow peas 3 cups Mushrooms 1 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511	Preparation Suggestions: Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C 2.00 F Calories: 238	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:7 C:5 F:5 5 oz Chicken breast, skinless 2 oz Cheese, low or non fat 2 Peppers (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/2 cup Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 2.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	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!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 slice Whole grain bread</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews	4.00 P 2.00 C 2.00 F Calories: 238	Mix oatmeal with cottage cheese. Top with cashews and enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	5.00 A 2.00 P Calories: 511	A tasty and simple meal of soup. Enjoy!
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Chicken breast, skinless</li> <li>6 spears Asparagus</li> <li>1 1/2 cups Beans, green or yellow</li> <li>2 cups Squash</li> <li>1 Tomato</li> <li>1 Apple</li> <li>15 Almonds, whole</li> </ul>	7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511	Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 cup Blackberries 1/4 cup Blueberries 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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!
		drates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **
		<u>.VitalForceMulti.com</u>

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 cup Grapes</li> <li>1 slice Whole grain bread</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>3 oz Cheese, low or non fat</li><li>1/2 cup Grapes</li><li>12 Peanuts</li></ul>	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>3 oz Cheese, low or non fat</li> <li>4 oz Beef, lean cuts</li> <li>1 Pepper (bell or cubanelle)</li> <li>1 Tomato</li> <li>1/2 cup Blueberries</li> <li>1/2 cup Salsa</li> <li>1 whole Pita</li> <li>6 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	3.00 P 4.00 P .50 C .50 C 1.00 C 2.00 C 2.00 F 3.00 F Calories: 511	Steak Wrap Cut beef into 1 inch strips. In a medium pan, heat oil. Add beef with desired seasonings and pan fry until cooked. You can pan fry the vegetables or have them raw. Mix all ingredients and serve in the pita pocket.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Strawberries 1/4 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Beef, lean cuts</li> <li>1 1/2 cups Brussels sprouts</li> <li>1 Orange</li> <li>1 1/2 cups Beans, green or yellow</li> <li>2 cups Mushrooms</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511	Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/3 Banana</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 cup Cereal, cold 1 cup Strawberries 1 1/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:4 C:2 F:2 1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.
Mid Meal - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.
Snack - Meal Portions: P:4 C:2 F: 2 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/8 Cantaloupe 1/3 cup Honeydew melon 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5 7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.
Snack - Meal Portions: P:4 C:2 F:2 1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
		Irates: 20 Fat: 20 Calories: 2184 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:4 F:4	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines	Portions 1.00 PC 3.00 P 3.00 C	A quick and tasty breakfast.
24 Peanuts 21 grams Protein powder	4.00 F 3.00 P Calories:	
	448	
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole	4.00 P 2.00 C 2.00 F Calories:	Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:7 C:5 F:5	238 Item	Preparation Suggestions:
<ul> <li>7 oz Turkey breast, skinless</li> <li>2 Plums</li> <li>1/3 head Lettuce, iceberg</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/4 cups Snow peas</li> <li>2 Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511	Grilled Turkey with Tossed Salad Grill turkey. Core and chop lettuce (you can use les lettuce if you like). Chop vegetables and toss with lettuce in vinegar and olive oil. Enjoy the fruit for dessert.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>1/8 Cantaloupe</li><li>1/3 cup Honeydew melon</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238	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:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Cucumber 3/4 cup Mushrooms 1/2 Tomato 1/2 Apple 3 Kiwis 3 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake with Fruit Blend all ingredients together and add ice cubes
1/3 Banana 2/3 tsp Olive or monounsaturated oil	1.00 C 2.00 F Calories:	until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil <b>Total Daily Portions:</b> Protein: 33	Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238 3 Carbohyc	Protein Shake with Fruit Blend all ingredients together and add id until desired consistency is reached. If not available mix protein powder with co

Breakfast - Meal Portions: P:7 C:4 F:4	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 1/3 tsp Olive or monounsaturated oil 21 grams Protein powder	1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448	A refreshing breakfast.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/8 Cantaloupe</li> <li>1/2 cup Grapes</li> <li>1/3 cup Honeydew melon</li> <li>2 tbsp Almonds, slivered</li> </ol>	4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238	Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!
Mid Meal - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>6 oz Chicken breast, skinless</li> <li>2 1/4 Peppers (bell or cubanelle)</li> <li>2 cups Snow peas</li> <li>3 cups Mushrooms</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511	Curried Chicken Cut the chicken into cubes and saute until cooked. Add chopped vegetables, saute lightly and then add yogurt and some water. Season with curry powder and salt and pepper to taste.
Snack - Meal Portions: P:4 C:2 F: 2	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 oz Cheese, low or non fat 5 oz Beef, lean cuts 1/5 cup Salsa 1 Apple 1 whole Pita 1/5 cup Onions 1/5 Tomato 1/4 Pepper (bell or cubanelle) 9 Almonds, whole 2/3 tsp Olive or monounsaturated oil	2.00 P 5.00 P .40 C 2.00 C 2.00 C .40 C .10 C .13 C 3.00 F 2.00 F Calories: 511	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fr until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve.
Snack - Meal Portions: P:4 C:2 F:2	Item Portions	Preparation Suggestions:
28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col- water and have remaining ingredients on the side. Nuts on the side.

# Grocery List Total items required to meet meal requirements from day 1 to day 7

#### Protein

399 grams Protein powder 35 oz Cheese, low or non fat 74 oz Chicken breast, skinless 2 oz Tofu 1/2 cup Egg substitute 10 1/2 oz Ground beef (< 10% fat) 5 oz Cheddar cheese, light/low fat 5 oz Beef, lean cuts 14 Egg whites 3 Eggs, whole 7 oz Turkey breast, skinless 1 cup Cottage cheese, light/low fat

#### 2 cups Pineapple 4 cups Grapes 4 1/2 cups Cucumber 10 1/2 cups Lettuce, romaine 9 1/2 Peppers (bell or cubanelle) 4 7/10 Tomatoes 3/4 cup Watermelon 6 cups Cauliflower 2 1/5 cups Onions 1 1/2 cups Broccoli 2 cups Rice 3/4 Cantaloupe 2 1/4 Oranges 1 1/2 cups Applesauce 2 1/5 cups Salsa 13 3/4 cups Mushrooms 3/4 cup Papaya 3 cups Tomatoes 3 Peaches 1 1/2 cups Cereal, cold 4 Apples 5 1/2 cups Raspberries 1 1/4 cups Blueberries 1 1/2 cups Bok choy 1 1/2 cups Scallions (green onions) 2/3 cup Water chestnuts 5 cups Snow peas 1 3/4 Nectarines 2/3 cup Honeydew melon 3 whole Pita 3 1/2 cups Strawberries 3 Kiwis 1 slice Whole grain bread 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 3 cups Tomato, canned 1/2 Tangerine 1/3 Banana

Carbohydrates

## Fats

30 2/3 tsp Olive or monounsaturated oil 102 Peanuts 8 Pistachio nuts 69 Almonds, whole 6 Walnuts 2 tsp Peanut butter, natural 2 tbsp Almonds, slivered

#### Other

6 1/4 cups Yogurt, plain, low fat 11 1/2 cups Milk, low fat (1%)

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

#### Protein

# Carbohydrates

3 oz Mozzarella cheese, light/low fat 546 grams Protein powder 18 oz Cheese, low or non fat 8 oz Cheddar cheese, light/low fat 31 oz Beef, lean cuts 2 cups Cottage cheese, light/low fat 7 oz Chicken breast, skinless 14 Egg whites 21 oz Pork, lean 1 cup Ricotta cheese, skim 5 oz Feta cheese. light/low fat 7 oz Turkey breast, skinless

2 1/6 cups Fruit cocktail 6 Apricots 2 whole Pita 1 Nectarine 2/3 cup Rice 6 Peppers (bell or cubanelle) 5 1/2 cups Lettuce, romaine 3 1/2 cups Cucumber 4 1/2 cups Mushrooms 6 1/3 Tomatoes 2 1/4 cups Blueberries 2 cups Raspberries 6 cups Strawberries 2 cups Cereal, cold 1 1/4 cups Grapes 16 Cherries 3/4 cup Peaches, canned 1 2/3 cups Applesauce 1 1/4 cups Blackberries 5 1/4 slice Whole grain bread 2/3 cup Oatmeal 6 spears Asparagus 1 1/4 cups Onions 2 2/3 cups Potato 1 Apple 4 cups Broccoli 3 Plums 4 Crackers 2 pieces Dates 1/4 Cantaloupe 1/3 cup Honeydew melon 1 Kiwi 1 1/2 cups Brussels sprouts 1 Orange 1 1/2 cups Beans, green or yellow 1/2 cup Salsa 3 1/2 cups Spinach 2 cups Leeks 1/2 Pear 1 cup Carrots 1/3 head Lettuce, iceberg 1 1/4 cups Snow peas 1/2 cup Tomato, puree 1 3/4 cups Pineapple

# Fats

29 1/3 tsp Olive or monounsaturated oil 2 Macadamia nuts 4 tsp Mayonnaise 27 Almonds, whole 12 tbsp Almonds, slivered 8 Pistachio nuts 8 Cashews 20 Peanuts 2 1/2 tbsp Sour cream

# Other

17 cups Milk, low fat (1%) 1 1/2 cups Chicken noodle soup 2 2/3 cups Tomato vegetable soup 3 1/3 cups Beef and vegetable soup 2 1/2 cups Yogurt, plain, low fat

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

#### Protein

546 grams Protein powder 1 cup Cottage cheese, light/low fat 31 oz Cheese, low or non fat 37 oz Beef, lean cuts 33 oz Chicken breast, skinless 7 oz Cheddar cheese, light/low fat 7 oz Turkey breast, skinless 1 cup Ricotta cheese, skim

# Carbohydrates

4 cups Blueberries 4 1/2 cups Cereal, cold 2/3 cup Oatmeal 10 1/4 Peppers (bell or cubanelle) 7 1/5 Tomatoes 2 1/5 cups Salsa 6 whole Pita 1 3/4 Oranges 1 1/2 cups Bok choy 1 1/2 cups Scallions (green onions) 2/3 cup Water chestnuts 4 1/4 cups Snow peas 1/3 Banana 8 1/2 cups Strawberries 4 1/2 cups Raspberries 3/4 cup Papaya 1 1/2 Apples 1 1/5 cups Onions 1 Pear 5 1/2 cups Mushrooms 2 2/3 cups Rice 3 cups Lettuce, romaine 1 3/4 cups Cucumber 2 cups Cauliflower 1 1/2 cups Broccoli 1/4 Nectarine 3 Plums 1/3 head Lettuce, iceberg 1 1/2 cups Brussels sprouts 1 1/2 cups Beans, green or yellow 2 1/3 cups Applesauce 4 Crackers 2 pieces Dates 2/3 cup Fruit cocktail 2 slice Whole grain bread 1/2 cup Pineapple

# Fats

10 tbsp Almonds, slivered 10 Cashews 63 Almonds, whole 29 tsp Olive or monounsaturated oil 58 Peanuts 4 tsp Mayonnaise 8 Pistachio nuts

## Other

17 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 1 1/2 cups Chicken noodle soup

# Grocery List

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

# Protein

Carbohydrates

5 oz Feta cheese, light/low fat 14 Egg whites 24 oz Cheese, low or non fat 21 oz Chicken breast, skinless 567 grams Protein powder 19 oz Beef, lean cuts 11 oz Cheddar cheese, light/low fat 1 cup Ricotta cheese, skim 21 oz Pork, lean 3 oz Mozzarella cheese, light/low fat 2 cups Cottage cheese, light/low fat

4 1/4 Peppers (bell or cubanelle) 3 1/4 slice Whole grain bread 6 Apricots 6 1/4 cups Cucumber 15 cups Lettuce, romaine 2 cups Pineapple 7 1/5 Tomatoes 3/4 cup Papaya 1/5 cup Salsa 4 Apples 2 whole Pita 2 7/10 cups Onions 1/2 Pear 1 1/2 cups Cereal, cold 4 1/2 cups Raspberries 3/4 cup Watermelon 6 cups Broccoli 5 1/3 cups Potato 1 cup Blueberries 2 1/2 cups Strawberries 4 Crackers 2 pieces Dates 3 1/4 cups Grapes 5 cups Mushrooms 3 cups Blackberries 2 1/4 Nectarines 3 1/2 cups Spinach 2 cups Leeks 1 cup Fruit cocktail 1/4 Cantaloupe 2/3 cup Honeydew melon 1 1/4 cups Peaches, canned 12 spears Asparagus 1 Plum 3 cups Tomatoes 3/4 Orange 2/3 cup Applesauce 1/2 Kiwi 1/3 Banana

# Fats

29 1/3 tsp Olive or monounsaturated oil 2 Macadamia nuts 27 Almonds, whole 12 Walnuts 5 tbsp Sour cream 12 tbsp Almonds, slivered 2 tsp Mayonnaise 30 Peanuts

# Other

3 cups Yogurt, plain, low fat 13 cups Milk, low fat (1%) 1 1/2 cups Chicken noodle soup 3 1/3 cups Beef and vegetable soup

# Grocery List Total items required to meet meal requirements from day 29 to day 35

#### Protein

27 oz Cheese, low or non fat 406 grams Protein powder 14 oz Turkey breast, skinless 28 oz Pork, lean 1/2 cup Egg substitute 28 oz Chicken breast, skinless 6 oz Tofu 24 Egg whites 3 Eggs, whole 8 oz Cheddar cheese, light/low fat 2 cups Cottage cheese, light/low fat 10 1/2 oz Ground beef (< 10% fat) 7 oz Beef, lean cuts

# Carbohydrates

1 1/3 cups Applesauce 4 Peaches 3 1/2 cups Strawberries 4 cups Grapes 2 whole Pita 2 Cantaloupes 2/3 cup Honeydew melon 4 Kiwis 1/2 cup Tomato, puree 3 1/4 cups Pineapple 1/2 cup Fruit cocktail 3 Plums 1 1/2 Oranges 8 1/4 cups Mushrooms 3 cups Tomato, canned 3/4 cup Papaya 12 spears Asparagus 2 cups Onions 2 2/3 cups Potato 1 Apple 5 1/4 cups Cucumber 6 1/2 Tomatoes 11 cups Lettuce, romaine 2/3 cup Oatmeal 1/3 head Lettuce, iceberg 8 Peppers (bell or cubanelle) 1 1/4 cups Snow peas 1 1/4 cups Blueberries 3 1/2 cups Spinach 2 cups Leeks 2 cups Raspberries 2 1/2 slice Whole grain bread 6 cups Cauliflower 1 1/2 cups Salsa 3/4 cup Peaches, canned 8 Cherries 1/2 Nectarine 1 1/3 cups Rice 2 1/2 cups Broccoli 1 cup Carrots 1/4 cup Blackberries

# Fats

31 2/3 tsp Olive or monounsaturated oil 80 Peanuts
36 Almonds, whole
2 tsp Mayonnaise 8 Cashews
2 tsp Peanut butter, natural
4 tbsp Almonds, slivered
8 Pistachio nuts

# Other

5 1/2 cups Yogurt, plain, low fat 8 cups Milk, low fat (1%) 1 1/2 cups Chicken noodle soup 2 2/3 cups Tomato vegetable soup

# Grocery List Total items required to meet meal requirements from day 36 to day 42

#### Protein

553 grams Protein powder 33 oz Cheese, low or non fat 41 oz Chicken breast, skinless 8 oz Cheddar cheese, light/low fat 12 oz Beef, lean cuts 2 oz Tofu 10 Egg whites 14 oz Pork, lean

# Carbohydrates

2 cups Cereal, cold 4 cups Strawberries 6 Apricots 11 1/2 cups Mushrooms 3 cups Tomato, canned 1 1/2 cups Blueberries 3 1/6 cups Applesauce 1 1/2 cups Bok choy 1 1/2 cups Scallions (green onions) 2/3 cup Water chestnuts 5 cups Snow peas 2 whole Pita 3/4 cup Papaya 3 1/3 cups Rice 7 1/2 Peppers (bell or cubanelle) 5 1/2 cups Lettuce, romaine 2 1/2 cups Cucumber 3 8/15 Tomatoes 1 Peach 3 1/2 Apples 4 cups Cauliflower 1 1/5 cups Onions 3 cups Broccoli 3/4 Cantaloupe 1 1/2 slice Whole grain bread 1 1/4 cups Grapes 1/3 cup Honeydew melon 1/2 Kiwi 1 cup Tomato, puree 3 1/2 cups Pineapple 1 cup Fruit cocktail 1 1/4 cups Blackberries 3/4 Orange 1 Plum 3/4 Nectarine 1 cup Raspberries

> 1/5 cup Salsa 8 Cherries

# Fats

34 1/3 tsp Olive or monounsaturated oil 2 Macadamia nuts 27 Almonds, whole 2 tsp Mayonnaise 24 Peanuts 4 tbsp Almonds, slivered 6 Walnuts 8 Pistachio nuts

# Other

11 1/2 cups Milk, low fat (1%) 7 1/4 cups Yogurt, plain, low fat 1 1/2 cups Chicken noodle soup 3 1/3 cups Beef and vegetable soup 2 2/3 cups Tomato vegetable soup

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

#### Protein

24 Egg whites 13 oz Cheddar cheese, light/low fat 1 cup Cottage cheese, light/low fat 24 oz Cheese, low or non fat 17 oz Beef, lean cuts 434 grams Protein powder 7 oz Pork, lean 42 oz Chicken breast, skinless 1 cup Ricotta cheese, skim 10 1/2 oz Ground beef (< 10% fat) 5 oz Feta cheese, light/low fat

# Carbohydrates

6 1/4 slice Whole grain bread 3 1/2 cups Strawberries 2/3 cup Oatmeal 4 Peppers (bell or cubanelle) 4 Tomatoes 1 1/2 cups Blueberries 2 cups Salsa 2 whole Pita 1/8 Cantaloupe 1/3 cup Honeydew melon 1/2 cup Tomato, puree 2 3/4 cups Pineapple 1 5/6 cups Fruit cocktail 1 Orange 7 cups Raspberries 2 Nectarines 4 cups Cucumber 4 cups Broccoli 1 cup Carrots 3/4 cup Watermelon 1 1/3 cups Potato 2 2/3 cups Applesauce 6 1/2 Kiwis 1 1/2 cups Cereal, cold 6 Apricots 8 1/2 cups Lettuce, romaine 3 1/2 cups Mushrooms 2 1/2 Apples 1/2 Pear 4 Crackers 2 pieces Dates 1 cup Peaches, canned 6 spears Asparagus 1 1/2 cups Beans, green or yellow 2 cups Squash 1/3 Banana 1 cup Grapes 4 cups Cauliflower

# Fats

8 tbsp Almonds, slivered 6 Cashews 57 Almonds, whole 24 2/3 tsp Olive or monounsaturated oil 72 Peanuts 4 tsp Mayonnaise 2 1/2 tbsp Sour cream 2 Macadamia nuts 2 tsp Peanut butter, natural

# Other

4 cups Yogurt, plain, low fat
14 cups Milk, low fat (1%)
3 1/3 cups Beef and vegetable soup
2 2/3 cups Tomato vegetable soup 1 1/2 cups Chicken noodle soup

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

Carbohydrates

#### Protein

9 oz Cheddar cheese. light/low fat 441 grams Protein powder 28 oz Cheese, low or non fat 14 oz Turkey breast, skinless 7 oz Pork, lean 45 oz Chicken breast, skinless 20 Egg whites 2 cups Cottage cheese, light/low fat 16 oz Beef, lean cuts 3 oz Mozzarella cheese, light/low fat

2 1/2 cups Cereal, cold 3 1/2 cups Cucumber 14 3/4 Peppers (bell or cubanelle) 1 cup Broccoli 1 cup Carrots 4 Plums 2/3 head Lettuce, iceberg 6 1/2 cups Snow peas 8 7/10 Tomatoes 2 Nectarines 2 7/10 cups Onions 3 1/2 cups Spinach 2 cups Leeks 5 cups Strawberries 2/3 cup Applesauce 10 3/4 cups Mushrooms 1 1/2 cups Raspberries 3 whole Pita 1 1/5 cups Salsa 1/2 Pear 3 1/2 cups Grapes 2 slice Whole grain bread 2/3 cup Oatmeal 3/4 cup Watermelon 6 spears Asparagus 3 cups Beans, green or yellow 2 cups Squash 3 1/2 Apples 1/4 cup Blackberries 1 1/4 cups Blueberries 1/4 cup Peaches, canned 1 1/2 cups Brussels sprouts 1 1/2 Oranges 2/3 Banana 8 cups Lettuce, romaine 1 cup Pineapple 3/8 Cantaloupe 1 cup Honeydew melon 3 cups Tomatoes 3 Kiwis 1 cup Fruit cocktail 1/2 Tangerine

## Fats

51 Almonds, whole 33 tsp Olive or monounsaturated oil 8 Pistachio nuts 4 tsp Peanut butter, natural 6 Cashews 54 Peanuts 2 tbsp Almonds, slivered

## Other

13 cups Milk, low fat (1%) 5 cups Yogurt, plain, low fat 3 1/3 cups Beef and vegetable soup

# **2548 Calorie Meal Plans**

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	Your favorite cereal mixed with fruit. Enjoy the
3 oz Cheddar cheese, light/low fat	3.00 PC	cheese on the side.
1 cup Cereal, cold	2.00 C	
1/3 Banana	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
14 grams Protein powder	2.00 P	
14 granis Frotein powder	Calories:	
	511	
	Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in blender over ice and blend.
1 Tangerine	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	Add water to create desired consistency. Enjoy:
T ispolive of monourisaturated of	Calories:	
	357	
	Item	
Aid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Fruit Yogurt Smoothie
35 grams Protein powder	5.00 P	Mix all ingredients in a blender until desired
2 cups Strawberries	2.00 C	consistency is reached. For a frozen smoothie freez
15 Almonds, whole	5.00 F	fruit or add ice cubes. If a blender is not available
	Calories:	stir protein powder and chopped fruit and nuts into
	539	yogurt.
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes
1 cup Strawberries	1.00 C	until desired consistency is reached. If a blender is
1/2 cup Peaches, canned	1.00 C	not available mix protein powder with cold water
1 tsp Olive or monounsaturated oil	3.00 F	and have remaining ingredients on the side. Enjoy!
	Calories:	
	329	
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Beef, lean cuts	7.00 P	Steak And Rice
3 1/2 cups Spinach	1.00 C	Season steak as desired and grill to your preference
1 1/3 cups Rice	4.00 C	Cook rice adding in chopped nuts.
30 Peanuts	5.00 F	
	Calories:	
	511 Itom	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 our Mills low fot (19/)		Protein Shake with Fruit
1 cup Milk, low fat (1%)	1.00 PC 3.00 P	Protein Snake with Fruit Put all ingredients in a blender over ice and blend,
21 grams Protein powder 1 cup Raspberries	3.00 P 1.00 C	<b>U</b>
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
r top Onve or monourisaturated on	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
	37 Carbohyo	drates: 24 Fat: 24 Calories: 2548
** Remember to drink betw	een 10 and 1	2 glasses of water per day. **
3 pillars to performanc	e: nutrition +	exercise + supplements

1 cup Milk, low fat (1%)1.042 grams Protein powder6.1 1/2 cups Cereal, cold3.1 cup Strawberries1.1 2/3 tsp Olive or monounsaturated oil5.ack - Meal Portions: P:6 C:3 F:311 cup Milk, low fat (1%)1.035 grams Protein powder5.2 Plums2.1 tsp Olive or monounsaturated oil3.1 tsp Olive or monounsaturated oil3.1 tsp Olive or monounsaturated oil3.1 cup Tomato, puree2.6 cups Broccoli2.1 cup Milk, low fat (1%)1.2 cups Strawberries1.1 cup Milk, low fat (1%)2.2 cups Strawberries2.1 tsp Olive or monounsaturated oil5.6 cups Broccoli2.1 cup Milk, low fat (1%)1.028 grams Protein powder4.2 cups Strawberries2.1 tsp Olive or monounsaturated oil3.2 cups Strawberries2.1 tsp Olive or monounsaturated oil3.2 cups Crawberries2.1 tsp Olive or monounsaturated oil3.3 car7.1 tsp Olive or monounsaturated oil3.7 oz Chicken breast, skinless7.1 cup Onions2.	3.00 P         3.00 C         .00 C         .00 F         alories:         511         Item         ortions         00 PC         .00 C         3.00 F         alories:         357         Item         ortions         3.00 F         alories:         357         Item         ortions         8.00 P         .00 C         .00 C         .00 C         .00 C         .00 C         .00 PC         .00 C         .00 C         .00 P         .00 P         .00 P         .00 P         .00 C         .00 P         .00 P         .00 P         .00 P         .00 P         .00 C         .00 C         .00 C         .00 C         .00 C         .00 F         alories:         .00 F         alories:         .00 F         alories:	
Ack - Meal Portions: P:6 C:3 F:3Po1 cup Milk, low fat (1%)1.035 grams Protein powder5.22 Plums2.11 tsp Olive or monounsaturated oil3.1Ca3.11 tsp Olive or monounsaturated oil3.11 Meal - Meal Portions: P:8 C:5 F:5Po8 oz Beef, lean cuts8.11/2 cup Onions1.11 cup Tomato, puree2.16 cups Broccoli2.11 cup Milk, low fat (1%)5.128 grams Protein powder4.120 cups Strawberries2.11 tsp Olive or monounsaturated oil3.11 cup Milk, low fat (1%)1.028 grams Protein powder2.120 cups Strawberries2.11 tsp Olive or monounsaturated oil3.17 oz Chicken breast, skinless7.11 cup Onions2.120 chicken breast, skinless7.120 cup Onions2.121 cup Onions2.122 cup Strawberries2.123 cons Dive or monounsaturated oil3.134 cup Onions3.135 cons Dive or monounsaturated oil3.136 cup Strawberries3.137 con Chicken breast, skinless7.138 cup Onions2.139 cup Onions2.130 cup Onions2.131 cup Onions2.1	ortions 00 PC 5.00 P 2.00 C 3.00 F alories: 357 Item ortions 8.00 P .00 C 2.00 C 2.00 C 5.00 F alories: 539 Item ortions 00 PC 4.00 C 5.00 F alories: 539 Item ortions 00 PC 5.00 C 3.00 F alories: 539 Item ortions 00 PC 5.00 C 3.00 F alories: 539 Item ortions 3.00 F 3.00 C 3.00 C	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! Preparation Suggestions: Barbecued Beef Simple but tasty. 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! Preparation Suggestions: Barbecued Beef Simple but tasty. If 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
I Meal - Meal Portions: P:8 C:5 F:5       Po         B oz Beef, lean cuts       8.         1/2 cup Onions       1.         1 cup Tomato, puree       2.         6 cups Broccoli       2.         1 2/3 tsp Olive or monounsaturated oil       5.         Ca       2.         ack - Meal Portions: P:5 C:3 F: 3       Po         1 cup Milk, low fat (1%)       1.0         28 grams Protein powder       4.         2 cups Strawberries       2.         1 tsp Olive or monounsaturated oil       3.         Ca       3.         Po       1.0         28 grams Protein powder       4.         2 cups Strawberries       2.         1 tsp Olive or monounsaturated oil       3.         Ca       3.         Po       7.         7 oz Chicken breast, skinless       7.         1 cup Onions       2.	ortions 3.00 P .00 C 2.00 C 2.00 C 5.00 F alories: 539 Item ortions 00 PC 4.00 P 2.00 C 3.00 F alories: 329	Barbecued Beef Simple but tasty. 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
B oz Beef, lean cuts       8         1/2 cup Onions       1         1 cup Tomato, puree       2         6 cups Broccoli       2         1 2/3 tsp Olive or monounsaturated oil       5         ack - Meal Portions: P:5 C:3 F: 3       1         1 cup Milk, low fat (1%)       1.0         28 grams Protein powder       4         2 cups Strawberries       2         1 tsp Olive or monounsaturated oil       3         Ca       3         mer - Meal Portions: P:7 C:5 F:5       1         7 oz Chicken breast, skinless       7         1 cup Onions       2	3.00 P .00 C 2.00 C 2.00 C 5.00 F alories: 539 Item ortions 00 PC 4.00 P 2.00 C 3.00 F alories: 329	Simple but tasty.  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
ack - Meal Portions: P:5 C:3 F: 3       Po         1 cup Milk, low fat (1%)       1.0         28 grams Protein powder       4.         2 cups Strawberries       2.         1 tsp Olive or monounsaturated oil       3.         Ca       3.         mer - Meal Portions: P:7 C:5 F:5       I         7 oz Chicken breast, skinless       7.         1 cup Onions       2.	ortions 00 PC 1.00 P 2.00 C 3.00 F alories: 329	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
ner - Meal Portions: P:7 C:5 F:5       Po         7 oz Chicken breast, skinless       7.         1 cup Onions       2.		Enjoy!
7 oz Chicken breast, skinless 7. 1 cup Onions 2.	Item ortions	Preparation Suggestions:
12 spears Asparagus       1.         1 2/3 tsp Olive or monounsaturated oil       5.         Ca       3.	2.00 P 2.00 C 2.00 C .00 C .00 C 5.00 F alories: 511	Deviled Chicken with Asparagus
ock - Moal Portions: D/4 C:3 E:3	Item ortions	Preparation Suggestions:
1 cup Milk, low fat (1%)1.021 grams Protein powder3.1 Tangerine2.1 tsp Olive or monounsaturated oil3.Ca	00 PC 3.00 P	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Portions: Protein: 37 Ca		
** Remember to drink between 10	0 and 12	glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
<b>Snack - Meal Portions: P:6 C:3 F:3</b> 1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy
	n: 37 Carbohyc	drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
		+ empowered +

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	The classic cereal breakfast never gets old. Enjoy!
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>42 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	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 shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with col water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, Iow fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Milk, low fat (1%)</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>3 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>6 Almonds, whole</li> </ol>	1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>42 grams Protein powder</li><li>1/2 cup Blueberries</li><li>1 Orange</li><li>3 Almonds, whole</li><li>2/3 tsp Olive or monounsaturated oil</li></ul>	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539	Beef and vegetable pasta. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 cups Grapes</li> <li>1 slice Whole grain bread</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories:	Scrambled eggs with toast. A homestyle favorite.
Sucche March Dartieurs, D.C. O.C. 5-0	511 Item	Duran quations Commonstieners
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered	Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2 Peaches</li><li>3 tbsp Almonds, slivered</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
		.VitalForceMulti.com

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1/2 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1/3 cup Applesauce</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Salmon with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Veal 3 cups Broccoli 4 cups Cauliflower 2 cups Cucumber 2 Peppers (bell or cubanelle) 7 cups Lettuce, romaine 1 cup Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C .50 C 1.00 C .70 C .67 C 5.00 F Calories: 511	Preparation Suggestions: Veal with Vegetables and Salad Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Simple, quick and balanced.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Combine over heat and enjoy this stick-to-your-ribs breakfast.
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 2 Tomatoes 2 cups Cucumber 2/3 Banana 2 Peppers (bell or cubanelle) 5 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Eggs with yogurt and fruit. Enjoy!
10 Egg whites	5.00 P	
1 1/2 cups Pineapple	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
·	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
35 grams Protein powder 1 1/2 cups Watermelon	5.00 P 2.00 C	Put all ingredients in blender over ice and blend.
1 tsp Olive or monounsaturated oil	2.00 C 3.00 F	Add water to create desired consistency. Enjoy!
1 top Onve of Monourisaturated on	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Salad
2 1/2 cups Lettuce, romaine	.25 C	Grill or broil chicken, prepare salad with lettuce and
2 cups Cucumber	.50 C	mix with oil dressing. Cut chicken into strips and
1 Pepper (bell or cubanelle) 1 Tomato	.50 C .50 C	serve on top of salad.
3 cups Raspberries	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:5 C:3 F: 3	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%) 21 grams Protein powder	2.00 PC 3.00 P	Protein Shake with Fruit
1/2 cup Grapes	3.00 P 1.00 C	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is
1 tsp Olive or monounsaturated oil	3.00 F	not available mix protein powder with cold water
	Calories:	and have remaining ingredients on the side. Enjoy!
	329	
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
7 oz Chicken breast, skinless 1/2 cup Grapes	7.00 P 1.00 C	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken.
4 cups Cauliflower	1.00 C	Mix oil with your spices of choice to add flavour.
2/3 cup Rice	2.00 C	
3 cups Broccoli	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions 2.00 PC	Protein Shake with Fruit
1 cup Yogurt, plain, low fat 14 grams Protein powder	2.00 PC 2.00 P	Blend all ingredients together and add ice cubes
1/3 Banana	1.00 C	until desired consistency is reached. If a blender is
1 tsp Olive or monounsaturated oil	3.00 F	not available mix protein powder with cold water
•	Calories:	and have remaining ingredients on the side. Enjoy!
	301	
		drates: 24 Fat: 24 Calories: 2548
** Remember to drink betv	veen 10 and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>35 grams Protein powder</li> <li>2 cups Raspberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Sole 5 cups Lettuce, romaine 2 Tomatoes 2 Peppers (bell or cubanelle) 2 cups Cucumber 1 cup Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Chicken breast, skinless 2 cups Cauliflower 1/2 cup Onions 1 1/2 cups Broccoli 2/3 cup Rice 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chicken Stir Fry Cube chicken and set aside. Chop 1 clove of garlic and saute, then add chicken. Add chopped vegetables, soy sauce and seasonings (salt and cayenne pepper should do it). Stir until vegetables are tender and enjoy!
<b>Snack - Meal Portions: P:5 C:3 F:3</b> 1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
<b>Total Daily Portions:</b> Prote ** Remember to drink be		rates: 24 Fat: 24 Calories: 2548

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1 cup Spinach 2 Peppers (bell or cubanelle) 3 cups Broccoli 2 cups Cauliflower 14 spears Asparagus 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .29 C 1.00 C 1.00 C .50 C 1.17 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Chicken and vegetable pasta in an oil sauce. Sauté vegetables and cubed chicken, season to taste (try salt, pepper, garlic, thyme and basil) and add pasta. Cook until hot, being careful to not let the pasta stick to the bottom of the pan. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>28 grams Protein powder</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 Banana</li> </ul>	Item Portions 4.00 P 3.00 F 3.00 C Calories: 301	<b>Preparation Suggestions:</b> 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!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
Record your transformation	on + <u>www.Em</u>	poweredTransformation.com

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>42 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 Orange</li> <li>3 Almonds, whole</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings	Item Portions 8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Apple-and-Mango Salad with Grilled Chicken Rub the chicken with a mixture of salt, pepper, cumin and red pepper flakes, then grill or bake. Meanwhile, create salad with lettuce and roughly chopped pieces of fruit. When chicken is done, slice and place on top. Serve with a dressing of your choice. This salad is easy to make a day in advance.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F	A tasty, easy-to-prepare breakfast. Enjoy!
	Calories: 511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Pineapple	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 357	mix it all together, then eat the fruit on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Fruit Yogurt Smoothie
42 grams Protein powder	6.00 P	Mix all ingredients in a blender until desired
3 cups Raspberries	3.00 C	consistency is reached. For a frozen smoothie freeze
30 Peanuts	5.00 F	fruit or add ice cubes. If a blender is not available
	Calories:	stir protein powder and chopped fruit and nuts into
	539	yogurt.
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Grilled Beef Salad with Cantaloupe
2 cups Cauliflower	.50 C	Grill beef and set atop this great mixed salad. Enjoy
1 cup Celery	.50 C	the cantaloupe for dessert.
2 cups Cucumber	.50 C	
4 cups Lettuce, romaine	.40 C	
1 2/3 cups Tomatoes 1/2 Cantaloupe	1.11 C 2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes
1 cup Blueberries	2.00 C	until desired consistency is reached. If a blender is
1 tsp Olive or monounsaturated oil	3.00 F	not available mix protein powder with cold water
	Calories: 329	and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 cup Yogurt, plain, low fat	Portions 2.00 PC	Yogurt, Protein, Strawberries & Almonds
14 grams Protein powder	2.00 P	Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	· · · · · · · · · · · · · · · · · · ·
9 Almonds, whole	3.00 F	
	Calories: 301	
	37 Carbohyo	drates: 24 Fat: 24 Calories: 2548
** Remember to drink betw	een 10 and 1	2 glasses of water per day. **
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Day:	14
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1/3 cup Applesauce</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 6 oz Turkey, dark meat, skinless 3 slices Turkey bacon 1 oz Cheddar cheese, light/low fat 2 cups Lettuce, romaine 1 cup Cherry tomatoes 1 cup Cucumber 2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 P .20 C .50 C .25 C 4.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Smoked Turkey Club Salad You can use regular cooked turkey for this, but smoked turkey is best. Make a salad with greens and vegetables, top with turkey, bacon and cheese.
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Simple, quick and balanced.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder	3.00 PC 4.00 P	Chop the fruit and mix with the remaining ingredients. Enjoy!
1 cup Pineapple	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%)	Portions 1.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1/2 cup Pineapple	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	357 Item	Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
6 oz Turkey, dark meat, skinless	6.00 P	Smoked Turkey Club Salad
3 slices Turkey bacon	1.00 P	You can use regular cooked turkey for this, but
1 oz Cheddar cheese, light/low fat	1.00 P	smoked turkey is best. Make a salad with greens
2 cups Lettuce, romaine	.20 C	and vegetables, top with turkey, bacon and cheese.
1 cup Cherry tomatoes	.50 C	
1 cup Cucumber 2 cups Pineapple	.25 C 4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
16 Cherries	2.00 C	adding water to create desired consistency. If a
1 tsp Olive or monounsaturated oil	3.00 F Calories:	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	020	Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken Dinner
1/2 cup Grapes	1.00 C	Brush chicken lightly with oil, broil or grill chicken.
4 cups Cauliflower	1.00 C	Mix oil with your spices of choice to add flavour.
2/3 cup Rice	2.00 C	
3 cups Broccoli	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories:	
	511	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, Iow fat (1%) 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Raspberries	3.00 P 1.00 C	adding water to create desired consistency. If a
	1.00 C	blender is not available, set aside the fruit and shake
1 cup Strawberries	1.00 0	
	3.00 F	up the remaining ingredients in a closed container to
1 cup Strawberries		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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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Combine over heat and enjoy this stick-to-your-ribs breakfast.
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>35 grams Protein powder</li> <li>2 cups Raspberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Barbecued Beef Simple but tasty.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col- water and have remaining ingredients on the side. Nuts on the side.
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
Today's checklist: 1.Eat 2	2.Train 3.Grow	www.EmpoweredNutrition.com

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts	Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	Preparation Suggestions: Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Beef, lean cuts 2 cups Cauliflower 1 cup Celery 2 cups Cucumber 4 cups Lettuce, romaine 1 2/3 cups Tomatoes 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
	37 Carbohyo	drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Day:	18
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539	Beef and vegetable pasta. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts	Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Total Daily Portions: Proteir	n: 37 Carbohyo	drates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 cup Milk, low fat (1%)</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>3 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>6 Almonds, whole</li> </ol>	Portions 1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Salmon steak</li> <li>2 Tomatoes</li> <li>2 cups Cucumber</li> <li>2/3 Banana</li> <li>2 Peppers (bell or cubanelle)</li> <li>5 cups Lettuce, romaine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539	Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>1 Tangerine</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<b>Total Daily Portions:</b> Prote	ein: 37 Carbohyc	drates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Combine over heat and enjoy this stick-to-your-ribs breakfast.
<b>Snack - Meal Portions: P:6 C:3 F:3</b> 1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 2 Tomatoes 2 cups Cucumber 2/3 Banana 2 Peppers (bell or cubanelle) 5 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.
Dinner - Meal Portions: P:7 C:5 F: 5 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
	37 Carbohyo	drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Combine over heat and enjoy this stick-to-your-ribs breakfast.
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1 Tangerine</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Salmon steak 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Salmon with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Simple, quick and balanced.
	n: 37 Carbohyc	Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Preparation Suggestions: Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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10 Egg whites       5.00 P       Scrambled eggs with toast. A homestyle favorite.         1 typ Qive or monounsaturated oil       3.00 C         2 typ Peanut butter, natural       2.00 C         2 oz Cheddar cheese, light/low fat       2.00 F         2 oz Cheddar cheese, light/low fat       6.00 P         1 drange       1.00 C         1 Orange       2.00 C         2 // 2 up Blueberries       1.00 C         1 Orange       2.00 F         2 // 2 up Blueberries       1.00 C         2 // 3 tsp Olive or monounsaturated oil       2.00 F         2 // 2 up S Yogurt, plain, low fat       3.00 PC         3 // 2 cups Yogurt, plain, low fat       3.00 PC         2 cups S Trawberries       2.00 F         1 // 2 cup S Yogurt, plain, low fat       3.00 PC         2 cup S Trawberries       2.00 F         1 // 2 cup S Yogurt, plain, low fat       3.00 PC         3 // 3 tap Olive or monounsaturated oil       5.00 F         1 // 2 cup Carots       5.00 F         1 cup Carots       7.00 P         1 cup Carots       7.00 P	Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
Shack - Meal Portoins: Pr5 C3 P3       Portions         42 grams Protein powder       6.00 P         1/2 cup Blueberries       1.00 C         2/3 tsp Olive or monounsaturated oil       1.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2/0 F       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         3/1 monds, whole       2.00 F         2/3 tsp Olive or monounsaturated oil       3.00 PC         3/2 cups Yogurt, plain, low fat       3.00 PC         3/5 arms Protein powder       2.00 F         2 cups Strawberries       2.00 F         1/2 cups Yogurt, plain, low fat       3.00 PC         3/5 Almonds, whole       5.00 P         2 cups Strawberries       2.00 F         1/2 cup Carots       2.00 F         1 cup Carots       7.00 P         1 cup Milk, low fat (1%)       5.00 F         2/3 tsp Olive or monounsaturated oil       5.00 F         2/3 tsp Olive or monounsaturated oil       5.00 F         2/3 tsp Olive or monounsaturated oil       5.00 F <td< td=""><td><ol> <li>1/2 cups Grapes</li> <li>1 slice Whole grain bread</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> </ol></td><td>5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories:</td><td>Scrambled eggs with toast. A homestyle favorite.</td></td<>	<ol> <li>1/2 cups Grapes</li> <li>1 slice Whole grain bread</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> </ol>	5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories:	Scrambled eggs with toast. A homestyle favorite.
42 grams Protein powder       7.00 P       Protein Shake with Fruit         12 cup Blueberries       1.00 C         3 Almonds, whole       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         Mid Meal - Meal Portions: P:8 C:5 F:5       Tem         11/2 cups Yogurt, plain, low fat       3.00 PC         35 grams Protein powder       2.00 C         2 stawberries       3.00 PC         15 Almonds, whole       5.00 P         2 cups Strawberries       3.00 PC         15 Almonds, whole       5.00 P         2 cups Strawberries       2.00 C         15 Almonds, whole       5.00 P         2 cup Carrots       Truit or adlice cubes. If a blender until desired         7 oz Chicken breast, skinless       7.00 P         1 cup Carrots       Preparation Suggestions:         7 cup Corn, canned       1.00 C         1 cup Carrots       Titer         1 cup Carrots       Protein Shake         1 cup Carrots       Fr:3         1 cup Carrots       1.00 PC         2 dash of low-fat, low-sugar barbecue       5.00 F         1 cup Carrots       1.00 PC         1 cup Carrots       P:5 C:3 F:3         1 cup Milk, low fat (1%)       2.00 C <td>Snack - Meal Portions: P:6 C:3 F:3</td> <td></td> <td>Preparation Suggestions:</td>	Snack - Meal Portions: P:6 C:3 F:3		Preparation Suggestions:
Mid Meal - Meal Portions: P:3 C:5 F:5       Portions         1 1/2 cups Yogurt, plain, low fat       3.00 PC         35 grams Protein powder       2.00 C         2 cups Strawberries       5.00 F         15 Almonds, whole       5.00 F         Dinner - Meal Portions: P:7 C:5 F:5       Filter         7 oz Chicken breast, skinless       7.00 P         1 cup Carrots       7.00 P         1 cup Carrots       7.00 P         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Sagrams Protein powder       2.00 C         Stark - Meal Portions: P:5 C:3 F:3       Item         1 cup Milk, low fat (1%)       2.00 C         2 grams Protein powder       2.00 C         2 dig grams Protein powder<	1/2 cup Blueberries 1 Orange 3 Almonds, whole	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories:	Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side.
11/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberies       3.00 PC 5.00 P       Fruit Yogurt Smoothie         15 Almonds, whole       5.00 F       Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie free stir protein powder and chopped fruit and nuts into yogurt.         Dinner - Meal Portions: P:7 C:5 F: 5       Item Portions       Preparation Suggestions:         7 oz Chicken breast, skinless 1 cup Carrots       1.00 C       Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on th side.         Snack - Meal Portions: P:5 C:3 F:3       Item Portions 1 cup Milk, low fat (1%)       Preparation Suggestions: Protein Shake         2/3 cup Mango       1.00 PC       Add water to create desired consistency. Enjoy!         1 tsp Olive or monounsaturated oil       3.00 PC         5 nack - Meal Portions: P:4 C:3 F:3       Item Portions 3 00 PC         1 tsp Olive or monounsaturated oil       3.00 PC         5 nack - Meal Portions: P:4 C:3 F:3       Item Portions 3 00 PC         1 tsp Olive or monounsaturated oil       3.00 PC         5 nup Kirk, low fat       3.00 PC         9 Almonds, whole       3.00 PC         9 Almonds, whole       3.00 PC         9	Mid Meal - Meal Portions: P:8 C:5 F:5		Preparation Suggestions:
Dinner - Meal Portions: P:7 C:5 F: 5       Portions         7 oz Chicken breast, skinless       7.00 P         1 cup Carrots       1.00 C         1 cup Corn, canned       4.00 C         2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:5 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         28 grams Protein powder       4.00 P         2/3 cup Mango       1.00 PC         1 tsp Olive or monounsaturated oil       1.00 PC         2/3 cup Mango       1.00 PC         1 tsp Olive or monounsaturated oil       1.00 PC         2/3 cup Mango       2.00 F         2/3 cup Mango       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Item         1 1/2 cups Yogurt, plain, low fat       3.00 F         2 spams Protein powder       3.00 F         3 all 1/2 cups Yogurt, plain, low fat       3.00 F         9 Almonds, whole       3.00 F         7 grams Protein powder       3.00 F         3 all 1/2 cups Yogurt, plain, low fat       3.00 F         9 Almonds, whole       3.00 F         7 grams Protein powder       3.00 F         3 a	35 grams Protein powder 2 cups Strawberries	3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into
1 cup Carrots       1.00 C         1 cup Corn, canned       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         5.00 F       5.00 F         Calories:       511         511       flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on th side.         Snack - Meal Portions: P:5 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         2/3 cup Mango       1.00 PC         1 tsp Olive or monounsaturated oil       2.00 C         3.00 F       2.00 C         Snack - Meal Portions: P:4 C:3 F:3       Protein Shake         1 tsp Olive or monounsaturated oil       2.00 C         3.00 F       3.00 F         1 tsp Olive or monounsatur	Dinner - Meal Portions: P:7 C:5 F: 5	-	Preparation Suggestions:
Snack - Meal Portions: P:5 C:3 F:3PortionsPreparation Suggestions:1 cup Milk, low fat (1%)1.00 PCPortionsProtein Shake28 grams Protein powder4.00 PPut all ingredients in blender over ice and blend.2/3 cup Mango2.00 CAdd water to create desired consistency. Enjoy!1 tsp Olive or monounsaturated oil3.00 FCalories:329Snack - Meal Portions: P:4 C:3 F:3Item Portions1 1/2 cups Yogurt, plain, low fat3.00 PC9 Almonds, whole3.00 F7 grams Protein powder3.00 F1 1/2 cups Yogurt, plain, low fat3.00 F9 Almonds, whole3.00 F7 grams Protein powder1.00 P2 301Wix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!Calories: 301301	1 cup Carrots 1 cup Corn, canned	1.00 C 4.00 C 5.00 F Calories:	Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the
1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango1.00 PC 4.00 P 2.00 C 3.00 FProtein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!1 tsp Olive or monounsaturated oil3.00 F Calories: 329Add water to create desired consistency. Enjoy!Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powderItem Portions 3.00 FCPreparation 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: 37 Carbohytrates: 24 Fat: 24 Calories: 2548	Snack - Meal Portions: P:5 C:3 F:3	-	Preparation Suggestions:
Shack - Meal Portions: P:4 C:3 F:3       Portions         1 1/2 cups Yogurt, plain, low fat       Portions         9 Almonds, whole       3.00 PC         7 grams Protein powder       3.00 F         Mix them together or eat them separately. Either         1.00 P         Calories:         301	28 grams Protein powder 2/3 cup Mango	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Put all ingredients in blender over ice and blend.
1 1/2 cups Yogurt, plain, low fat       3.00 PC       Yogurt & Almonds         9 Almonds, whole       3.00 F       Mix them together or eat them separately. Either         7 grams Protein powder       1.00 P       Way, you're on your way to a healthy lifestyle!         Calories:       301	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
	9 Almonds, whole	3.00 PC 3.00 F 1.00 P Calories:	Mix them together or eat them separately. Either
3 pillars to performance: nutrition + exercise + supplements			

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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:7 C:5 F:5 7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	Preparation Suggestions: Steak And Rice Season steak as desired and grill to your preference Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, Iow fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1 1/2 cups Watermelon</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 5.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>1 1/2 cups Watermelon</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
+ energized +	transformed	+ empowered +

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Barbecued Beef Simple but tasty.
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Beef, lean cuts</li> <li>2 cups Cauliflower</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>4 cups Lettuce, romaine</li> <li>1 2/3 cups Tomatoes</li> <li>1/2 Cantaloupe</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511	Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Simple, quick and balanced.
Total Daily Portions: Protein ** Remember to drink bet	n: 37 Carbohyo	drates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	This one is pretty straight forward. Scrambled eggs
10 Egg whites	5.00 P	and grapes! Season with salt and pepper to taste
1 1/2 cups Grapes	3.00 C	and enjoy the nuts on the side.
5 tbsp Almonds, slivered	5.00 F	
, , , , , , , , , , , , , , , , , , ,	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Milk, low fat (1%)	.50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes
35 grams Protein powder	5.00 P	until desired consistency is reached. If a blender is
1/2 cup Blueberries	1.00 C	not available mix protein powder with cold water
1/3 cup Applesauce	1.00 C 3.00 F	and have remaining ingredients on the side. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F Calories:	
	357	
	Item	Description Output atting of
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Salad
2 cups Cucumber	.50 C	Grill or broil chicken, prepare salad with amount of
5 cups Lettuce, romaine	.50 C	lettuce to your satisfaction and mix with oil and
2 Peppers (bell or cubanelle)	1.00 C	vinegar dressing (or a low-fat dressing of your
1 cup Pineapple	2.00 C	choice). Serve chicken on the side or cube and mix
2 Tomatoes	1.00 C	in the salad.
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 539	
	539 Item	
Dinner - Meal Portions: P:7 C:5 F: 5	Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken Stir Fry
2 cups Cauliflower	.50 C	Cube chicken and set aside. Chop 1 clove of garlic
1/2 cup Onions	1.00 C	and saute, then add chicken. Add chopped
1 1/2 cups Broccoli	.50 C	vegetables, soy sauce and seasonings (salt and
2/3 cup Rice	2.00 C	cayenne pepper should do it). Stir until vegetables
2 Peppers (bell or cubanelle)	1.00 C	are tender and enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Blend all ingredients together and add ice cubes
1 cup Blueberries	2.00 C	until desired consistency is reached. If a blender is
1 tsp Olive or monounsaturated oil	3.00 F	not available mix protein powder with cold water
	Calories:	and have remaining ingredients on the side.
	329	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 1/2 cups Yogurt, plain, low fat	3.00 PC	Yogurt & Almonds
9 Almonds, whole	3.00 F	Mix them together or eat them separately. Either
7 grams Protein powder	1.00 P	way, you're on your way to a healthy lifestyle!
	Calories: 301	
Total Daily Portions: Prote		I Irates: 24 Fat: 24 Calories: 2548
		2 glasses of water per day. **

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1 cup Yogurt, plain, low fat 10 Egg whites       2.00 PC       A tasty, easy-to-prepare breakfast. Enjoy!         3 Kiwis       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:6 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         35 grams Protein powder       5.00 P         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Mid Meal - Meal Portions: P:8 C:5 F:5       Item Portions         8 oz Beef, lean cuts       1.00 C         1 cup Celery       .50 C         1/2 cup Onions       1.00 C         1 cup Celery       .50 C         1 cup Celery       .50 C         1 cup Coloris       1.00 C         1 cup Celery       .50 C         1 /2 cup Onions       1.00 C         1 /2 cup Onions       1.00 C         1 /2 cup Pinapple       .50 C         1 cup Celery       .50 C         1 cup Celery       .50 C         1 cup Celery       .50 C         1 /2 cup Onions       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Ca	Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 Egg wintes       5.00 P         3 Kiwis       3.00 C         3 Grams Protein powder       5.00 P         1 cup Strawberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Pineapple       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Onions       1.00 C         1 2/3 tsp Olive or monounsaturated oil       3.00 F         2 dup Calery       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 dup Calery       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 dup Calery       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         1 2/3 tsp Olive or monounsaturated oil       3.00 F         2 dup Calery       5.00 F         1 2/3 tsp Olive or monounsaturated oil       3.00 F         2 dup Calery       5.00 F      <	1 cup Yogurt plain low fat		A tasty easy-to-prepare breakfast Enjoy!
3 Kiwis       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       511         Snack - Meal Portions: P:6 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         3 for up Milk, low fat (1%)       1.00 PC         3 for up Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         3 for up thereapple       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         3 for up Cleary       5.00 F         1 2/2 oup Olions       1.00 C         1 2/2 oup Olions       1.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 4/2 oup Pasta       3.00 C         3 sormes Protein powder       5.00 F         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 adories:       5.00 F         3 grams Protein powder       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         2 adories:       5.00 F         3 grams Protein powder       3.00 C         1 2/3 tsp Olive or monounsaturated oil       3.00 C         3 Adoup Pastia       3.00 C </td <td></td> <td></td> <td></td>			
Stack - Meal Portions: P:6 C:3 F:3       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake         1 cup Strawborries       1.00 C       Jon C         1 cup Strawborries       1.00 C       Jon C         1 tsp Olive or monounsaturated oil       3.00 F       Item ermaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         8 oz Beef, lean cuts       8 00 P       Preparation Suggestions:         8 oz Beef, lean cuts       8 00 P         1 cup Celery       1.00 C         1/2 cup Onions       1.00 C         1/2 cup Solive or monounsaturated oil       5.00 P         Sargams Protein powder       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 P         1 Banana       3.00 C         1 8 Peanuts       Calories:         2 300 C       3.00 C         3 1/2 cups Sipinach       1.00 C <tr< td=""><td></td><td>3.00 C</td><td></td></tr<>		3.00 C	
511     Item     Preparation Suggestions:       1 cup Milk, low fat (1%)     1.00 PC       35 grams Protein powder     5.00 P       1 cup Strawberries     1.00 C       1 2 cup Pineapple     1.00 C       1 tap Olive or monounsaturated oil     3.00 F       2 cup Pineapple     1.00 C       36 or Beef, lean cuts     3.00 F       8 oz Beef, lean cuts     8.00 P       1 cup Celery     5.0 C       12 cup Pinomato, puree     5.0 C       3/4 cup Pasta     3.00 F       2 and Pinomato, puree     5.0 C       3/4 cup Pasta     3.00 F       2 and Pasta     3.00 C       35 grams Protein powder     5.00 F       1 anna     3.00 C       35 grams Protein powder     5.00 F       2 and pasta     3.00 C       3 for anna     3.00 C       1 anna     3.00 C       1 Banana     3.00 C       1 Breanuts     3.00 F       2 and passing     Protein Shake with Bananas       1 for up Cristics     Protein Shake with Bananas       1 ang redients on the side. If desired ad	1 2/3 tsp Olive or monounsaturated oil	5.00 F	
Snack - Meal Portions: P:6 C:3 F:3       Item       Proteins         1 cup Milk, low fat (1%)       1.00 PC         36 grams Protein powder       5.00 P         1 cup Strawberries       1.00 C         1 typ Olive or monounsaturated oil       3.00 F         2 cup Cheepple       1.00 C         1 typ Olive or monounsaturated oil       3.00 F         8 oz Beef, lean cuts       8.00 P         1 /2 cup Onions       1.00 C         1 /2 cup Onions       1.00 C         1 /2 cup Onions       1.00 C         1 /2 cup Onions       5.00 F         2/3 dup Pasta       3.00 F         2/3 dup Pasta       3.00 C         1 /2 cup Onions       1.00 C         3 grams Protein powder       5.00 F         2 stap Olive or monounsaturated oil       5.00 F         3 grams Protein powder       1.00 C         1 /2 tup Dolive or monounsaturated oil       5.00 F         2 stap Olive or monounsaturated oil       5.00 F         3 stap Olive or monounsaturated oil       3.00 C         3 stap Olive or monounsaturate			
Snack - Meal Portions: P:6 C:3 F:3       Protation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         36 grams Protein powder       1.00 PC         1 /2 cup Pineapple       1.00 C         1 typ Olive or monounsaturated oil       3.00 F         Mid Meal - Meal Portions: P:8 C:5 F:5       Portions         8 oz Beef, lean cuts       8.00 P         1 cup Pasta       3.00 C         1 2/2 cup Pineapple       1.00 C         1 cup Celery       5.00 C         1 cup Celery       5.00 C         1 cup Delay       5.00 C         1 cup Celery       5.00 C         1 2/3 tsp Olive or monounsaturated oil       Calories:         Sa grams Protein powder       5.00 C         3 grams Protein powder       5.00 C         3 grams Protein powder       5.00 C         3 cup Delay       S.00 C         1 Banana       3.00 C         1 Banana       3.00 C         1 Banana       3.00 C         1 Banana       3.00 C         1 Cup Reise I fean cuts       7.00 P         3 /2 cup Spinach       1.00		-	
1 cup Milk, low fat (1%)       1.00 PC         35 grams Protein powder       5.00 P         1 cup Strawberries       1.00 C         1/2 cup Pineapple       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Wid Meal - Meal Portions: P:8 C:5 F:5       Portions         8 oz Beef, lean cuts       8.00 P         1 cup Celery       5.00 C         1/2 cup Onions       1.00 C         1/2 cup Onions       1.00 C         1/2 cup Celery       5.00 C         1/2 cup Collery       5.00 C         1/2 cup Collery       5.00 C         1/2 cup Onions       1.00 C         1/2 cup Domato, puree       5.00 C         3/4 cup Pasta       3.00 C         5 grams Protein powder       5.00 P         1 Banana       3.00 C         18 Peanuts       Calories:         320 Beef, lean cuts       3.00 F         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         21/2 cups Spinach       1.00 C         1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         21 gr	Snack - Meal Portions: P:6 C:3 F:3		Preparation Suggestions:
35 grams Protein powder       5.00 P       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 calorises:         1 tsp Olive or monounsaturated oil       3.00 F       mix it all together, then eat the fruit on the side. Enjoy!         Mid Meal - Meal Portions: P:8 C:5 F:5       Item Portions       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P       1.00 C         1 cup Celery       .50 C       .50 C         1/4 cup Tomato, puree       .500 F       .500 F         3/4 cup Pasta       3.00 C       .500 F         1 Banana       3.00 F       .500 F         1 Banana       .500 F       Protein Shake with Bananas         1 B Peanuts       .500 F       .500 F         Dinner - Meal Portions: P:7 C:5 F:5       Tem Portions         7 oz Beef, lean cuts       7.00 F       .500 F         3 1/2 cups Spinach       1.00 C       .500 F         2 1/3 cups Pice       7.00 F       Season steak as desired and grill to your preference Cook is and grill to your preference Cook is a desired and grill to your preference Cook is a desired and grill to your preference Cook is a desired and grill to your preference Cook is a desired and grill to your preference Cook is a desired consistency. If a blender is not available, set aside the fruit and shak with sin a	1 ours Mills low fot (10/)		
1 cup Strawberries       1.00 C         1/2 cup Pineapple       1.00 C         1 tsp Dilve or monounsaturated oil       1.00 C         3 tsp Dilve or monounsaturated oil       3.00 F         Calories:       Sint Protein Sint a closed container to mix it all together, then eat the fruit on the side.         8 oz Beef, lean cuts       8.00 P         1 cup Celery       5.00 C         1 2/2 cup Onions       1.00 C         3/4 cup Pasta       3.00 F         2/3 tap Olive or monounsaturated oil       5.00 C         3/4 cup Pasta       3.00 C         3/4 cup Pasta       3.00 C         3/5 grams Protein powder       5.00 F         1 Banana       3.00 C         18 Peanuts       3.00 C         19 Peanuts       3.00 C         11/2 cup Spinach       1.00 C         11/2 cup Spinach       1.00 C         11/2 cup Spinach       3.00 F         12 cal peries:       5.00 P         3/4 cup Pasta       3.00 F         3/4 cup Pasta       3.00 F         3/2 cup Spinach       1.00 C         1/2 cups Spinach       1.00 C         1/2 cup Spinach       1.00 F         1/2 cup Spinach       1.00 F         1/2 cup Spi			
1/2 cup Pineapple       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         3/2 cup Pineapple       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         3/3 Cup Pineapple       1.00 C         8 oz Beef, lean cuts       8.00 P         1 cup Celery       5.0 C         1/2 cup Onions       1.00 C         1/4 cup Tomato, puree       3.00 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:5 C:3 F:3       Them         9 orgams Protein powder       5.00 P         1 Banana       3.00 F         18 Peanuts       3.00 F         200 F       Calories:         329       Sigrams Protein powder         1 Banana       3.00 F         18 Peanuts       7.00 P         7 oz Beef, lean cuts       7.00 P         7 oz Beef, lean cuts       7.00 P         7 1/3 cups Pike       7.00 P         7 oz Beef, lean cuts       7.00 P         7 1/3 cups Rice       1.00 C         3/12 cups Spinach       1.00 C         1/3 cups Rice       3.00 F         2/1 grams Protein powder       1.00 C <td></td> <td></td> <td></td>			
1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to fail together, then eat the fruit on the side.         Mid Meal - Meal Portions: P:8 C:5 F:5       Item Portions       Preparation Suggestions:         8 oz Beef, lean cuts       8.00 P       .50 C         1 cup Celery       .50 C       .50 C         1/2 cup Onions       1.00 C       .50 C         1/2 cup Onions       .00 C       .50 C         1/2 cup Onions       .50 C       .50 C         1/2 dup Drive or monounsaturated oil       .50 C       .50 C         5/3 grams Protein powder       .50 P       Preparation Suggestions:         5/4 cup Pasta       .00 C       .50 P         1 Banana       .00 C       Protein Shake with Bananas         3/5 grams Protein powder       1 abinder is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Protions         7 cz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 /3 cups Rice       .00 F         3 0 Peanuts       .00 F         2 cup Milk, low fat (1%)       1.00 C         3 cup Mik, low fat (1%)       1.00 C         3 cup Mik, low fa			
357       Enjoy!         Mid Meal - Meal Portions: P:8 C:5 F:5       Item Portions         8 oz Beef, lean cuts       8.00 P         1 cup Celery       5.0 C         1/2 cup Onions       1.00 C         1/4 cup Tomato, puree       5.0 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       5.39         Snack - Meal Portions: P:5 C:3 F: 3       Preparation Suggestions:         9 Totana       5.00 F         1 Banana       3.00 C         18 Peanuts       5.00 F         Calories:       3.00 C         3.00 C       10 Up u have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         2 clories:       5.01 F         5 clories:       5.01 F         5 clories:       5.00 F         6 clories:       5.00 F         2 up Spinach       1.00 C         1 //3 cups Rice       1.00 C         2 up Strawberries       1.00 C		3.00 F	
Mid Meal - Meal Portions: P:8 C:5 F:5       Item Portions       Preparation Suggestions:         8 oz Beef, lean cuts       5.00 P         1 /2 cup Onions       5.00 C         1/4 cup Tomato, puree       5.00 C         3/4 cup Tomato, puree       3.00 C         1 /2 xit po Olive or monounsaturated oil       5.00 F         2/3/4 cup Pasta       3.00 C         1 /2 xit po Olive or monounsaturated oil       5.00 F         Samack - Meal Portions: P:5 C:3 F: 3       Preparation Suggestions:         5 grams Protein powder       5.00 F         1 Banana       3.00 C         18 Peanuts       3.00 C         Calories:       700 P         2 xit possible of the cubes of t		Calories:	
Witd Meal - Meal Portions: P:8 C:5 F:5       Portions         8 oz Beef, lean cuts       8.00 P         1 cup Celery       50 C         1/4 cup Tomato, puree       50 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:5 C:3 F: 3       3.00 C         35 grams Protein powder       5.00 F         1 Banana       3.00 C         18 Peanuts       3.00 C         Dinner - Meal Portions: P:7 C:5 F:5       Proteins         7 oz Beef, lean cuts       7.00 P         3 /2 cups Spinach       1.00 C         1 /3 cups Rice       5.00 F         30 Peanuts       Steak And Rice         Sour Seaker Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         200 F       Steak And Rice         Source       5.00 F         21 grams Protein powder       1.00 C         1 cup Milk, low fat (1%)       1.00 C         21 grams Protein powder       3.00 P         1 cup Milk, low fat (1%)       1.00 C         21 grams Protein powder       1.00 C<			Enjoy!
8 oz Beef, lean cuts       8 oz Beef, lean cuts       8 oz Beef, lean cuts       8 oz Beef and vegetable pasta. Enjoy!         1 /2 cup Celery       50 C         1 /2 cup Tomato, puree       3 o0 C         3 /4 cup Pasta       3 o0 C         1 /2 /3 tsp Olive or monounsaturated oil       500 F         Snack - Meal Portions: P:5 C:3 F: 3       Tem         Sorgrams Protein powder       5.00 F         1 Banana       3.00 F         18 Peanuts       9 owder and ice cubes. If a blender is not available, rotein powder vith cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Protions         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 cup Milk, low fat (1%)       1.00 C         2 rapma Protein powder       3.00 F         1 cup Milk, low fat (1%)       1.00 C         2 rapm Strawberries       1.00 C         3 no P anuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       1.00 C	Mid Meal - Meal Portions: P:8 C:5 F:5	-	Preparation Suggestions:
1 cup Celery       .50 C         1/2 cup Onions       1.00 C         1/4 cup Tomato, puree       .50 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:5 C:3 F:3       Protions         Songrams Protein powder       5.00 P         1 Banana       3.00 C         18 Peanuts       3.00 F         Calories:	8 oz Beef, lean cuts		
1/2 cup Onions       1.00 C         1/4 cup Tomato, puree       .50 C         3/4 cup Pasta       3.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:5 C:3 F: 3       Item         So grams Protein powder       5.00 F         1 Banana       3.00 C         18 Peanuts       7.00 F         Calories:       3.00 F         Straw Protein powder       3.00 F         18 Peanuts       3.00 F         Calories:       Strother powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item         Portions       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Spinach       1.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         3 0 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Milk, low fat (1%)       1.00 PC         2 cup Milk, low fat (1%)       1.00 PC         2 cup Strawberries       1.00 PC         1 cup Strawberries       1.00 PC         1 cup Strawberries			Deel and vegetable pasta. Enjoy:
1/4 cup Tomato, puree       .50 C         3/4 cup Pasta       .50 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Snack - Meal Portions: P:5 C:3 F: 3       Preparation Suggestions:         Sigrams Protein powder       5.00 F         1 Banana       3.00 C         18 Peanuts       3.00 F         Calories:       3.00 F         Sigrams Protein powder       3.00 F         1 Banana       3.00 F         200       Calories:         329       Sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         3 0 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       1.00 PC         1 cup Strawberries       1.00 PC         1 cup			
1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       539         Snack - Meal Portions: P:5 C:3 F: 3       Item         9       Portions         35 grams Protein powder       5.00 P         1 Banana       3.00 C         18 Peanuts       3.00 C         200       3.00 C         18 Peanuts       3.00 C         18 Peanuts       3.00 C         19 Ommer - Meal Portions: P:7 C:5 F:5       Protions         7 oz Beef, lean cuts       7.00 P         31 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         30 Peanuts       5.00 F         Calories:       511         511       Preparation Suggestions:         Snack - Meal Portions: P:4 C:3 F:3       Protions         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       1.00 C         20 Framember to drink b		.50 C	
Calories: 539         Snack - Meal Portions: P:5 C:3 F: 3       Preparation Suggestions:         35 grams Protein powder       5.00 P         1 Banana       3.00 C         18 Peanuts       3.00 F         Calories:       3.00 F         37 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Spinach       1.00 C         30 Peanuts       5.00 F         Snack - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         30 Peanuts       5.00 F         Calories:       Steak And Rice         30 Peanuts       5.00 F         Calories:       Steak And Rice         30 Peanuts       5.00 F         Calories:       Steak And Rice         31/2 cups Rice       4.00 C         30 Peanuts       5.00 F         Calories:       Steak         511       Preparation Suggestions:         Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup	3/4 cup Pasta	3.00 C	
539         Snack - Meal Portions: P:5 C:3 F: 3         35 grams Protein powder         1 Banana         18 Peanuts         300 C         300 C         18 Peanuts         200 Peanuts         21 Grams Protein powder         18 Peanuts         21 Grams Protein powder         18 Peanuts         229         229         229         229         229         229         229         229         229         229         229         229         229         229         229         2312         2312         2312         2312         2312         2312         2313         2314         2315         2316         2316         2317         2318         2319         2311         2311         2311         2311         2311         2311         2311	1 2/3 tsp Olive or monounsaturated oil		
Snack - Meal Portions: P:5 C:3 F: 3       Item       Preparation Suggestions:         35 grams Protein powder       5.00 P       Protein Shake with Bananas         18 Peanuts       19 ou have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P       Steak And Rice         3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         1 1/3 cups Rice       4.00 C       Solo F         30 Peanuts       5.00 F       Calories:         1 cup Milk, low fat (1%)       1.00 PC       Preparation Suggestions:         1 cup Raspberries       1.00 C       3.00 P         1 cup Strawberries       1.00 C       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P       Protein Shake with Fruit         1 stp Olive or monounsaturated oil       3.00 P       1.00 PC         Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548       ** Remember to drink between 10 and 12 glasses of water per day. **			
Shack - Meal Portions: P:5 C:3 F: 3       Portions         35 grams Protein powder       5.00 P         1 Banana       3.00 C         18 Peanuts       9 outions         200       200 Have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       5.00 F         30 Peanuts       5.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       5.00 F         21 grams Protein powder       3.00 P         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 PC         1 cup Strawberries       1.00 C         1 cup Strawbe			
35 grams Protein powder       5.00 P       Protein Shake with Bananas         18 Peanuts       3.00 C       If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         Snack - Meal Portions: P:4 C:3 F:3       Steak And Rice         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Strawberries       1.00 PC         1 cup Strawberries       1.00 PC        3.00 P         1 cup Strawberries       1.00 C         2 cup Strawberries       1.00 C         3 cup Stra	Snack - Meal Portions: P:5 C:3 F: 3	-	Preparation Suggestions:
1 Banana       3.00 C       If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item Portions         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         21 grans Protein powder       3.00 P         1 cup Strawberries       1.00 C         1 cup Strawberries	35 grams Protein powder		Protein Shake with Bananas
Calories:       329       mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P       Steak And Rice         3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         1 1/3 cups Rice       4.00 C       Season steak as desired and grill to your preference         30 Peanuts       5.00 F       Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       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 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         301       Enjoy!       Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **			If you have access to a blender, blend fruit, protein
329       remaining ingredients on the side. If desired add sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item Portions         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         301       Enjoy!	18 Peanuts		
Sweetener to taste.         Dinner - Meal Portions: P:7 C:5 F:5       Item         7 oz Beef, lean cuts       7.00 P         3 1/2 cups Spinach       1.00 C         1 1/3 cups Rice       4.00 C         30 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       1.00 PC         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       300 F         300 F       Up the remaining ingredients in a closed container to mix it all together, then eat the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         300 F       300 F         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         3 cup Strawberries <t< td=""><td></td><td></td><td></td></t<>			
Dinner - Meal Portions: P:7 C:5 F:5       Item       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P       Steak And Rice         3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         1 1/3 cups Rice       5.00 F       Calories:       Cook rice adding in chopped nuts.         30 Peanuts       5.00 F       Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Steak And Rice         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       Steak And Rice         1 tsp Olive or monounsaturated oil       3.00 F       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       3.00 F       Due the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         301       Total Daily Portions: Protein: 37       Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **		329	
7 oz Beef, lean cuts       7.00 P       Steak And Rice         3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         30 Peanuts       5.00 F       Calories:       511         Preparation Suggestions:         9 Total Daily Portions:       P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       1.00 PC         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 blender is not available, set aside the fruit and shak       3.00 F       blender is not available, set aside the fruit and shak         1 tsp Olive or monounsaturated oil       3.00 F       1.00 C       blender is not available, set aside the fruit on the side.         301       Enjoy!       Enjoy!       Enjoy!       Fortal Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548	Disease March Dantianas D.Z. 0.5 F.5	Item	
3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         3 1/2 cups Spinach       1.00 C       Season steak as desired and grill to your preference         30 Peanuts       5.00 F       Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         301       Enjoy!       Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548	Dinner - Meai Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
1 1/3 cups Rice 30 Peanuts       4.00 C 5.00 F Calories: 511       Cook rice adding in chopped nuts.         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a 1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to calories: 301       mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions:       Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548 ** Remember to drink between 10 and 12 glasses of water per day. **		7.00 P	
30 Peanuts       5.00 F         Calories:       511         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Up the remaining ingredients in a closed container to Calories:       mix it all together, then eat the fruit on the side.         301       Enjoy!			
Calories: 511         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to Calories:         301       Enjoy!			Cook rice adding in chopped nuts.
511         Snack - Meal Portions: P:4 C:3 F:3         1 cup Milk, low fat (1%)         21 grams Protein powder         1 cup Raspberries         1 cup Strawberries         1 tsp Olive or monounsaturated oil         Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **	JU FEAHULS		
Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         Bottal Daily Portions:       Protein: 37         Catal Daily Portions:       Protein: 37         Carbohydrates:       24         Fat:       24         Calories:       301         201       201         21       21         22       22         23       23         24       24         25       24         24       24         25       24         26       24         27       24         28       24         29       24         29       24         24       24         27       24         28       24         29       24         24       24         25       24         24       24         24       <			
1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to Calories: 301         Total Daily Portions:       Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **	Speek Meel Portional D.4 C-2 5-2		Proporation Suggestions:
21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       1.00 C       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.         301       Enjoy!         Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **			
1 cup Raspberries       1.00 C       adding water to create desired consistency. If a         1 cup Strawberries       1.00 C       adding water to create desired consistency. If a         1 tsp Olive or monounsaturated oil       1.00 C       blender is not available, set aside the fruit and shak         3.00 F       Calories:       wp the remaining ingredients in a closed container to         301       Enjoy! <b>Total Daily Portions:</b> Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548 ** Remember to drink between 10 and 12 glasses of water per day. **			
1 cup Strawberries       1.00 C       blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to Calories: 301         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. 501         Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **			
1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed container to calories:         301       mix it all together, then eat the fruit on the side.         301       Enjoy!    Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548  ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories:       mix it all together, then eat the fruit on the side.         301       Enjoy!         Total Daily Portions:       Protein: 37       Carbohydrates: 24       Fat: 24       Calories: 2548         ** Remember to drink between 10 and 12 glasses of water per day. **			
301 Enjoy! <b>Total Daily Portions:</b> Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548 ** Remember to drink between 10 and 12 glasses of water per day. **			
<b>Total Daily Portions:</b> Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548 ** Remember to drink between 10 and 12 glasses of water per day. **			-
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	Is the Force with	nin you? + <u>www</u>	.VitalForceMulti.com

Day:	30
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>42 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 Orange</li> <li>3 Almonds, whole</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings	8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539	Apple-and-Mango Salad with Grilled Chicken Rub the chicken with a mixture of salt, pepper, cumin and red pepper flakes, then grill or bake. Meanwhile, create salad with lettuce and roughly chopped pieces of fruit. When chicken is done, slice and place on top. Serve with a dressing of your choice. This salad is easy to make a day in advance.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Portions: Protein: 3		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	This one is pretty straight forward. Scrambled eggs
10 Egg whites	5.00 P	and grapes! Season with salt and pepper to taste
1 1/2 cups Grapes	3.00 C	and enjoy the nuts on the side.
5 tbsp Almonds, slivered	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	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 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories: 357	mix it all together, then eat the fruit on the side.
	ltem	Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grilled Chicken Salad
2 1/2 cups Lettuce, romaine	.25 C	Grill or broil chicken, prepare salad with lettuce and
2 cups Cucumber	.50 C	mix with oil dressing. Cut chicken into strips and
1 Pepper (bell or cubanelle)	.50 C	serve on top of salad.
1 Tomato	.50 C	
3 cups Raspberries	3.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Dinner - Meal Portions: P:7 C:5 F: 5	Item	Preparation Suggestions:
7 oz Chicken breast, skinless	Portions 7.00 P	Chicken Stir Fry
2 cups Cauliflower	.50 C	Cube chicken and set aside. Chop 1 clove of garlic
1/2 cup Onions	1.00 C	and saute, then add chicken. Add chopped
1 1/2 cups Broccoli	.50 C	vegetables, soy sauce and seasonings (salt and
2/3 cup Rice	2.00 C	cayenne pepper should do it). Stir until vegetables
2 Peppers (bell or cubanelle)	1.00 C	are tender and enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	2.00 C 3.00 F	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
I top Onve of monourisaturated on	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	020	Enjoy!
Speak Meel Portional Brd Cr2 Fra	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt, Protein, Strawberries & Almonds
14 grams Protein powder	2.00 P	Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	
9 Almonds, whole	3.00 F	
	Calories: 301	
		Irates: 24 Fat: 24 Calories: 2548

	Portione	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
nack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
lid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Yogurt, Pears & Nuts Mix all ingredients and enjoy!
nack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
inner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
nack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		rates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
Vince Reveals His No Non Sense Muscle Buil	ding Strategy	! <u>www.VincesNoNonSenseMuscleBuilding.com</u>

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Beef and vegetable pasta. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1/2 cup Grapes 4 cups Cauliflower 2/3 cup Rice 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	The classic cereal breakfast never gets old. Enjoy!
35 grams Protein powder	5.00 PC	The classic cereal breaklast never gets old. Enjoy:
1 1/2 cups Cereal, cold	3.00 F	
1 2/3 tsp Olive or monounsaturated oil	5.00 C	
1 2/3 tsp Olive or monounsaturated oli	Calories:	
	511 Item	
Snack - Meal Portions: P:6 C:3 F:3	Portions	Preparation Suggestions:
1/2 our Vaguet plain love fot	1.00 PC	Protein Shake
1/2 cup Yogurt, plain, low fat 35 grams Protein powder	5.00 PC	Put all ingredients in blender over ice and blend.
1 Tangerine	2.00 F	Add water to create desired consistency. Enjoy!
	2.00 C 3.00 F	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil		
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
10 az Cala	Portions	Delved Cele with a Cender Celed
12 oz Sole	8.00 P	Baked Sole with a Garden Salad.
5 cups Lettuce, romaine	.50 C	You can make a salad dressing out of olive oil,
2 Tomatoes	1.00 C	vinegar, and seasoning if you choose. Enjoy!
2 Peppers (bell or cubanelle)	1.00 C	
2 cups Cucumber	.50 C	
1 cup Onions	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539 Item	
Dinner - Meal Portions: P:7 C:5 F: 5	Portions	Preparation Suggestions:
7 oz Chicken breast, skinless	7.00 P	Chicken Stir Fry
2 cups Cauliflower	.50 C	Cube chicken and set aside. Chop 1 clove of garlic
1/2 cup Onions	1.00 C	and saute, then add chicken. Add chopped
1 1/2 cups Broccoli	.50 C	vegetables, soy sauce and seasonings (salt and
2/3 cup Rice	2.00 C	cayenne pepper should do it). Stir until vegetables
2 Peppers (bell or cubanelle)	1.00 C	are tender and enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
	Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	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
T top Onve of monourisaturated on	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	020	Enjoy!
• • • • • • • • • • • • • • • • • • •	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Simple, guick and balanced.
1 cup Yogurt, plain, low fat	2.00 PC	
18 Peanuts	3.00 F	
7 grams Protein powder	1.00 P	
0 - 2010 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1	Calories:	
	301	
	n: 37 Carbohyo	drates: 24 Fat: 24 Calories: 2548
** Remember to drink bet	ween 10 and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC 3.00 P	Enjoy your preferred, non-sugary cereal with milk
3 oz Mozzarella cheese, light/low fat		and fruit. Have a slice of cheese on the side.
1 cup Cereal, cold	2.00 C	
1/2 cup Pineapple	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
14 grams Protein powder	2.00 P	
	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Milk, low fat (1%)	.50 PC	Protein Shake with Fruit
1/4 cup Yogurt, plain, low fat	.50 PC	Blend all ingredients together and add ice cubes
35 grams Protein powder	5.00 P	until desired consistency is reached. If a blender is
1/2 cup Blueberries	1.00 C	not available mix protein powder with cold water
1/3 cup Applesauce	1.00 C	and have remaining ingredients on the side. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
6 oz Turkey, dark meat, skinless	6.00 P	Smoked Turkey Club Salad
3 slices Turkey bacon	1.00 P	You can use regular cooked turkey for this, but
1 oz Cheddar cheese, light/low fat	1.00 P	smoked turkey is best. Make a salad with greens
2 cups Lettuce, romaine	.20 C	and vegetables, top with turkey, bacon and cheese.
1 cup Cherry tomatoes	.50 C	
1 cup Cucumber	.25 C	
2 cups Pineapple	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	539	
Dinner - Meal Portions: P:7 C:5 F: 5	Item	Preparation Suggestions:
	Portions	
7 oz Beef, lean cuts	7.00 P	Grilled Beef Salad with Cantaloupe
2 cups Cauliflower	.50 C	Grill beef and set atop this great mixed salad. Enjoy
1 cup Celery	.50 C	the cantaloupe for dessert.
2 cups Cucumber	.50 C	
4 cups Lettuce, romaine	.40 C	
1 2/3 cups Tomatoes	1.11 C	
1/2 Cantaloupe	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
	FULIOIIS	
	1 00 00	Cimple, quick and balanced
1 cup Milk, low fat (1%)	1.00 PC	Simple, quick and balanced.
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat	2.00 PC	Simple, quick and balanced.
1 cup Milk, low fat (1%)		Simple, quick and balanced.

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>42 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 Orange</li> <li>3 Almonds, whole</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ul>	6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>28 grams Protein powder</li> <li>1 Orange</li> <li>1 cup Raspberries</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>6 Peanuts</li> </ul>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 6 oz Turkey, dark meat, skinless 3 slices Turkey bacon 1 oz Cheddar cheese, light/low fat 2 cups Lettuce, romaine 1 cup Cherry tomatoes 1 cup Cucumber 2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 1.00 P 1.00 P .20 C .50 C .25 C 4.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Smoked Turkey Club Salad You can use regular cooked turkey for this, but smoked turkey is best. Make a salad with greens and vegetables, top with turkey, bacon and cheese.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts	Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Steak And Rice Season steak as desired and grill to your preference Cook rice adding in chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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 Daily Portions: Protein: 3 ** Remember to drink betwee		drates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539	Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered	7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	Simple, quick and balanced.
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539	Barbecued Beef Simple but tasty.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
Today's checklist: 1.Eat 2.		

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 cups Grapes</li> <li>1 slice Whole grain bread</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Haddock</li> <li>5 cups Lettuce, romaine</li> <li>3 cups Tomatoes</li> <li>2 cups Cucumber</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Broccoli</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil	7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511	Deviled Chicken with Asparagus
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>28 grams Protein powder</li> <li>1 Orange</li> <li>1 cup Raspberries</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>6 Peanuts</li> </ul>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories:	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	511 Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 1/2 cups Lettuce, romaine 2 cups Cucumber 1 Pepper (bell or cubanelle) 1 Tomato 3 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken, prepare salad with lettuce and mix with oil dressing. Cut chicken into strips and serve on top of salad.
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered	Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Sweet and Spicy Peaches Gently heat peeled, pitted and sliced peaches with some vanilla extract, allspice, brown sugar and water until hot. In a bowl combine yogurt and protein powder and top with heated fruit.
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

reakfast - Meal Portions: P:7 C:5 F:5	Portions	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 2/3 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> </ul>	5.00 P 5.00 C 5.00 F 2.00 P Calories: 511	Eggs with oatmeal on the side. Enjoy!
nack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<b>lid Meal - Meal Portions: P:8 C:5 F:5</b> 1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts	Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
<b>Pinner - Meal Portions: P:7 C:5 F: 5</b> 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
nack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
nack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder	Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Simple, quick and balanced.
	37 Carbohyo	drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>35 grams Protein powder</li> <li>2 cups Raspberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Yogurt, Pears & Nuts Mix all ingredients and enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts	Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5 7 oz Chicken breast, skinless 2 Peppers (bell or cubanelle) 3 cups Lettuce, romaine 2 1/2 cups Broccoli 2 Tomatoes 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the salad.
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	Item Portions 4.00 P 3.00 F 3.00 C Calories: 301	<b>Preparation Suggestions:</b> 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!
<b>Total Daily Portions:</b> Prote ** Remember to drink be		drates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 42 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 1 2/3 tsp Olive or monounsaturated oil	1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings	Item Portions 8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Apple-and-Mango Salad with Grilled Chicken Rub the chicken with a mixture of salt, pepper, cumin and red pepper flakes, then grill or bake. Meanwhile, create salad with lettuce and roughly chopped pieces of fruit. When chicken is done, slice and place on top. Serve with a dressing of your choice. This salad is easy to make a day in advance.
Dinner - Meal Portions: P:7 C:5 F: 5 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
** Remember to drink bet	ween 10 and 1	drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
<ul> <li>10 Egg whites</li> <li>1 1/2 cups Grapes</li> <li>1 slice Whole grain bread</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 tsp Peanut butter, natural</li> <li>2 oz Cheddar cheese, light/low fat</li> </ul>	Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511	Scrambled eggs with toast. A homestyle favorite.
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
<ul> <li>1/2 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Salmon steak</li> <li>2 Tomatoes</li> <li>2 cups Cucumber</li> <li>2/3 Banana</li> <li>2 Peppers (bell or cubanelle)</li> <li>5 cups Lettuce, romaine</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539	Salmon Garden Salad Mix all ingredients with a little salt, pepper, dash of vinegar and or pure lemon juice, and a couple of tablespoons of chopped onion and celery.
<ul> <li>Snack - Meal Portions: P:5 C:3 F: 3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil	7.00 P 5.00 C 5.00 F Calories: 511	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	4.00 P 3.00 F 3.00 C Calories: 301	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!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Mozzarella cheese, light/low fat 1 cup Cereal, cold 1 Peach 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>35 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1/3 cup Applesauce</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts	Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1 /2 www.Mandaria granna gannad	7.00 P 2.50 C 1.50 C	Chinese Sautéed Beef and Celery Saute the beef and celery in a wok if you have one.
1/3 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil	1.00 C 5.00 F Calories: 511	Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder	1.00 PC 3.00 P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 P	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 tsp Olive or monounsaturated oil	3.00 F Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

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Day:	48
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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat	2.00 PC 3.00 P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
1 cup Cereal, cold 1/3 Banana	2.00 C 1.00 C	
1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	5.00 F 2.00 P	
14 grains Frotein powder	Calories: 511	
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
35 grams Protein powder	5.00 P	Put all ingredients in blender over ice and blend.
1 Tangerine 1 tsp Olive or monounsaturated oil	2.00 C 3.00 F	Add water to create desired consistency. Enjoy!
	Calories: 357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
12 oz Sole	Portions 8.00 P	Baked Sole with a Garden Salad.
5 cups Lettuce, romaine	50 C	You can make a salad dressing out of olive oil,
2 Tomatoes	1.00 C	vinegar, and seasoning if you choose. Enjoy!
2 Peppers (bell or cubanelle)	1.00 C	
2 cups Cucumber	.50 C	
1 cup Onions 1 2/3 tsp Olive or monounsaturated oil	2.00 C 5.00 F	
	Calories:	
	539	
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Grilled Beef Salad with Cantaloupe
2 cups Cauliflower	.50 C	Grill beef and set atop this great mixed salad. Enjoy
1 cup Celery	.50 C	the cantaloupe for dessert.
2 cups Cucumber	.50 C	
4 cups Lettuce, romaine 1 2/3 cups Tomatoes	.40 C 1.11 C	
1/2 Cantaloupe	2.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F Calories:	
	329	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Yogurt, Protein, Strawberries & Almonds
14 grams Protein powder	2.00 P	Mix protein powder and fruit into yogurt. Enjoy!
1 cup Strawberries	1.00 C	
9 Almonds, whole	3.00 F Calories:	
	301	

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	Eggs with yogurt and fruit. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
<ul> <li>12 oz Salmon steak</li> <li>5 cups Lettuce, romaine</li> <li>3 cups Tomatoes</li> <li>2 cups Cucumber</li> <li>2 Peppers (bell or cubanelle)</li> <li>3 cups Broccoli</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	Salmon with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Dinner - Meal Portions: P:7 C:5 F: 5 7 oz Beef, lean cuts 2 cups Cauliflower 1 cup Celery 2 cups Cucumber	Item Portions 7.00 P .50 C .50 C .50 C	<b>Preparation Suggestions:</b> Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.
4 cups Lettuce, romaine 1 2/3 cups Tomatoes 1/2 Cantaloupe 1 2/3 tsp Olive or monounsaturated oil	.40 C 1.11 C 2.00 C 5.00 F Calories: 511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder	3.00 PC 3.00 F 1.00 P Calories: 301	Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 1/3 Banana 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder	Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511	Your favorite cereal mixed with fruit. Enjoy the cheese on the side.
Snack - Meal Portions: P:6 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil	1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole	3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Snack - Meal Portions: P:5 C:3 F: 3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	7.00 P 4.00 C 1.00 C 5.00 F Calories: 511	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana	Item Portions 4.00 P 3.00 F 3.00 C Calories: 301	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!
		Irates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
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Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 5.00 P 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P .50 C 1.00 C 3.00 C 5.00 F	<ul> <li>Preparation Suggestions:</li> <li>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</li> <li>Preparation Suggestions:</li> <li>Protein Shake with Fruit</li> <li>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.</li> <li>Enjoy!</li> <li>Preparation Suggestions:</li> <li>Beef and vegetable pasta. Enjoy!</li> </ul>
5.00 F 2.00 P Calories: 511 Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	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! <b>Preparation Suggestions:</b>
511 Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	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! <b>Preparation Suggestions:</b>
Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357 Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	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! <b>Preparation Suggestions:</b>
5.00 P 1.00 C 1.00 C 3.00 F Calories: <u>357</u> Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	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! <b>Preparation Suggestions:</b>
3.00 F Calories: 357 Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy! <b>Preparation Suggestions:</b>
Portions 8.00 P .50 C 1.00 C .50 C 3.00 C	
8.00 P .50 C 1.00 C .50 C 3.00 C	Beef and vegetable pasta. Enjoy!
.50 C 3.00 C	
5.00 F	
Calories: 539	
Item Portions	Preparation Suggestions:
4.00 P 1.00 C	Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached.
1.00 C 3.00 F Calories: 329	Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Item Portions	Preparation Suggestions:
7.00 P 1.00 C .30 C .83 C	Grilled Chicken Salad Grill or broil chicken. Prepare salad with amount of lettuce to your satisfaction and mix with oil dressing Serve chicken on the side or cube and mix with the
1.00 C 2.00 C 5.00 F Calories:	salad.
Item	Preparation Suggestions:
1.00 PC 3.00 P	Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
3.00 F Calories:	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.
	539 Item Portions 1.00 PC 4.00 P 1.00 C 3.00 F Calories: 329 Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 P 2.00 C 3.00 F

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Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Enjoy your preferred, non-sugary cereal with milk
3 oz Mozzarella cheese, light/low fat	3.00 P	and fruit. Have a slice of cheese on the side, or on
1 cup Cereal, cold	2.00 C	your way to work.
1 Peach	1.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
14 grams Protein powder	2.00 P	
r i grame i retein periori	Calories:	
	511	
Snack - Meal Portions: P:6 C:3 F:3	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Blend all ingredients together, except nuts, and add
1 Orange	2.00 C	ice cubes until desired consistency is reached. If a
3 Almonds, whole	1.00 F	blender is not available mix protein powder with cold
2/3 tsp Olive or monounsaturated oil	2.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	357	
Mid Meal - Meal Portions: P:8 C:5 F:5	Item	Preparation Suggestions:
	Portions	
8 oz Chicken breast, skinless	8.00 P	Chicken and vegetable pasta in an oil sauce. Sauté
1 cup Spinach	.29 C	vegetables and cubed chicken, season to taste (try
2 Peppers (bell or cubanelle)	1.00 C	salt, pepper, garlic, thyme and basil) and add pasta.
3 cups Broccoli	1.00 C	Cook until hot, being careful to not let the pasta
2 cups Cauliflower	.50 C	stick to the bottom of the pan. Enjoy!
14 spears Asparagus	1.17 C 1.00 C	
1/4 cup Pasta	5.00 F	
1 2/3 tsp Olive or monounsaturated oil	Calories:	
	539	
	Item	
Dinner - Meal Portions: P:7 C:5 F: 5	Portions	Preparation Suggestions:
7 oz Turkey breast, skinless	7.00 P	Quick Turkey Dinner
4 1/2 cups Broccoli	1.50 C	Saute and season the vegetables, then sprinkle the
3/4 cup Onions	1.50 C	almonds over them.
2/3 cup Applesauce	2.00 C	
5 tbsp Almonds, slivered	5.00 F	
	Calories:	
	511	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake
28 grams Protein powder	4.00 P	Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 329	
	 Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1/2 cup Yogurt, plain, low fat	1.00 PC	Sweet and Spicy Peaches
21 grams Protein powder	3.00 PC	Gently heat peeled, pitted and sliced peaches with
2 Peaches	2.00 C	some vanilla extract, allspice, brown sugar and
3 tbsp Almonds, slivered	3.00 F	water until hot. In a bowl combine yogurt and
	Calories:	protein powder and top with heated fruit.
	301	
Tatal Daily David and David		Irates: 24 Fat: 24 Calories: 2548

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 cup Pineapple</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 12 oz Haddock 5 cups Lettuce, romaine 3 cups Tomatoes 2 cups Cucumber 2 Peppers (bell or cubanelle) 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Haddock with a Salad Prepare the fish any way you like. Make a salad out of the vegetables and a dressing out of olive oil, vinegar, and seasonings of your choice. Enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 35 grams Protein powder 1 Banana 18 Peanuts	Item Portions 5.00 P 3.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:5 F:5	Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 35 grams Protein powder 3 cups Strawberries 1 tsp Olive or monounsaturated oil 6 Almonds, whole	Portions 1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!
Snack - Meal Portions: P:6 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 35 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	<b>Preparation Suggestions:</b> Yogurt, Pears & Nuts Mix all ingredients and enjoy!
Snack - Meal Portions: P:5 C:3 F: 3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with colo water and have remaining ingredients on the side. Eat nuts separately.
Dinner - Meal Portions: P:7 C:5 F:5 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve.
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>1 Tangerine</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 2.00 C 5.00 F Calories:	Chop the fruit and mix with the remaining ingredients. Enjoy!
<ul> <li>Snack - Meal Portions: P:6 C:3 F:3</li> <li>42 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	511 Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357	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!
Mid Meal - Meal Portions: P:8 C:5 F:5 1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole	Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539	Preparation Suggestions: Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.
Dinner - Meal Portions: P:7 C:5 F: 5	Item Portions	Preparation Suggestions:
7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered	7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511	Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder	Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		drates: 24 Fat: 24 Calories: 2548 2 glasses of water per day. **
		<pre>/! www.VincesNoNonSenseMuscleBuilding.com</pre>

Breakfast - Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511	A tasty, easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:6 C:3 F:3 1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:5 F:5 8 oz Chicken breast, skinless 2 cups Cucumber 5 cups Lettuce, romaine 2 Peppers (bell or cubanelle) 1 cup Pineapple 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 539	Preparation Suggestions: Grilled Chicken Salad Grill or broil chicken, prepare salad with amount of lettuce to your satisfaction and mix with oil and vinegar dressing (or a low-fat dressing of your choice). Serve chicken on the side or cube and mix in the salad.
Dinner - Meal Portions: P:7 C:5 F: 5 10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511	<b>Preparation Suggestions:</b> Grilled Salmon with Herbed Asparagus Marinate vegetables in water, olive oil, garlic, salt, pepper and thyme before preparing the meal (at least two hours is best). Grill the fish, brushing with marinade regularly. Lightly sauté vegetables. Enjoy
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:3 F:3 3 cups Milk, low fat (1%)	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item Portions 3.00 PC	Preparation Suggestions:         Protein Shake with Fruit         Blend all ingredients together and add ice cubes         until desired consistency is reached. If a blender is         not available mix protein powder with cold water         and have remaining ingredients on the side.         Preparation Suggestions:         Milk & Peanuts
18 Peanuts 7 grams Protein powder Total Daily Portions: Protein:	3.00 F 1.00 P Calories: 301	A tall glass of milk and a handful of peanuts. Enjoy!
		2 glasses of water per day. **
Take your vitamins, be active & ea	t well & GRC	DW. www.EmpoweredNutrition.com

# Grocery List Total items required to meet meal requirements from day 1 to day 7

#### Protein

5 oz Cheddar cheese. light/low fat 812 grams Protein powder 23 oz Beef, lean cuts 22 oz Chicken breast, skinless 12 oz Haddock 22 1/2 oz Salmon steak 10 1/2 oz Ground beef (< 10% fat) 10 Egg whites 7 oz Turkey breast, skinless 3 oz Mozzarella cheese, light/low fat 7 oz Veal

# Carbohydrates

5 cups Cereal, cold 1/3 Banana 2 Tangerines 13 cups Strawberries 1 1/2 cups Peaches, canned 3 1/2 cups Spinach 1 1/3 cups Rice 4 cups Raspberries 2 Plums 4 3/4 cups Onions 2 1/4 cups Tomato, puree 22 cups Broccoli 36 spears Asparagus 3 Kiwis 25 cups Lettuce, romaine 7 cups Tomatoes 8 cups Cucumber 10 Peppers (bell or cubanelle) 2 1/2 cups Blueberries 3 cups Pineapple 4 Tomatoes 1/2 cup Tomato sauce 1 1/2 cups Pasta 1 1/2 cups Watermelon 1 Orange 1 cup Celery 4 Peaches 2/3 cup Fruit cocktail 1 1/2 cups Grapes 1 slice Whole grain bread 1 Pear 1 cup Applesauce 4 cups Cauliflower 2/3 cup Mango

#### Fats

43 2/3 tsp Olive or monounsaturated oil 24 Almonds, whole 96 Peanuts 11 tbsp Almonds, slivered 2 tsp Peanut butter, natural

## Other

26 1/2 cups Milk, low fat (1%) 7 1/4 cups Yogurt, plain, low fat

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

#### Protein

700 grams Protein powder 12 oz Salmon steak 21 oz Beef, lean cuts 40 Egg whites 45 oz Chicken breast, skinless 12 oz Sole 10 1/2 oz Ground beef (< 10% fat) 3 oz Mozzarella cheese, light/low fat 6 oz Turkey, dark meat, skinless 3 slices Turkey bacon 1 oz Cheddar cheese, light/low fat

# Carbohydrates

2 2/3 cups Oatmeal 10 cups Raspberries 3 cups Strawberries 5 Tomatoes 9 cups Cucumber 3 Bananas 9 Peppers (bell or cubanelle) 20 cups Lettuce, romaine 16 Cherries 6 cups Celery 4 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 Oranges 6 cups Pineapple 1 1/2 cups Watermelon 2 1/2 cups Grapes 10 cups Cauliflower 1 1/3 cups Rice 10 1/2 cups Broccoli 1 1/2 cups Onions 1 Pear 2 1/3 cups Mango 1 cup Spinach 14 spears Asparagus 1/4 cup Pasta 1 2/3 cups Potato 2 cups Blueberries 1 Apple 3 Peaches 1 1/3 cups Sweet potato 1 2/3 cups Tomatoes 1/2 Cantaloupe 1 cup Cereal, cold 1/3 cup Applesauce 1 cup Cherry tomatoes 1 cup Carrots 1 cup Corn, canned

# Fats

46 1/3 tsp Olive or monounsaturated oil 72 Peanuts 5 tbsp Almonds, slivered 21 Almonds, whole 5 tbsp Low fat salad dressings

#### Other

17 1/2 cups Milk, low fat (1%) 10 3/4 cups Yogurt, plain, low fat

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

### Protein

784 grams Protein powder
6 oz Turkey, dark meat, skinless
3 slices Turkey bacon
1 oz Cheddar cheese, light/low fat
7 oz Chicken breast, skinless
44 oz Beef, lean cuts
10 Egg whites
3 oz Mozzarella
cheese, light/low fat
57 oz Salmon steak

# Carbohydrates

5 1/2 cups Pineapple 7 cups Strawberries 21 cups Lettuce, romaine 1 cup Cherry tomatoes 9 cups Cucumber 16 Cherries 1/2 cup Grapes 6 cups Cauliflower 2 cups Rice 18 cups Broccoli 7 cups Raspberries 3 cups Oatmeal 4 cups Onions 1 1/4 cups Tomato, puree 7 Peaches 2 2/3 cups Sweet potato 1 Orange 1 1/2 cups Watermelon 2 cups Celery 4 2/3 cups Tomatoes 1/2 Cantaloupe 1 cup Blueberries 1 cup Cereal, cold 3/4 cup Pasta 5 Kiwis 3 1/2 cups Spinach 1 2/3 Bananas 4 Tomatoes 6 Peppers (bell or cubanelle) 2 Tangerines 48 spears Asparagus 1 Pear

#### 2/3 cup Mango

#### Fats

47 2/3 tsp Olive or monounsaturated oil 102 Peanuts 6 tbsp Almonds, slivered 6 Almonds, whole 7 1/2 cups Yogurt, plain, low fat 27 cups Milk, low fat (1%)

Other

# Grocery List

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

#### Protein

40 Egg whites 728 grams Protein powder 24 oz Haddock 21 oz Ground beef (< 10% fat) 37 oz Chicken breast, skinless 2 oz Cheddar cheese, light/low fat 22 oz Beef, lean cuts

# Carbohydrates

5 cups Pineapple 10 cups Strawberries 21 1/2 cups Lettuce, romaine 7 2/3 cups Tomatoes 10 cups Cucumber 9 Peppers (bell or cubanelle) 16 1/2 cups Broccoli 4 Peaches 3 1/3 cups Potato 1/3 Banana 2 Plums 3 1/2 cups Grapes 8 cups Cauliflower 2 2/3 cups Rice 1 slice Whole grain bread 3 1/2 cups Blueberries 1 Orange 1 cup Carrots 1 cup Corn, canned 2/3 cup Mango 3 cups Cereal, cold 6 cups Raspberries 3 1/2 cups Spinach 1 2/3 cups Oatmeal 3 cups Watermelon 3 Tomatoes 2/3 cup Applesauce 1 cup Onions 1 cup Tomato, puree

1 cup I omato, puree 1 cup Celery 1/2 Cantaloupe

# Fats

45 1/3 tsp Olive or monounsaturated oil 51 Almonds, whole 2 tsp Peanut butter, natural 48 Peanuts 5 tbsp Almonds, slivered

# Other

11 1/2 cups Yogurt, plain, low fat 21 cups Milk, low fat (1%)

# Grocery List Total items required to meet meal requirements from day 29 to day 35

#### Protein

40 Egg whites 672 grams Protein powder 37 oz Beef, lean cuts 6 oz Mozzarella cheese, light/low fat 37 oz Chicken breast, skinless 10 1/2 oz Ground beef (< 10% fat) 12 oz Sole 6 oz Turkey, dark meat, skinless 3 slices Turkey bacon 1 oz Cheddar cheese, light/low fat

# Carbohydrates

7 1/2 Kiwis 8 cups Strawberries 3 1/2 cups Pineapple 8 cups Celery 3 1/2 cups Onions 1/2 cup Tomato, puree 2 1/4 cups Pasta 1 Banana 3 1/2 cups Spinach 3 1/3 cups Rice 7 cups Raspberries 3 1/2 cups Cereal, cold 1 Peach 1 1/2 cups Blueberries 2 Oranges 1 Apple 1 2/3 cups Mango 15 cups Lettuce, romaine 4 cups Grapes 1/2 cup Tomato sauce 1 1/2 cups Watermelon 7 cups Cucumber 7 Peppers (bell or cubanelle) 3 Tomatoes 10 cups Cauliflower 6 cups Broccoli 2 cups Peaches, canned 1 Pear 16 Cherries 1/3 cup Mandarin orange, canned 2 Tangerines 1/3 cup Applesauce 1 cup Cherry tomatoes 1 2/3 cups Tomatoes 1/2 Cantaloupe

# Fats

43 tsp Olive or monounsaturated oil 120 Peanuts 12 Almonds, whole 5 tbsp Low fat salad dressings 10 tbsp Almonds, slivered Other

7 3/4 cups Yogurt, plain, low fat 24 1/2 cups Milk, low fat (1%)

# Grocery List Total items required to meet meal requirements from day 36 to day 42

#### Protein

805 grams Protein powder 31 oz Chicken breast, skinless 10 1/2 oz Ground beef (< 10% fat) 30 Egg whites 6 oz Turkey, dark meat, skinless 3 slices Turkey bacon 6 oz Cheddar cheese, light/low fat 22 oz Beef, lean cuts 14 oz Turkey breast, skinless 12 oz Haddock 10 1/2 oz Salmon steak

#### 5 1/2 cups Cereal, cold 7 cups Strawberries 2 cups Blueberries 3 Oranges 14 1/2 cups Lettuce, romaine 9 cups Cucumber 5 Peppers (bell or cubanelle) 3 Tomatoes 16 cups Raspberries 4 Peaches 5 cups Onions 1/2 cup Tomato sauce 3/4 cup Pasta 3 1/3 cups Oatmeal 2 cups Mango 1 cup Cherry tomatoes 4 1/2 cups Pineapple 2 1/2 cups Peaches, canned 3 1/2 cups Spinach 1 1/3 cups Rice 1 1/3 Bananas 21 cups Broccoli 1 2/3 cups Applesauce 2 cups Tomato, puree 1 Kiwi 1 1/3 cups Sweet potato 1 1/2 cups Grapes 1 slice Whole grain bread 3 cups Tomatoes

36 spears Asparagus

Carbohydrates

Fats

42 2/3 tsp Olive or monounsaturated oil 3 Almonds, whole 126 Peanuts 16 tbsp Almonds, slivered 2 tsp Peanut butter, natural Other

17 1/2 cups Milk, low fat (1%) 4 3/4 cups Yogurt, plain, low fat

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

## Protein

819 grams Protein powder
21 oz Ground beef (< 10% fat)
15 oz Chicken breast, skinless
34 1/2 oz Salmon steak
20 Egg whites
5 oz Cheddar cheese, light/low fat
3 oz Mozzarella
cheese, light/low fat
21 oz Beef, lean cuts 12 oz Sole

# Carbohydrates

3 1/2 cups Pineapple 10 cups Raspberries 2 Pears 7 Peaches 3 cups Onions 1/2 cup Tomato sauce 3/4 cup Pasta 1 cup Oatmeal 2 1/2 cups Blueberries 1 cup Applesauce 5 cups Strawberries 1/2 cup Peaches, canned 8 Peppers (bell or cubanelle) 27 1/2 cups Lettuce, romaine 5 1/2 cups Broccoli 6 Tomatoes 2/3 cup Fruit cocktail 3 Bananas 3 1/2 cups Cereal, cold 2 Tangerines 1 Apple 1 2/3 cups Mango 24 spears Asparagus 1 1/2 cups Grapes 1 slice Whole grain bread 10 cups Cucumber 1 2/3 cups Potato 7 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 4 cups Cauliflower 6 1/3 cups Tomatoes 1 Cantaloupe

# Fats

45 2/3 tsp Olive or monounsaturated oil 108 Peanuts 5 tbsp Low fat salad dressings 18 Almonds, whole 2 tsp Peanut butter, natural

#### Other

10 3/4 cups Yogurt, plain, low fat 21 1/2 cups Milk, low fat (1%)

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

#### Protein

3 oz Cheddar cheese. light/low fat 812 grams Protein powder 15 oz Beef, lean cuts 6 oz Mozzarella cheese, light/low fat 23 oz Chicken breast, skinless 14 oz Turkey breast, skinless 12 oz Haddock 21 oz Ground beef (< 10% fat) 10 Egg whites 10 1/2 oz Salmon steak

# Carbohydrates

3 cups Cereal, cold 2 2/3 Bananas 2 Plums 11 cups Strawberries 1/2 cup Grapes 1 1/3 cups Sweet potato 20 1/2 cups Broccoli 3 1/2 cups Pineapple 4 cups Raspberries 1 cup Celery 4 1/2 cups Onions 1/4 cup Tomato, puree 2 1/2 cups Pasta 7 Kiwis 8 Peppers (bell or cubanelle) 13 cups Lettuce, romaine 4 Tomatoes 2/3 cup Fruit cocktail 3 Peaches 4 cups Blueberries 1 Orange 1 cup Spinach 2 cups Cauliflower 38 spears Asparagus 2 cups Applesauce 2/3 cup Mango 3 cups Tomatoes 4 cups Cucumber 1 cup Tomato sauce 1 Pear 1 Tangerine

# Fats

40 2/3 tsp Olive or monounsaturated oil 48 Almonds, whole 19 tbsp Almonds, slivered 66 Peanuts

# Other

22 cups Milk, low fat (1%) 13 cups Yogurt, plain, low fat

# **2709 Calorie Meal Plans**

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ol> <li>1 3/4 cups Cottage cheese, light/low fat</li> <li>2 cups Cereal, cold</li> <li>2 cups Raspberries</li> <li>2 tsp Olive or monounsaturated oil</li> </ol>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6 7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil 1/4 cup Beans, mixed, various	Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	<b>Preparation Suggestions:</b> Chinese Sautéed Beef and Celery Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 27 Fat: 27 Calories: 2709
nemember to afink be	ween to and t	2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango	Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	Combine over heat and enjoy this stick-to-your-ribs breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	<b>Preparation Suggestions:</b> Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil	3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574	The classic cereal breakfast never gets old. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!
		rates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		+ empowered + + www.empowerednutrition.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		rates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Enter the challenge and WI	N! + <u>www.Emp</u>	oweredNutrition.com/Contests
Enter the challenge a		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>28 grams Protein powder</li> <li>1 Orange</li> <li>1 cup Raspberries</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>6 Peanuts</li> </ul>	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Steak 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 steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		+ <u>www.EmpoweredNutrition.com</u>
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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
	Portions	
2 cups Milk, low fat (1%)	2.00 PC	A simple, wholesome breakfast.
35 grams Protein powder	5.00 P	
1 cup Oatmeal	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
1/2 cup Blueberries	1.00 C	
	Calories: 574	
	Item	Descention Ocean attende
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1 tsp Olive or monounsaturated oil	3.00 F	chicken breast. Bake or grill the chicken breast unt
3 tsp Mayonnaise	3.00 F	done. Slice the chicken and make a sandwich with
	Calories:	it on toasted slices of bread. You can add a little
	602	lettuce for crunch if you like.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shak
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container t
	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Proposation Suggestions
Shack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shak
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container t
	Calories:	mix it all together, then eat the fruit on the side.
	301 Item	Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	In a mixing bowl combine all ingredients and gently
1/2 cup Blueberries	1.00 C	blend. Serve immediately.
1 Kiwi	1.00 C	, · · · · · · · · · · · · · · · · · · ·
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
Table Dath Deathanne Date	301	history 07. Est: 07. Colorise: 0700
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Toasted egg sandwich with fruit.
Mid Meal - Meal Portions: P:8 C:6 F:6 9 oz Chicken breast, deli style 1 cup Blueberries 18 Peanuts 2 oz Cheddar cheese, light/low fat 1 tsp Olive or monounsaturated oil 2 slice Rye bread	Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	<b>Preparation Suggestions:</b> Chicken with yogurt (add oils in), fruit and nuts on the side.
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 Kiwis</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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:8 C:6 F: 6 8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Dinner - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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.
<b>Total Daily Portions:</b> Prote ** Remember to drink be	301 in: 36 Carbohyc	mix it all together, then eat the fruit on the side. Enjoy! trates: 27 Fat: 27 Calories: 2709

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:		
2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!		
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1 Tangerine</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!		
Mid Meal - Meal Portions: P:8 C:6 F: 6 4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!		
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.		
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **				
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Put up a fight, be emp	owered and visi	www.empoweredMMA.com		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana	2.00 PC 3.00 P 2.00 C 2.00 C	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
2 tsp Olive or monounsaturated oil 14 grams Protein powder	6.00 F 2.00 P Calories: 574	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ul> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 Peach</li> <li>1 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> <li>1/3 cup Oatmeal</li> </ul>	6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat	2.00 PC	Protein Shake with Fruit
14 grams Protein powder 1/3 Banana	2.00 P 1.00 C	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Total Daily Portions: Protein: ** Remember to drink betw	36 Carbohyd	drates: 27 Fat: 27 Calories: 2709

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:		
<ul> <li>35 grams Protein powder</li> <li>2 Kiwis</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!		
Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!		
<b>Snack - Meal Portions: P:4 C:3 F:3</b> 28 grams Protein powder 1 Banana 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.		
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.		
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.		
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.		
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **				
Take your vitamins, be active & ea	t well & GRC	DW. www.EmpoweredNutrition.com		
Take your vitamins, be active	a & aat wall	www.empoweredputrition.com		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:		
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!		
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!		
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.		
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	<b>Preparation Suggestions:</b> Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.		
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.		
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **				
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak with a baked potato and vegetables.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
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Smoooooooo	th www.empo	weredsmoothie.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	A tasty, yet easy-to-prepare breakfast. Enjoy!
21 grams Protein powder	3.00 P	reasily, yet easy to propare breaklast. Enjoy:
1 cup Grapes	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%)	Portions 2.00 PC	Deli Meat Sandwich
9 oz Chicken breast, deli style	6.00 P	Use the ingredients to make a sandwich. Add a
2 slice Rye bread	4.00 C	slice of onion and a leaf of lettuce for flavor.
6 tsp Mayonnaise	6.00 F	
o top mayonnaloo	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder	5.00 P 1.00 C	Protein Shake with Fruit
1/2 cup Blueberries 1 cup Raspberries	1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
1 cup Raspberries 1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
1 top onve of monourbatterated on	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C 1.50 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus 2 tsp Olive or monounsaturated oil	6.00 F	
2 isponive of monourisaturated of	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 oup Mills low fot (1%)	Portions 1.00 PC	Protein Shake with Fruit
1 cup Milk, low fat (1%) 21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	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 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions 4.00 P	
1 cup Cottage cheese, light/low fat 3/4 cup Grapes	4.00 P 1.50 C	Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
1 1/2 Kiwis	1.50 C	separately of together, a great combination:
18 Peanuts	3.00 F	
	Calories:	
	301	
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		ww.BurnerFatLoss.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Enjoy your preferred, non-sugary cereal with milk
35 grams Protein powder	5.00 P	and fruit. Mixing in a nice flavoured protein powder
1 1/2 cups Cereal, cold	3.00 C	makes this breakfast 'positively decadent', in the
1/2 cup Grapes	1.00 C	words of one client who tried it.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Roast Beef Sandwich
3 slice Whole grain bread	6.00 C	Use leftover roast beef or purchase lean sliced beef
12 Peanuts	2.00 F	from the deli counter. Add a slice of onion and a lea
4 tsp Mayonnaise	4.00 F	of lettuce for flavor.
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 Kiwis	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 shak
	Calories:	up the remaining ingredients in a closed container t
	329	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Grill chicken and serve with steamed vegetables.
3 cups Broccoli	1.00 C	Enjoy fruit and nuts for dessert.
4 cups Cauliflower	1.00 C	
1 cup Blueberries	2.00 C	
1 cup Strawberries	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
18 Peanuts	3.00 F	
1 Kiwi	1.00 C	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Shrimp	4.00 P	Japanese Sweet and Sour Mandarin Shrimp
1 cup Celery	.50 C	Sauté the shrimp and vegetables until softened, add
2 cups Cucumber	.50 C	the mandarin oranges and season. Enjoy!
1/2 cup Pineapple	1.00 C	
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F Calories:	
	301	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	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 shak
	Calories: 301	up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.
	301	Enjoy!
	1	

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Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574 Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories:	The classic cereal breakfast never gets old. Enjoy! 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
Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories:	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
329	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 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.
Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
	rates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
and Informa	tion www.EmpoweredNutrition.com
	Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301 Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602 Item Portions 8.00 P 4.00 C 2.00 C 2.00 C 6.00 C 2.00 C 3.00 P 4.00 C 2.00 C 3.00 P Calories: 602 Item Portions 8.00 P 4.00 C 2.00 C 3.00 P Calories: 602 Item Portions 8.00 P 4.00 C 2.00 C 3.00 P Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 602 Item Portions 1.00 PC 3.00 F Calories: 301 6 Carbohyce 2.00 C 3.01 PC 3.01 PC 3.02 PC 3.01 PC 3.01 PC 3.02 PC 3

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 Tangerine</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with colo water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Total Daily Portions: Protein: 36 ** Remember to drink betwee		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	The classic cereal breakfast never gets old. Enjoy!
28 grams Protein powder	4.00 P	The elabele cereal breakaet hevel gete ela. Enjey.
1 1/2 cups Cereal, cold	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Cottage Cheese, Grapes & Yogurt
3/4 cup Cottage cheese, light/low fat	3.00 P	Mix cottage cheese, yogurt, fruit and nuts. Add
1/2 cup Grapes	1.00 C	sweetener if desired and enjoy!
18 Peanuts	3.00 F	
	Calories: 329	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shak
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container t
	Calories: 301	mix it all together, then eat the fruit on the side. Enjoy!
	Item	
Mid Meal - Meal Portions: P:8 C:6 F: 6	Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Salad Sandwich
2 1/2 slice Whole grain bread	5.00 C	Make a basic chicken salad adding a little celery,
1/2 cup Blueberries	1.00 C	onion and green pepper if desired, and salt and
3 tsp Mayonnaise	3.00 F	pepper to taste.
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 602	
Dinner - Meal Portions: P:8 C:6 F:6	Item	Preneration Suggestions:
Diffier - Mear Fortions: F:0 C:0 F:0	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak with a baked potato and vegetables.
3 cups Broccoli	1.00 C	
1 2/3 cups Potato	5.00 C	
3 tbsp Guacamole	3.00 F	
1 tsp Butter	3.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Proporation Suggestions:
Shack - Meal Portions: P:4 U:3 F:3	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Milk & Peanuts
18 Peanuts	3.00 F	A tall glass of milk and a handful of peanuts. Enjoy
1 Kiwi	1.00 C	
14 grams Protein powder	2.00 P	
	Calories: 301	
	ein: 36 Carbohyc	Irates: 27 Fat: 27 Calories: 2709
		2 glasses of water per day. ** ngMealPlans.com
		nerfatloss.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 1/2 slice Whole grain bread 1/2 cup Blueberries 3 tsp Mayonnaise 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
** Remember to drink be	etween 10 and 1	Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. ** EmpoweredNutrition.com
All the essentials for won	nen, no hype + y	www.slimappealessentials.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ol> <li>1 3/4 cups Cottage cheese, light/low fat</li> <li>2 cups Cereal, cold</li> <li>2 cups Raspberries</li> <li>2 tsp Olive or monounsaturated oil</li> </ol>	7.00 P 4.00 C 2.00 C 6.00 F Calories: 574	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Banana 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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. Enjoy!
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Swell, Swole, Sim	iple <u>www.Emp</u>	oweredNutrition.com
Smooth, Slim, S	inen la concercati	

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A refreshing breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6 9 oz Chicken breast, deli style 1 cup Blueberries 18 Peanuts 2 oz Cheddar cheese, light/low fat 1 tsp Olive or monounsaturated oil 2 slice Rye bread	Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	<b>Preparation Suggestions:</b> Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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:8 C:6 F: 6 8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Find Out If You Have the Perfect Boo		

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
	Portions	
3 cups Milk, low fat (1%)	3.00 PC	The classic cereal breakfast never gets old. Enjoy!
28 grams Protein powder	4.00 P	
1 1/2 cups Cereal, cold	3.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless	8.00 P	Chicken Breast Sandwich
3 slice Whole grain bread	6.00 C	Mix your favourite seasonings with oil and brush on
1 tsp Olive or monounsaturated oil	3.00 F	chicken breast. Bake or grill the chicken breast unt
3 tsp Mayonnaise	3.00 F	done. Slice the chicken and make a sandwich with
5 tsp wayormaise	Calories:	it on toasted slices of bread. You can add a little
	602	lettuce for crunch if you like.
	Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shak
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container t
	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	Freparation Suggestions.
8 oz Chicken breast, skinless	8.00 P	Chicken Dinner
12 spears Asparagus	1.00 C	Brush chicken lightly with oil, broil or grill chicken.
4 cups Cauliflower	1.00 C	Mix oil with your spices of choice to add flavour.
1 1/3 cups Rice	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
Dinner - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
0 Ohving	Portions	
6 oz Shrimp	4.00 P	Japanese Sweet and Sour Mandarin Shrimp
1 cup Celery	.50 C	Sauté the shrimp and vegetables until softened, add
2 cups Cucumber	.50 C	the mandarin oranges and season. Enjoy!
1/2 cup Pineapple	1.00 C	
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	301	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 oup Milk low fot (196)	1.00 PC	Protein Shake
1 cup Milk, low fat (1%)	3.00 PC	
21 grams Protein powder 1 Tangerine	2.00 P	Put all ingredients in blender over ice and blend.
5	2.00 C 3.00 F	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil		
	Calories: 301	
Total Daily Dautianas, Dustains O		l Ivetaal 07. Eeti 07. Celevies: 0700
		trates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Your best body ever in 12 week	s! <u>www.Em</u>	poweredNutrition.com/Contests

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>7 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 slice Whole grain bread</li> <li>2 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 2.00 C 4.00 C 6.00 F	Toasted egg sandwich with fruit.
	Calories: 574	
Snack - Meal Portions: P:5 C:3 F:3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Steak 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 steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Meal plans work. Personalized	d nutrition de	livers Powerful Proven Results. nalized-Nutrition-Programs

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steaks with Vegetables
<ul><li>1/2 cup Tomato, puree</li><li>2 cups Celery</li><li>1 cup Carrots</li><li>2 tsp Olive or monounsaturated oil</li><li>1 cup Potato</li></ul>	1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>21 grams Protein powder</li><li>2/3 cup Mango</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 2.00 C 4.00 C 6.00 F Calories:	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts	574 Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole	Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602	<b>Preparation Suggestions:</b> Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
3 pillars to performance	ce: nutrition +	exercise + supplements
Have you had your Protein Sr		

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, Iow fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook pasta as directed, serve with sauce on top.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Have a Protein		

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favorite seasonings and brush mixture on your steak. Grill steak to your preference, serve the vegetables on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	ein: 36 Carbohyc	rates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
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+ energized + transforme	d + empowered	+ www.empowerednutrition.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	Chop the fruit and mix with the remaining
21 grams Protein powder	3.00 P	ingredients. Enjoy!
1 cup Pineapple	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 isp onve of monourisaturated on	Calories:	
	574	
	Item	
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
2 cups Milk, low fat (1%)	2.00 PC	Deli Meat Sandwich
9 oz Chicken breast, deli style	6.00 P	Use the ingredients to make a sandwich. Add a
2 slice Rye bread	4.00 C	slice of onion and a leaf of lettuce for flavor.
6 tsp Mayonnaise	6.00 F	
o isp mayorinaise	Calories:	
	602	
	ltem	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 PC	Put all ingredients in a blender over ice and blend,
2 Kiwis	4.00 P 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
T isp Olive of monourisaturated oil	Calories:	up the remaining ingredients in a closed container to
	329	mix it all together, then eat the fruit on the side.
	529	Enjoy!
	Item	
Dinner - Meal Portions: P:8 C:6 F: 6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus	4.00 C	mixture on your steak. Only steak to your preference
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	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 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes, Kiwi and Peanuts
3/4 cup Grapes	1.50 C	Separately or together, a great combination!
1 1/2 Kiwis	1.50 C	
18 Peanuts	3.00 F	
	Calories:	
	301	
	n: 36 Carbohyd	rates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		oweredNutrition.com/Contests

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
	Portions 2.00 PC	
2 cups Milk, low fat (1%) 35 grams Protein powder	2.00 PC 5.00 P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder
1 1/2 cups Cereal, cold	3.00 P	makes this breakfast 'positively decadent', in the
1/2 cup Grapes	1.00 C	words of one client who tried it.
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
9 oz Chicken breast, deli style	6.00 P	Chicken with yogurt (add oils in), fruit and nuts on
1 cup Blueberries	2.00 C	the side.
18 Peanuts	3.00 F	
2 oz Cheddar cheese, light/low fat	2.00 P	
1 tsp Olive or monounsaturated oil	3.00 F	
2 slice Rye bread	4.00 C	
	Calories:	
	602 Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
28 grams Protein powder	4.00 P	Put all ingredients in a blender over ice and blend,
2 Kiwis	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 shak
	Calories:	up the remaining ingredients in a closed container t
	329	mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
6 oz Shrimp	4.00 P	Japanese Sweet and Sour Mandarin Shrimp
1 cup Celery	.50 C	Sauté the shrimp and vegetables until softened, add
2 cups Cucumber	.50 C	the mandarin oranges and season. Enjoy!
1/2 cup Pineapple 1/3 cup Mandarin orange, canned	1.00 C 1.00 C	
1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	3.00 F	
i ispolive of monoursaturated of	Calories:	
	301	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1/2 cup Yogurt, plain, low fat	1.00 PC	Protein Shake
21 grams Protein powder	3.00 P	Put all ingredients in blender over ice and blend.
2/3 cup Mango	2.00 C	Add water to create desired consistency. Enjoy!
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories: 301	
Total Daily Portions: Protein		l drates: 27 Fat: 27 Calories: 2709
		2 glasses of water per day. **

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>7 Eggs, whole</li><li>1 cup Peaches, canned</li><li>2 slice Whole grain bread</li><li>2 tsp Olive or monounsaturated oil</li></ul>	7.00 P 2.00 C 4.00 C 6.00 F Calories: 574	Toasted egg sandwich with fruit.
Snack - Meal Portions: P:5 C:3 F:3 1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>21 grams Protein powder</li> <li>2 Peaches</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
** Remember to drink betwe	en 10 and 1	drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 1 1/2 cups Cottage cheese, light/low fat 1 Peach 1 cup Mandarin orange, canned 1 cup Strawberries 2 tsp Olive or monounsaturated oil 14 grams Protein powder 1/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	<b>Preparation Suggestions:</b> Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>2 Kiwis</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts	5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts	4.00 P 1.50 C 1.50 C 3.00 F Calories: 301	Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!
<b>Total Daily Portions:</b> Protein: 36 ** <i>Remember to drink betwee</i>		
Put up a fight, be empowere		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Grilled Chicken Pita Grill and dice chicken breast. Mix with a little chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Vince Reveals His No Non Sense Muscle Bu	ilding Strategy	! www.VincesNoNonSenseMuscleBuilding.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 3 oz Cheddar cheese, light/low fat 1 cup Cereal, cold 2/3 Banana 2 tsp Olive or monounsaturated oil	2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F	Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.
14 grams Protein powder	2.00 P Calories: 574	
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>1 Peach</li> <li>1 cup Mandarin orange, canned</li> <li>1 cup Strawberries</li> <li>2 tsp Olive or monounsaturated oil</li> <li>14 grams Protein powder</li> <li>1/3 cup Oatmeal</li> </ol>	6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories:	<b>Preparation Suggestions:</b> Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	602 Item	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>2 Kiwis</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>9 oz Chicken breast, deli style</li> <li>1 cup Blueberries</li> <li>18 Peanuts</li> <li>2 oz Cheddar cheese, light/low fat</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 slice Rye bread</li> </ul>	6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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:8 C:6 F: 6 8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	Item Portions 8.00 P 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	<b>Preparation Suggestions:</b> Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories:	<b>Preparation Suggestions:</b> 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.
Snack - Meal Portions: P:4 C:3 F:3	301 Item	Enjoy!
4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter	Portions 4.00 P 3.00 C 3.00 F Calories: 301	Preparation Suggestions: Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item	Preparation Suggestions:
<ul> <li>9 oz Chicken breast, deli style</li> <li>1 cup Blueberries</li> <li>18 Peanuts</li> <li>2 oz Cheddar cheese, light/low fat</li> <li>1 tsp Olive or monounsaturated oil</li> <li>2 slice Rye bread</li> </ul>	6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602	Chicken with yogurt (add oils in), fruit and nuts on the side.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference
Dinner - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Shrimp</li> <li>1 cup Celery</li> <li>2 cups Cucumber</li> <li>1/2 cup Pineapple</li> <li>1/3 cup Mandarin orange, canned</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301	Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water
	Calories: 301	and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **

2 cups Milk, low fat (1%)       3 cup Mango         3 cup Mango       2 cups Milk, low fat (1%)       3 cup Mango       2 cups Milk, low fat (1%)       2 cup Yogurt, plain, low fat         1 cup Oatmeal       3 cup Mango       1 cup Catories:       574         Snack - Meal Portions: P:5 C:3 F:3       Item       Portions         1 tr2 cup Yogurt, plain, low fat       1 cup Catories:       9 cups Milk, low fat (1%)         2 since X - Meal Portions: P:4 C:3 F:3       Item       Portions         1 tup Dilve or monounsaturated oil       3.00 F       Add water to create desired consistency. Enjoy!         1 tup Milk, low fat (1%)       1.00 PC       Add water to create desired consistency. Enjoy!         1 tup Dilve or monounsaturated oil       3.00 F       Calories:         329       Portions       Protein Shake with Fruit         9 cup Turky breast, deli style       2.00 C       and have remaining ingredients to cupsten and add ice cubes         1 tup Dilve or monounsaturated oil       2.00 C       Calories:       300 F         2 cups Milk, low fat (1%)       2.00 C       Item       Preparation Suggestions:         9 cup Turky breast, deli style       6.00 F       Add water to create desired coubes         9 cup Turky breas	Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
35 grams Protein powder       5.00 P         1 cup Olimemail       3.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1/3 cup Mango       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Item         1/2 cup Yogurt, plain, low fat       1.00 C         2 tsp Olive or monounsaturated oil       0.00 F         1/2 cup Vatermelon       2.00 C         1 typ Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protein         1 cup Nilk, low fat (1%)       1.00 PC         1 cup Suberrise       Protoins         3 cup Suberrise       2 cups         1 cup Suberrise       2 cups         2 cups Milk, low fat (1%)       1.00 F         2 cups Milk, low fat (1%)       2.00 FC         9 cu Turkey breast, deli style       2.00 FC         9 cu Turkey breast, deli style       2.00 FC         9 cup Subersest       6.00 F         Calories:       6.00 F         2 tup Milk, low fat (1%)       1.00 FC		Portions	
1 cup Catmeal       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/3 cup Mango       Calories:         574       Team         Snack - Meal Portions: P:5 C:3 F:3       Portions         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       4.00 P         1 tzp Olive or monounsaturated oil       3.00 F         2 grans Protein powder       2.00 C         1 tzp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         2 raps Protein powder       2.00 C         1 cup Blueberries       2.00 C         1 cup Blueberries       2.00 C         1 cup Blueberries       2.00 C         2 cups Milk, low fat (1%)       3.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         3 cup Blueberries       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       6.00 P         2 cups Raps Mayonnaise       6.00 P	2 cups Milk, low fat (1%)	2.00 PC	Combine over heat and enjoy this stick-to-your-ribs
1 cup Catmeal       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/3 cup Mango       Calories:         574       Team         Snack - Meal Portions: P:5 C:3 F:3       Portions         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       4.00 P         1 tzp Olive or monounsaturated oil       3.00 F         2 grans Protein powder       2.00 C         1 tzp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         2 raps Protein powder       2.00 C         1 cup Blueberries       2.00 C         1 cup Blueberries       2.00 C         1 cup Blueberries       2.00 C         2 cups Milk, low fat (1%)       3.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         3 cup Blueberries       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       6.00 P         2 cups Raps Mayonnaise       6.00 P	35 grams Protein powder	5.00 P	breakfast.
2 tsp Dive or monounsaturated oil       6.00 F         1/3 cup Mango       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Protein Shake         Portions       Protein Shake         1/2 cup Vagurt, plain, low fat       1.00 PC         2 tsg Dlive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protions         1 cup Milk, low fat (1%)       1.00 PC         2 trap Blueberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         2 cup State Meal Portions: P:4 C:3 F:3       Protein Shake with Fruit         1 cup Blueberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       2.00 C         2 cups Milk, low fat (1%)       2.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 slice Whole grain bread       6.00 F         6 tap Mayonnaise       Calories:         602       Fortions         7 ca Beef, lean cuts       7.00 P         5 cups Celery       1.50 C         1 /2 cups Baapberries       <		3.00 C	
1/3 cup Margo       1.00 C         Calories:       574         Snack - Meal Portions: P:5 C:3 F:3       Portions         1/2 cup Yogurt, plain, low fat       2.00 C         28 grams Protein powder       4.00 P         1 1/2 cups Watermelon       2.00 C         1 tap Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protein Shake         1 cup Milk, low fat (1%)       1.00 PC         2 rigrams Protein powder       3.00 F         1 cup Bulkeberries       2.00 C         1 cup Bulkeberries       2.00 C         1 sup Blueberries       2.00 C         3 00 F       Frotein Shake with Fruit         Blend all ingredients together and add ice cubes       in ortavailable mix protein powder with cold water         1 sup Blueberries       2.00 C         3 00 F       Calories:         3 01       Preparation Suggestions:         P cup Sulkik, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 slice Whole grain bread       6.00 F         3 poit instructure for flavour.       602         6 cup scies       600 F		6.00 F	
Stack - Meal Portions: P:5 C:3 F:3       Item       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat       1.00 PC       Protein Shake         28 grams Protein powder       4.00 P         1 tzp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protein Shake with Fruit         1 cup Milk, low fat (1%)       1.00 PC         2 grams Protein powder       3.00 F         1 cup Blueberries       1.00 PC         2 top Silve or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       2.00 C         3 tup Blueberries       2.00 C         3 tup Blueberries       2.00 C         3 tup Blueberries       2.00 C         2 cups Milk, low fat (1%)       2.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 slice Whole grain bread       6.00 F         6 tap Mayonnaise       6.00 F         7 oz Baef, lean cuts       700 P         2 slice Whole grain bread       1.00 PC         1 /2 cups Raspberries       1.00 PC         1 /2 cups Raspberries       2.50 C         1 /2 cups Raspberries       1.00 PC         <			
574         Snack - Meal Portions: P:5 C:3 F:3       Item Portions       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat 28 grams Protein powder       1.00 PC         1 tzp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         2 rup Milk, low fat (1%)       1.00 PC         3 cup Milk, low fat (1%)       1.00 PC         2 rup Silve or monounsaturated oil       3.00 F         3 cup Milk, low fat (1%)       1.00 PC         3 cup Milk, low fat (1%)       2.00 C         3 cup Milk, low fat (1%)       3.00 F         9 cu Turky breast, deli style       6.00 P         9 cu Turky breast, deli style       6.00 P         9 cu Turky breast, deli style       6.00 P         9 cup Silve or monounsaturated oil       1.00 PC         2 cups Milk, low fat (1%)       2.00 FC         9 cup Kilk, low fat (1%)       2.00 FC <td>no oup mango</td> <td></td> <td></td>	no oup mango		
Shack - Meal Portions: P:5 C:3 F:3       Portions       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       4.00 P         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Milk, low fat (1%)       1.00 PC         2 rgrams Protein powder       3.00 F         1 cup Milk, low fat (1%)       1.00 PC         2 rgrams Protein powder       3.00 F         1 cup Bubebrries       2.00 C         1 tsp Olive or monounsaturated oil       Calories:         and have remaining ingredients to rake a sandwich. Cold water         and have remaining ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.         6 top Mayonnaise       600 P         2 cups Celery       2.50 C         1 1/2 Kiwis       7.00 P         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.00 PC         1 4 cup Beans, mixed, various       1.00 PC         1 2 kiwis       1.00 PC         2 top Sile or monounsaturated oil       6.00 F         3 cup Kaley Letter       7.00 P         2 cup			
1/2 cup Yogurt, plain, low fat       Portions         28 grams Protein powder       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Milk, low fat (1%)       1.00 PC         2 grams Protein powder       3.00 F         1 cup Dive or monounsaturated oil       0.00 PC         2 up Milk, low fat (1%)       1.00 PC         2 up Stape Protein Sougestions:       Protein Shake with Fruit         9 roms Protein powder       3.00 P         1 cup Blueberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         3 cup Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       6.00 F         2 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         7 oz Beef, lean cuts       7.00 P         2 tsp Olive or monounsaturated oil       1.00 PC         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         612       Protein Shake with Fruit         9 cups Celery       <	Snack - Meal Portions: P:5 C:3 F:3	-	Preparation Suggestions:
28 grams Protein powder       4.00 P       Put all ligredients in blender over ice and blend.         1 1/2 cups Watermelon       2.00 C         1 tsp Olive or monounsaturated oil       2.00 C         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 F         1 cup Buleberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Lueberries       2.00 C         3 tsp Olive or monounsaturated oil       3.00 F         Vid Meal - Meal Portions: P:8 C:6 F: 6       Pretain Suggestions:         2 cups Milk, low fat (1%)       2.00 C         3 oz Turkey breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       Calories:         6 top Madarin orange, canned       1.00 PC         1 //2 Kiwis       7.50 C         1 //2 Kiwis       1.50 C         1 //2 Kiwis       1.50 C         1 //2 cups Milk, low fat (1%)       2.50 C         2 tsp Olive or monounsaturated oil       1.00 PC         2 cups Madarin orange, canned       1.00 PC         6 (22       Sauté the beef, beans and celery         2 tup Milk, low fat (			
1 1/2 cups Watermelon       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 F         2 cup Blueberries       3.00 F         2 tup Blueberries       2.00 C         3 tap Olive or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       2.00 P         2 slice Whole grain bread       6.00 P         6 tap Mayonnaise       6.00 F         7 oz Beef, lean cuts       7.00 P         5 cups Celery       1.50 C         1 1/2 c Kiwis       1.50 C         1 //2 cup Mandarin orange, canned       1.00 PC         2 for pMilk, low fat (1%)       1.00 PC         2 tap Olive or monounsaturated oil       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         2 tap Olive or monounsaturated oil       1.00 C         1/4 cup Beans, mixed, various       1.00 PC         2 rams Protein po			
1       tsp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Bueberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Milk, low fat (1%)       3.00 F         2 cups Milk, low fat (1%)       2.00 C         9 oz Turky breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       Calories:         602       1 tem         Preparation Suggestions:       Chinese Sautéed Beef and Celery         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       7.00 P         7 oz Beef, lean cuts       7.00 P         5 cups Celery       1.00 PC         1 //2 Kiwis       1.50 C         1 //2 kuwis       1.50 C         1 //2 kuwis       1.00 PC         2 cups Raspberries       1.00 PC         2 cups Raspberries       2.00 PC         1 cup Milk, low fat (1%)       1.00 C         2 typ Olive or monounsaturated oil       1.00 PC         2 typ Olive or monounsatu			Put all ingredients in blender over ice and blend.
Calories: 329         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         1 tsp Olive or monounsaturated oil       3.00 P 2.00 C 3.00 F Calories:       Preparation Suggestions: not available mix protein powder with cold water and have remaining ingredients on the side.         2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style       2.00 PC Calories: 602       Preparation Suggestions: 2.00 PC 4.00 C 6 tsp Mayonnaise       Preparation Suggestions: 0.00 PC Calories: 602         Dinner - Meal Portions: P:8 C:6 F:6 Calories: 602       Item Portions 7.00 P Calories: 602       Preparation Suggestions: 0.00 P Calories: 602         Dinner - Meal Portions: P:8 C:6 F:6 Calories: 602       Item Portions 7.00 P Calories: 602       Preparation Suggestions: Chinese Sautéed Beef and Celery 3.00 P Calories: 602         5 cups Celery 1 1/2 Kiwis 1.1/2 Kiwis 1.2 Dilive or monounsaturated oil 1.2 Chinese Sautéed Beef and Celery 1.00 PC 2 tsp Olive or monounsaturated oil 1.00 PC 2 tsp Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 2 1 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil 1 tsp Olive or monouns	1 1/2 cups Watermelon	2.00 C	Add water to create desired consistency. Enjoy!
329         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Blueberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       3.00 F         2 cups Milk, low fat (1%)       2.00 PC         2 cups Milk, low fat (1%)       2.00 PC         2 slice Whole grain bread       6.00 P         4 standwich       2.00 PC         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       7.00 P         2 tops Celery       2.50 C         1 1/2 Kiwis       1.50 C         7 oz Beef, lean cuts       7.00 P         5 cups Celery       1.50 C         1 /2 Kiwis       1.50 C         1 /2 Kiwis       1.50 C         1 /2 Kiwis       1.00 PC         2 rup Milk, low fat (1%)       1.00 PC         2 tup Milk, low fat (1%)       1.00 PC         2 tup Olive or monounsaturated oil       1.00 PC         1 /2 Kiwis       1.00 PC         2 tup Olive or monounsaturated oil       1.00 PC         2 uop Malk, low fat (1%)       2.00 PC         2	1 tsp Olive or monounsaturated oil	3.00 F	
Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Proteins       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Standard Protein Stogether and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with coid water         1 tsp Olive or monounsaturated oil       3.00 P       Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with coid water         2 cups Milk, low fat (1%)       9.00 C       And have remaining ingredients on the side.         2 cups Milk, low fat (1%)       2.00 PC       Blend all ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.         6 tsp Mayonnaise       6.00 P       Calories:       Deli Meat Sandwich         7 oz Beef, lean cuts       7.00 P       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P       Chinese Sautéed Beef and Celery         2 tup Olive or monounsaturated oil       1.00 PC       Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.         1 //4 cup Beans, mixed, various       1.00 PC       Galories:         1 cup Milk, low fat (1%)       1.00 PC       3.00 P         2 tup Milk, low fat (1%)       1.00 PC       Galories:         1		Calories:	
Shack - Meal Portions: P:4 C:3 F:3       Protions         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         Vid Meal - Meal Portions: P:8 C:6 F: 6       2.00 C         2 cups Milk, low fat (1%)       2.00 C         9 or Turkey breast, deli style       2.00 C         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Clive or monousaturated oil       1.50 C         1 1/2 Kiwis       7.00 P         2 tsp Olive or monousaturated oil       7.00 P         2 tsp Olive or monousaturated oil       1.50 C         1 1/2 Kiwis       1.50 C         1 1/2 Clive or monousaturated oil       1.00 PC         2 tap Olive or monousaturated oil       1.00 C         6.00 F       6.00 F         6.00 F       Calories:         602       Item         Portions       7.60 P         2 tap Olive or monousaturated oil       1.00 PC         Calories:       602         602       Stap Olive or monousaturated oil       6.00 F         1		329	
1 cup Milk, low fat (1%)       21 grams Protein powder       1 cup Blueberries       1 cup Blueberries       3.00 P         1 tup Blueberries       3.00 F       Blend all ingredients together and add ice cubes in thild asired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.         Vid Meal - Meal Portions: P:8 C:6 F:6       2.00 C       1 tem Portions         2 cups Milk, low fat (1%)       9 oz Turkey breast, deli style       2.00 P         9 oz Turkey breast, deli style       2.00 C       Ble Maal Sandwich         9 oz Turkey breast, deli style       2.00 C       Deli Meat Sandwich         9 oz Turkey breast, deli style       6.00 F       Deli Meat Sandwich         2 slice Whole grain bread       6.00 F       Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       7.00 P       Chinese Sautéed Beef and Celery         7 oz Beef, lean cuts       7.00 P       2.50 C       Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.         1/2 Kiwis       1.50 C       Baro Mike or monounsaturated oil       1.00 PC         1/4 cup Beans, mixed, various       1.00 PC       Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       1 tem Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)	Snack - Meal Portions: P:4 C:3 F:3	-	Preparation Suggestions:
21 grams Protein powder       3.00 P         1 typ Blueberries       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         2.00 C       available mix protein powder with cold water and have remaining ingredients together and add ice cubes until desired consistency is reached. If a blender is and have remaining ingredients on the side.         Vid Meal - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602         02 Turkey breast, deli style       6.00 F         Calories:       602         02 Turkey breast, deli style       5.00 C         3 tsp Olive or monounsaturated oil       1.00 PC         1 /2 Kiwis       1.50 C         1 /4 cup Beans, mixed, various       1.00 PC         2 fue Milk, low fat (1%)       1.00 PC         2 cups Raspberries       3.00 P         1 tsp Olive or monounsaturated oil       1.00 PC         1 tsp Olive or monounsaturated oil       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Raspberries       3.00 F         1 tsp Olive or monounsatu	1 our Mills low fot (10/)		
1 cup Blueberries       2.00 C         1 tsp Olive or monounsaturated oil       2.00 C         3.00 F			
1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water and have remaining ingredients on the side.         Wid Meal - Meal Portions: P:8 C:6 F: 6       Item Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       9 oz Turkey breast, deli style       6.00 P         9 oz Turkey breast, deli style       6.00 F       Deli Meat Sandwich         2 slice Whole grain bread       6.00 F       Calories:         602       6.00 F       Calories:         602       Item       Preparation Suggestions:         0 z Sups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1 /2 Kiwis       1.50 C         1 /2 Kiwis       1.50 C         1 /2 Kiwis       1.00 PC         2 tap Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Milk, low fat (1%)       1.00 PC         2 tup Slive or monounsaturated oil       1.00 PC         2 tup Slive or monounsaturated oil       3.00 F         2 tup Milk, low fat (1%)       1.00 PC         2 tup Slive or monounsaturated oil       1.00 PC         1 tsp Olive or monou			
Calories: 301       and have remaining ingredients on the side.         Wid Meal - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions: 2 cups Milk, low fat (1%)       Preparation Suggestions: 2.00 PC         9 oz Turkey breast, deli style       6.00 P       Juse ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.         9 stress       6.00 P       Juse ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.         6 tsp Mayonnaise       6.00 F       Preparation Suggestions: 602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions: Calories: 602       Preparation Suggestions: Chinese Sautéed Beef and Celery         7 oz Beef, lean cuts 5 cups Celery       2.50 C       Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.         1/3 cup Mandarin orange, canned 1/3 cup Beans, mixed, various       1.00 PC         Calories: 602       Item Portions 1.00 PC         2 tsp Olive or monounsaturated oil 1 tsp Olive or monounsaturated oil       1.00 PC         2 ups Raspberries 1 tsp Olive or monounsaturated oil       9.00 C         3 tsp Olive or monounsaturated oil       3.00 F         2 sup Raspberries 1 tsp Olive or monounsaturated oil       3.00 F         2 tup Mak, low fat (1%) 2 ups Raspberries       2.00 C         3 tsp Olive or monounsaturated oil       3.00 F         2 tup Marke Mayona re			
301       Item         Portions       2 cups Milk, low fat (1%)       2.00 PC         9 oz Turkey breast, deli style       2.00 PC         6 tsp Mayonnaise       6.00 F         Calories:       600 F         6 tsp Mayonnaise       6.00 F         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         0 C       6.00 F         2 slice Whole grain bread       7.00 P         11/2 Kiwis       1.50 C         1 1/2 Kiwis       1.50 C         1 3/2 up Mandarin orange, canned       6.00 F         2 tsp Olive or monounsaturated oil       1.00 PC         1/4 cup Beans, mixed, various       1.00 PC         Calories:       600 F         1 up Milk, low fat (1%)       2.00 P         2 tsp Olive or monounsaturated oil       1.00 PC         1 cup Milk, low fat (1%)       2.00 P         2 cups Raspberries       2.00 P         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       Calories: </td <td>1 tsp Olive or monounsaturated oil</td> <td>3.00 F</td> <td></td>	1 tsp Olive or monounsaturated oil	3.00 F	
Wid Meal - Meal Portions: P:8 C:6 F: 6       Item Portions       Preparation Suggestions: Deli Meat Sandwich         2 cups Milk, low fat (1%)       9 oz Turkey breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         2 cups Kilk, low fat (1%)       9 oz Turkey breast, deli style         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions: Chinese Sautéed Beef and Celery         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1/3 cup Mandarin orange, canned       1.00 C         2 tsp Olive or monounsaturated oil       1.00 PC         Calories:       602         602       Item         Portions:       P:4 C:3 F:3         1 cup Milk, low fat (1%)       1.00 PC         2 cups Raspberries       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Raspberries       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Raspberries       3.00 F         2 laries:		Calories:	and have remaining ingredients on the side.
Wid Meal - Meal Portions: P:8 C:6 F: 6       Portions         2 cups Milk, low fat (1%)       9 oz Turkey breast, deli style       2.00 PC         9 oz Turkey breast, deli style       6.00 F         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602         Portions       7 oz Beef, lean cuts         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         602       1.00 PC         Calories:       602         902 Turkey Beans, mixed, various       1.00 PC         Calories:       602         902 Turkey Beans, mixed, various       1.00 PC         Calories:       602         902 Turkey Beans, mixed, various       1.00 PC         Calories:       602         12 grams Protein powder       3.00 P         2 cups Raspberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil			
2 cups Milk, low fat (1%)       9 oz Turkey breast, deli style       2.00 PC         9 oz Turkey breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Perparation Suggestions:         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1 1/2 Kiwis       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Snack - Meal Portions: P:4 C:3 F:3       Item Portions:         1 cup Milk, low fat (1%)       1.00 PC         2 cups Raspberries       2.00 P         1 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 sups Olive or monounsaturated oil       1.00 CC         3.00 F       2.00 C         3.00 F       2.00 C         3.00 F       2.00 C         3.00 F       2.00 C         3.00 F       2.00 C <t< td=""><td>Mid Meal - Meal Portions: P:8 C:6 F: 6</td><td>-</td><td>Preparation Suggestions:</td></t<>	Mid Meal - Meal Portions: P:8 C:6 F: 6	-	Preparation Suggestions:
9 oz Turkey breast, deli style       6.00 P         2 slice Whole grain bread       6.00 F         6 tsp Mayonnaise       4.00 C         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1 3/2 up Mandarin orange, canned       1.00 C         2 tsp Olive or monounsaturated oil       6.00 P         1/4 cup Beans, mixed, various       1.00 PC         2 tap Olive or monounsaturated oil       6.00 P         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         2 tap Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 P         2 tap Olive or monounsaturated oil       3.00 P         2 tap olive or monounsaturated oil       1.00 PC         3.00 F       2.00 C			
2 slice Whole grain bread       4.00 C       a leaf of lettuce for flavour.         6 tsp Mayonnaise       6.00 F       Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Item       Preparation Suggestions:       Chinese Sautéed Beef and Celery         5 cups Celery       2.50 C       Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       and enjoy.         1/4 cup Beans, mixed, various       1.00 PC       Calories:         602       Item       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Preparation Suggestions:         1 cup Saperries       3.00 P       Protein Shake with Fruit         1 tsp Olive or monounsaturated oil       3.00 P       Put all ingredients in a blender over ice and blend, along were to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709       ** Remember to drink between 10 and 12 glasses of water per day. **			
6 tsp Mayonnaise       6.00 F Calories: 602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions: 7 oz Beef, lean cuts       Preparation Suggestions: 7.00 P         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         2 tsp Olive or monounsaturated oil       1.00 C         1/4 cup Beans, mixed, various       1.00 PC         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions: 602         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       1.00 PC         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 top Olive or monoun			
Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Item         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         3 cup Mandarin orange, canned       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         602       Remember is         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         2 cups Raspberries       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Raspberries       2.00 C         3 cup Folive or monounsaturated oil       3.00 F         2 cups Raspberries       2.00 C         3 cup Raspberries       3.00 F         2 cups Raspberries       2.00 C         3 cup Raspberries       3.00 F         2 lender is not available, set aside the fruit and shak         Calories:       301         301       mix it all together, then eat the fruit on the side.         Enjoy!       Enjoy!			a leaf of lettuce for flavour.
602         Dinner - Meal Portions: P:8 C:6 F:6       Item         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1 3 cup Mandarin orange, canned       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Delender is not available, set aside the fruit and shak         Calories:       301 mix tall together, then eat the fruit on the side. Enjoy!	6 tsp Mayonnaise		
Dinner - Meal Portions: P:8 C:6 F:6       Item       Preparation Suggestions:         7 oz Beef, lean cuts       7.00 P       2.50 C         5 cups Celery       1.70 C       1.50 C         1 1/2 Kiwis       1.50 C       1.50 C         1/3 cup Mandarin orange, canned       1.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       and enjoy.         1/4 cup Beans, mixed, various       1.00 PC       Calories:         602       Item       Preparation Suggestions:         Snack - Meal Portions: P:4 C:3 F:3       Item       Portions         1 cup Milk, low fat (1%)       1.00 PC       2.00 C         2 tsp Olive or monounsaturated oil       3.00 P       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 t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **		Calories:	
Dinner - Meal Portions: P:8 C:6 F:6       Portions         7 oz Beef, lean cuts       7.00 P         5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1 3/2 cup Mandarin orange, canned       1.50 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         2 tsp Olive or monounsaturated oil       1.00 PC         2 sups Raspberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 P         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil<			
7 oz Beef, lean cuts7.00 PChinese Sautéed Beef and Celery5 cups Celery2.50 C1 1/2 Kiwis1.50 C1 3 cup Mandarin orange, canned1.00 C2 tsp Olive or monounsaturated oil6.00 F1/4 cup Beans, mixed, various1.00 PCCalories:602Preparation Suggestions:1 cup Milk, low fat (1%)1.00 PC2 tsp Olive or monounsaturated oil1.00 PC602602Snack - Meal Portions: P:4 C:3 F:31 cup Milk, low fat (1%)1.00 PC2 cups Raspberries3.00 P2 cups Raspberries2.00 C1 tsp Olive or monounsaturated oil3.00 F2 tsp Olive or monounsaturated oil3.00 F2 cups Raspberries2.00 C3 tsp Olive or monounsaturated oil3.00 F2 cups Raspberries2.00 C3 tsp Olive or monounsaturated oil3.00 F2 tsp Olive or monounsaturated oil3.00 F2 tsp Olive or monounsaturated oil3.00 F2 tsp Olive or monounsaturated oil3.00 F3 tsp Olive or monounsaturated oil3.00 F2 tsp Olive or monounsaturated oil3.00 F3 tsp Olive or monounsaturated oil3.00 F3 tsp Olive or monounsaturated oil3.01 F3 tsp Olive or monounsaturated oil3.02 F3 tsp Olive or monounsaturated oil3.03 F3 tsp Olive or monounsaturated oil3.04 F3 tsp Olive or monounsaturated oil3.05 F3 tsp Olive or monounsaturated oil3.07 F3 t	Dinner - Meal Portions: P:8 C:6 F:6		Preparation Suggestions:
5 cups Celery       2.50 C         1 1/2 Kiwis       1.50 C         1/3 cup Mandarin orange, canned       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/4 cup Beans, mixed, various       1.00 PC         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         2 tsp Olive or monounsaturated oil       1.00 PC         1 sp Olive or monounsaturated oil       1.00 PC         1 sp Olive or monounsaturated oil       1.00 PC         1 tsp Olive or monounsaturated oil       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 P         2 cups Raspberries       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       300 F         301       blender is not available, set aside the fruit and shak         up the remaining ingredients in a closed container t         mix it all together, then eat the fruit on the side.         Enjoy!   Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **	Z en Deef Jeen eute		
1 1/2 Kiwis       1.50 C         1/3 cup Mandarin orange, canned       1.50 C         2 tsp Olive or monounsaturated oil       1.00 C         1/4 cup Beans, mixed, various       6.00 F         1.00 PC       Calories:         602       602         Snack - Meal Portions: P:4 C:3 F:3         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         2 cups Raspberries       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 not power       3.00 F         2 cups Raspberries       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         301       wit all together, then eat the fruit and shak up the remaining ingredients in a closed container t mix it all together, then eat the fruit on the side. Enjoy!			Chinese Sauteed Beet and Celery
1/3 cup Mandarin orange, canned       1.00 C       have one. Add chopped kiwi and orange, season and enjoy.         1/4 cup Beans, mixed, various       1.00 PC       calories:       and enjoy.         1/4 cup Beans, mixed, various       1.00 PC       calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:       Protein Shake with Fruit         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit       Protein Shake with Fruit         21 grams Protein powder       3.00 P       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 t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709       ** Remember to drink between 10 and 12 glasses of water per day. **			
2 tsp Olive or monounsaturated oil       6.00 F       and enjoy.         1/4 cup Beans, mixed, various       1.00 PC       Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       3.00 P       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 t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709       ** Remember to drink between 10 and 12 glasses of water per day. **			
1/4 cup Beans, mixed, various       1.00 PC Calories: 602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         2 cups Raspberries       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         When the fruit on the side.       1.00 PC         2 respective of the monounsaturated oil       3.00 F         2 cups Raspberries       2.00 C         3.00 F       blender is not available, set aside the fruit and shak Calories:         301       wit all together, then eat the fruit on the side.         Enjoy!			have one. Add chopped kiwi and orange, season
Calories: 602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       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 t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions:       Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **	2 tsp Olive or monounsaturated oil	6.00 F	and enjoy.
Calories: 602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       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 t mix it all together, then eat the fruit on the side. Enjoy!         Total Daily Portions:       Protein: 36       Carbohydrates: 27       Fat: 27       Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **	1/4 cup Beans, mixed, various		
602         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       Portions         21 grams Protein powder       1.00 PC         2 cups Raspberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       00 PC         3.00 F       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!		Calories:	
Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       Portions         21 grams Protein powder       1.00 PC         2 cups Raspberries       0.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2 calories:       0.00 F         3.00 F       blender is not available, set aside the fruit and shak         0 up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         Enjoy!			
1 cup Milk, low fat (1%)       1.00 PC       Protein Shake with Fruit         21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend,         2 cups Raspberries       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 shak         Calories:       301       mix it all together, then eat the fruit on the side.         Enjoy!       Total Daily Portions:       Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **	Snack - Meal Portions: P·4 C·3 F·3	-	Preparation Suggestions:
21 grams Protein powder       3.00 P       Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a 3.00 F         1 tsp Olive or monounsaturated oil       3.00 F       Dender 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!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
2 cups Raspberries       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 shak         2 cups Raspberries       3.00 F       blender is not available, set aside the fruit and shak         2 cups Raspberries       301       mix it all together, then eat the fruit on the side.         Enjoy!       Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **		1.00 PC	
2 cups Raspberries       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 shak         2 cups Raspberries       3.00 F       blender is not available, set aside the fruit and shak         2 cups Raspberries       301       mix it all together, then eat the fruit on the side.         Enjoy!       Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **	21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 tsp Olive or monounsaturated oil       3.00 F       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.         1 tsp Olive or monounsaturated oil       3.00 F       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.         1 tsp Olive or monounsaturated oil       301       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.         1 tsp Olive or monounsaturated oil       301       mix it all together, then eat the fruit on the side.         2 tsp Olive or monounsaturated oil       2 tsp Olive or monounsaturated oil       2 tsp Olive or monounsaturated oil         301       ** Remember to drink between 10 and 12 glasses of water per day. **		2.00 C	
Calories:       up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.         S01       Total Daily Portions:         Protein: 36       Carbohydrates: 27         Fat: 27       Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day.			blender is not available, set aside the fruit and shak
301       mix it all together, then eat the fruit on the side.         Enjoy!         Total Daily Portions:       Protein: 36         Carbohydrates:       27         Fat:       27         Calories:       2709         ** Remember to drink between 10 and 12 glasses of water per day.			
Enjoy! <b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **			
** Remember to drink between 10 and 12 glasses of water per day. **			Enjoy!
Feel the burn & incinerate the fat. www.BurnerFatLoss.com			

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 28 grams Protein powder 1 Banana 18 Peanuts	Item Portions 4.00 P 3.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Bananas If you have access to a blender, blend fruit, protein powder and ice cubes. If a blender is not available, mix protein powder with cold water and have remaining ingredients on the side. If desired add sweetener to taste.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	n: 36 Carbohyd	Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Powerful Proven Re	esults @ <u>www.Er</u>	mpoweredNutrition.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:		
7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread	7.00 P 2.00 C 4.00 C	Toasted egg sandwich with fruit.		
2 tsp Olive or monounsaturated oil	6.00 F Calories: 574			
Snack - Meal Portions: P:5 C:3 F:3 5 oz Hard cheeses, light/low fat	Item Portions 5.00 P	<b>Preparation Suggestions:</b> Slice the pickles and the cheese and serve on		
<ul><li>2 Pickles</li><li>4 Crackers</li><li>18 Peanuts</li></ul>	2.00 C 1.00 C 3.00 F	crackers. Enjoy the nuts separately.		
	Calories: 329			
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:		
1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.		
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:		
8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.		
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak with a baked potato and vegetables.		
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 18 Peanuts	Item Portions 2.00 PC 3.00 F	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy		
1 Kiwi 14 grams Protein powder	1.00 C 2.00 P Calories: 301			
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **				
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	abt for you?	.WhatIsEatStopEat.com		

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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Snack - Meal Portions: P:5 C:3 F:3 1/2 cup Milk, low fat (1%) 1/4 cup Yogurt, plain, low fat 28 grams Protein powder 1/2 cup Blueberries 1/3 cup Applesauce 1 tsp Olive or monounsaturated oil	Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
<ul> <li>Snack - Meal Portions: P:4 C:3 F:3</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>21 grams Protein powder</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	Item Portions 6.00 A 2.00 P Calories: 602	<b>Preparation Suggestions:</b> A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6 12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Beef Patty Dinner Prepare a beef patty using your favorite spices.
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Today's checklist: 1.Eat 2.Tr	ain 3.Grow	www.EmpoweredNutrition.com

Notes:

Burn baby	<b>y burn <u>www.bur</u></b>	nerfatloss.com
		ngMealPlans.com
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	
1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine	1.00 PC 3.00 P 2.00 C	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
2 tsp Olive or monounsaturated oil	6.00 F Calories: 602	pasta as directed, serve with sauce on top.
12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce	8.00 P 4.00 C 2.00 C	Shrimp & Pasta Heat oil in a pan. Saute shrimp until cooked through. Stir in tomato sauce and simmer. Cook
Dinner - Meal Portions: P:8 C:6 F:6	602 Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories:	A tasty and simple meal of soup. Enjoy!
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple	Portions 1.00 PC 3.00 P 2.00 C	Preparation Suggestions: Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 Tangerine</li><li>1 tsp Olive or monounsaturated oil</li></ul>	Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329 Item	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
2 tsp Olive or monounsaturated oil Snack - Meal Portions: P:5 C:3 F:3	6.00 F Calories: 574 Item	Preparation Suggestions:
1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries	7.00 P 4.00 C 2.00 C	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.
Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:

1 cup Yogurt, plain, low fat       2.00 FC       Yogurt and toast. Mix the protein powder and off into the yogurt. Enjoy!         2 slice Whole grain bread       5.00 F         2 tsp Olive or monounsaturated oil       6.00 F         36 grams Protein powder       6.00 F         2 tsp Olive or monounsaturated oil       74         Mid Meal - Meal Portions: P:8 C:6 F:6       Perparation Suggestions:         8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       6.00 C         12 Peanuts       2.00 F         4 tsp Mayonnaise       4.00 F         5 grams Protein powder       6.00 C         1 cup Raspberries       1.00 C         3 for supberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Stapberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Chicken breast, skinless       8.00 P         8 oz Chicken breast, skinless       8.00 P         1 2 cup Raspberries       1.00 C         1 3 cup Strice       4.00 F         2 cup Caulifower       1.00 C         1 stap Olive or monounsaturated oil       3.00 F         2 cup Caulifower       1.00 C         1 tsp Olive or monounsaturated oil	Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
35 grams Protein powder       5.00 P       oil into the yogurt. Enjoy!         2 sipce Whole grain bread       5.00 P       oil into the yogurt. Enjoy!         2 tsp Dilve or monounsaturated oil       5.00 P       oil into the yogurt. Enjoy!         Mid Meal - Meal Portions: P:8 C:6 F:6       Protions         8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       2.00 F         12 Pearuts       2.00 F         4 tsp Mayonnaise       6.00 F         Sagrams Protein powder       5.00 P         7/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 up Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tag Dive or monounsaturated oil       1.00 C         1 cup Raspberries       1.00 C         2 tag Dive or monounsaturated oil       1.00 C         4 cups Califiower       4.00 C         6 calories:       602         Protions P:4 C:3 F:3       Portions         1 cup Raspber	1 cup Yogurt, plain, low fat		
2 slice Whole grain bread       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 disp Olive or monounsaturated oil       6.00 F         Mid Meal - Meal Portions: P:8 C:6 F:6       Portions         8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       6.00 F         12 Peanuts       2.00 F         4 tsp Mayonnaise       2.00 F         502 Brack - Meal Portions: P:5 C:3 F:3       Portions         9 of texture       5.00 P         7/2 cup Blueberries       1.00 C         1 cup Paspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       0.00 F         1 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       0.00 C         3 corp Catliflower       1.00			
2 tsp Olive or monounsaturated oil       6.00 F         Calories:       574         Mid Meal - Meal Portions: P:8 C:6 F:6       Perparation Suggestions:         8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       6.00 C         12 Peanuts       4.00 F         4 tsp Mayonnaise       2.00 F         Since Whole grain bread       6.00 C         12 Peanuts       4.00 F         4 tsp Mayonnaise       5.00 P         Since Whole grain bread       5.00 P         12 cup Blueberries       1.00 C         1 cup Brayberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 space Asparague       7.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2 space Asparague       1.00 C         1 far oup Strawberries       1.00 C         2 top Stice       1.00 C         2 space Asparague       1.00 C         3 cup Chicken breast, skinless       8.00 P         1 cup Raspberries       1.00 C         1 cup Raspberries       1.00 C         1 cup Raspberries<	2 slice Whole grain bread	4.00 C	
574     Item Portions:     Preparation Suggestions:       8 oz Beef, lean cuts     8.00 P       3 slice Whole grain bread     6.00 C       12 Peanuts     2.00 F       4 tsp Mayonnaise     2.00 F       6 oz Beef, lean cuts     8.00 P       3 slice Whole grain bread     6.00 C       12 Peanuts     2.00 F       4 tsp Mayonnaise     2.00 F       Since Whole grain bread     6.00 C       12 Peanuts     4.00 F       4 tsp Mayonnaise     Calories:       602     F       Sing arms Protein powder     5.00 P       1 cup Baspberries     1.00 C       1 tsp Olive or monounsaturated oil     3.00 F       2 cup Baspberries     1.00 C       1 tsp Olive or monounsaturated oil     3.00 F       2 cup Cauliflower     1.00 C       1 tap Olive or monounsaturated oil     3.00 F       2 tap Olive or monounsaturated oil     1.00 C       1 tap Olive or monounsaturated oil     1.00 C       2 tap Olive or monounsaturated oil     6.00 F       2 tap Olive or monounsaturated oil     6.00 F       2 tap Olive or monounsaturated oil     6.00 F       2 tap Olive or monounsaturated oil     3.00 F       1 cup Milk, low fat (1%)     1.00 C       2 tap Bapberries     1.00 C		6.00 F	
Mid Meal - Meal Portions: P:8 C:6 F:6       Item Portions       Preparation Suggestions: Roast Beef Sandwich         3 slice Whole grain bread 12 Peanuts       8.00 P       Roast Beef Sandwich         4 tsp Mayonnaise       2.00 F       from the deli counter. Add a slice of onion and of lettuce for flavor.         Snack - Meal Portions: P:5 C:3 F:3 32 grams Protein powder 1/2 cup Blueberries       Preparation Suggestions: 	•	Calories:	
Mid Meal - Meal Portions: P:8 C:6 F:6       Portions         8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       6.00 C         12 Peanuts       4.00 P         4 tsp Mayonnaise       2.00 F         Snack - Meal Portions: P:5 C:3 F:3       Them         35 grams Protein powder       5.00 P         1 cup Raspberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 spears Asparagus       1.00 C         8 oz Chicken breast, skinless       8.00 P         1 2 sp Olive or monounsaturated oil       8.00 P         1 3 cup Strawberries       1.00 C         1 3/3 cups Rice       2.00 F         2 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       0.00 F         2 tap Baspberries       1.00 C         1 cup Milk, low fat (1%)       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tap Baspberries       1.00 C         1 cup Milk, low fat (1%)       1.00 C         1 cup Strawberries       1.00 C         1 cup Milk, low fat (1%)       1.00 C		574	
8 oz Beef, lean cuts       8.00 P         3 slice Whole grain bread       8.00 P         12 Peanuts       4.00 F         4 tsp Mayonnaise       2.00 F         Snack - Meal Portions: P:5 C:3 F:3       Them         35 grams Protein powder       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 spears Asparagus       1.00 C         3 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 spears Asparagus       1.00 C         3 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 spears Asparagus       1.00 C         4 cups Calliflower       1.00 C         1 2 spears Asparagus       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         2 tsp Olive or monounsaturated oil       0.00 F         2 tsp Olive or monounsaturated oil       0.00 F         2 tap Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       3.00 P	Mid Meal - Meal Portions: P:8 C:6 F:6	-	Preparation Suggestions:
3 slice Whole grain bread       6.00 C       Use leftover roast beef or purchase lean sliced from the deli counter. Add a slice of onion and of lettuce for flavor.         4 tsp Mayonnaise       4.00 F       4.00 F         5 grams Protein powder       6.02       Protions         1/2 cup Blueberries       5.00 P       Protein Shake with Fruit         1 cup Xrawberries       1.00 C       adding water to create desired consistency. If         1 tsp Olive or monounsaturated oil       3.00 F       Put all ingredients in a closed contai         2 top Strawberries       1.00 C       3.00 F       Protein Shake with Fruit         1 tsp Olive or monounsaturated oil       3.00 F       Portions       Preparation Suggestions:         71/2 cup Bice       1.00 C       3.00 F       Preparation Suggestions:       Protein Shake with Fruit         1/2 spears Asparagus       1.00 C       1.00 C       1.00 C       1.00 C         1 tsp Olive or monounsaturated oil       6.00 F       Calories:       Break with your spices of choice to add flavou         1 tsp Olive or monounsaturated oil       6.00 F       Calories:       Breating ingredients in a closed contait         1 cup Kamberries       1.00 C       1.00 C       1.00 C       1.00 PC         2 tsp Olive or monounsaturated oil       3.00 F       Pretaration Suggestions:       <			
12 Peanuts       2.00 F       from the deli counter. Add a slice of onion and of lettuce for flavor.         4 tsp Mayonnaise       2.00 F       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         Start Start       602       from the deli counter. Add a slice of onion and of lettuce for flavor.         12 space       from the deli counter. Add a slice of onion and of lettuce for flavor.       from the deli counter. Add a slice of onion and of lettuce for flavor.         1 tsp Olive or monounsaturated oil       from the deli counter. Add a slice of onion and of lettuce for flavor.       from the deli counter. Add a slice of noion and of lettuce for flavor.         1 tsp Olive or monounsaturated oil       from the deli counter. Add a slice of noion and of lettuce for flavor.       from the deli counter. Add a slice of noion and of lettuce for flavor.         1 tsp Olive or monounsaturated oil       from the deli counter. Add a slice of noion and of			
4 tsp Mayonnaise       4.00 F       of lettuce for flavor.         602       Item       Preparation Suggestions:         35 grams Protein powder       1.00 C       Protein Shake with Fruit         1/2 cup Blueberries       1.00 C       adding water to create desired consistency. If         1 cup Strawberries       1.00 C       blender is not available, set aside the fruit and full together, then eat the fruit on the side.         2 tup Chicken breast, skinless       3.00 F       mix it all together, then eat the fruit on the side.         35 or Chicken breast, skinless       8.00 P       Preparation Suggestions:         602       Chicken breast, skinless       8.00 P         1 sp Olive or monounsaturated oil       1.00 C       Mix oil with your spices of choice to add flavou         1 1/3 cups Rice       1.00 C       A.00 F       Calories:         602       Break cheal Portions: P:4 C:3 F:3       Chicken Dinner       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 C       1.00 C       Nor Portions         1 tap Olive or monounsaturated oil       1.00 C       Nor Portions       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 C       1.00 C       Nor Portions       Preparation Suggestions:         1 cup Strawberries       1.00 C       1.00 C       Nor Portio	-		
Calories:       Calories:         602       Preparation Suggestions:         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       Borden Freiden Straum         8 oz Chicken breast, skinless       1.00 C         1 2 spears Asparagus       1.00 C         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       6.00 F         602       Calories:         602       Preparation Suggestions:         9 tup the remaining ingredients in a closed contain imix it all together, then eat the fruit on the side. Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions:         8 oz Chicken breast, skinless       1.00 C         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         90       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 C         1 cup Milk, low fat (1%)       1.00 C         1 cup Milk, low fat (1%)       3.00 F         1 tsp Olive or			
602     Item       Snack - Meal Portions: P:5 C:3 F:3     Portions       35 grams Protein powder     5.00 P       1/2 cup Blueberries     1.00 C       1 cup Aspberries     1.00 C       1 tsp Olive or monounsaturated oil     3.00 F       Dinner - Meal Portions: P:8 C:6 F: 6     Portions       8 oz Chicken breast, skinless     8.00 P       1 /2 cup Blueberries     1.00 C       2 tsp Olive or monounsaturated oil     1.00 C       1 /3 cups Rice     602       2 tsp Olive or monounsaturated oil     1.00 C       1 /3 cup Milk, low fat (1%)     1.00 PC       2 tap Strawberries     1.00 C       1 /3 cup Strawberries     1.00 C       1 cup Asapberries     1.00 PC       1 cup Strawberries     1.00 PC       1 cup Strawberries     1.00 C       1 cup Strawberries     1.00 C       1 cup Strawberries     1.00 C       1 cup Milk, low fat (1%)     1.00 PC       2 cup Strawberries     1.00 C       1 cup Strawberries     1.00 C       1 tap Olive or monounsaturated oil     3.00 F       Calories:     300 F       Calories:     301 F </td <td>4 isp mayorinaise</td> <td></td> <td></td>	4 isp mayorinaise		
Snack - Meal Portions: P:5 C:3 F:3       Item Portions       Preparation Suggestions:         35 grams Protein powder       1.00 C       1.00 C         1 cup Blueberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       3.00 F         8 oz Chicken breast, skinless       8.00 P         12 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       600 F         Calories:       602 F         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 cup Milk, low fat (1%)       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F			
Shack - Meal Portions: P:5 C:3 F:3       Portions         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       1.00 C         2 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       22         35 grams Asparagus       1.00 C         8 oz Chicken breast, skinless       8.00 P         1 /3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       600 F         Calories:       602         9 trams Protein powder       1.00 C         1 cup Maik, low fat (1%)       1.00 C         2 tsp Olive or monounsaturated oil       3.00 P         1 cup Strawberries       1.00 C         1 cup Makphorries       1.00 C         1 cup Mapberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated o			
1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       3.00 F         8 oz Chicken breast, skinless       3.00 F         1 tsp Olive or monounsaturated oil       1.00 C         9 Dinner - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         1 /3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 /3 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Raspberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       1.00 C         3.00 F       2.00 F         2 top Milk, low fat (1%)       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated	Snack - Meal Portions: P:5 C:3 F:3	-	Preparation Suggestions:
1/2 cup Blueberries       1.00 C       Put all ingredients in a blender over ice and ble adding water to create desired consistency. If blender is not available, set aside the fruit and to up the remaining ingredients in a closed contail mix it all together, then eat the fruit on the side. 329         1 tsp Olive or monounsaturated oil       1.00 C       3.00 F         2 cap Standard S	35 grams Protein powder	5.00 P	Protein Shake with Fruit
1 cup Strawberries       1.00 C       3.00 F       up the remaining ingredients in a closed contain mix it all together, then eat the fruit on the side.         21 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed contain mix it all together, then eat the fruit on the side.         21 sp Olive or monounsaturated oil       8 oz Chicken breast, skinless       8.00 P         1 tsp Olive or monounsaturated oil       8 oz Chicken breast, skinless       8.00 P         1 tsp Olive or monounsaturated oil       1.00 C       Brush chicken lightly with oil, broil or grill chicked.         1 tsp Olive or monounsaturated oil       6.00 F       Calories:       Chicken Dinner         1 cup Milk, low fat (1%)       1.00 PC       Breparation Suggestions:       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC       Preparation Suggestions:       Protein Shake with Fruit         1 cup Strawberries       1.00 C       3.00 P       Put all ingredients in a closed contain mix it all together, then eat the fruit and supporties       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F       Preparation Suggestions:       Protein Shake with Fruit         1 cup Strawberries       1.00 C       3.00 F       Diender is not available, set aside the fruit and supportions         1 cup Cottage cheese, light/low fat       1.00 C       3.00 F       Diender is not avai	1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1       tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed contail mix it all together, then eat the fruit on the side.         329       329       329         Dinner - Meal Portions: P:8 C:6 F: 6       Item         8 oz Chicken breast, skinless       8.00 P         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         9       Preparation Suggestions:         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         9       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 sonack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 up the remaining ingredients in a closed contail mix it all together, then eat the fruit on the side.         300 F       1.00 C         1 tsp Olive or monounsaturated oil       4.00 C         1/2 cup Blueberries       1.00 C <td></td> <td></td> <td>adding water to create desired consistency. If a</td>			adding water to create desired consistency. If a
Calories: 329       mix it all together, then eat the fruit on the side. Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Item Portions         8 oz Chicken breast, skinless       8.00 P         12 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions: 602         1 cup Milk, low fat (1%)       1.00 PC         2 tsp Olive or monounsaturated oil       1.00 PC         3 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tup Cottage cheese, light/low fat 1/2 cup Blueberries       1.00 C         1 cup Cottage cheese, light/low fat 1/2 cup Blueberries       1.00 C         1 kiwi       1.00 C         1 kiwi       1.00 C         1 kiwi       1.00 C         1 kiwi       3.00 F         1 cup Cottage cheese, light/low fat 1/2 cup Blueberries       1.00 C         1 kiwi       1.			blender is not available, set aside the fruit and shake
329       Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Item         8 oz Chicken breast, skinless       8.00 P         12 spears Asparagus       8.00 P         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         2 tsp Olive or monounsaturated oil       1.00 PC         1 cup Strawberries       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 P         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         1 tsp Olive or monounsaturated oil       9.00 F         1 cup Cottage cheese, light/low fat       4.00 P         1/2 cup Blueberries       1.00 C         1 Kiwi       1.00 C         1 kiwi       1.00 C         1 kiwi       1.00 C	1 tsp Olive or monounsaturated oil		
Dinner - Meal Portions: P:8 C:6 F: 6       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         12 spears Asparagus       1.00 C       Chicken lightly with oil, broil or grill chick         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavou         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 PC         21 grams Protein powder       3.00 P         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         1 tsp Olive or monounsaturated oil       1.00 C         1/2 cup Blueberries       1.00 C         1 kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.0			
Dinner - Meal Portions: P:8 C:6 F: 6       Portions         8 oz Chicken breast, skinless       8.00 P         12 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 PC         2 tsp Olive or monounsaturated oil       1.00 PC         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       1.00 C         1/2 cup Blueberries       1.00 C         1 Kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       Item         Preparation Suggestions:       In a mixing bowl com			Enjoy!
8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         12 spears Asparagus       1.00 C       Brush chicken lightly with oil, broil or grill chick         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavou         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       602         Preparation Suggestions:         1 cup Milk, low fat (1%)       1.00 C         21 grams Protein powder       1.00 C         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         1 cup Cottage cheese, light/low fat       4.00 P         1/2 cup Blueberries       1.00 C         1 /3 cup Mandarin orange, canned       1.00 C         1 /3 cup Mandarin orange, canned       3.00 F         1 /3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       1 tsp Olive or monounsaturated oil	Dinner - Meal Portions: P:8 C:6 F: 6	-	Preparation Suggestions:
12 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 /3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 C         21 grams Protein powder       1.00 C         1 cup Strawberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Cottage cheese, light/low fat       1.00 C         1 /2 cup Blueberries       1.00 C         1 kiwi       1.00 C         1 /3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       1.00 C         1 /3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       1.	9 oz Chickon broget ekinlege		
4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Milk, low fat (1%)       1.00 C         21 grams Protein powder       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         3.00 P       Put all ingredients in a blender over ice and ble         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         1 cup Cottage cheese, light/low fat       1.00 C         1/2 cup Blueberries       1.00 C         1 kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F			
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Snack - Meal Portions: P:4 C:3 F:3Preparation Suggestions:1 cup Milk, low fat (1%)1.00 PCProtein Shake with Fruit21 grams Protein powder3.00 PPut all ingredients in a blender over ice and ble1 cup Raspberries1.00 Cadding water to create desired consistency. If1 cup Strawberries1.00 Cblender is not available, set aside the fruit and s1 tsp Olive or monounsaturated oil3.00 Fup the remaining ingredients in a closed contailSnack - Meal Portions: P:4 C:3 F:3Item PortionsPreparation Suggestions:1 cup Cottage cheese, light/low fat 1/2 cup Blueberries1.00 CItem Portions1 kiwi1.00 C1.00 C1 kiwi1.00 C1.00 C1 tsp Olive or monounsaturated oil3.00 F1 tsp Olive or monounsaturated oil3.00 F1 tsp Olive or monounsaturated oil1.00 C1 tsp Olive or monounsaturated oil3.00 F1 tsp Olive or monounsaturated oil3.00 F <td></td> <td>602</td> <td></td>		602	
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1 cup Strawberries1.00 Cblender is not available, set aside the fruit and s1 tsp Olive or monounsaturated oil3.00 Fup the remaining ingredients in a closed contain3.00 Fup the remaining ingredients in a closed containCalories:301mix it all together, then eat the fruit on the side.301ItemPortions1 cup Cottage cheese, light/low fat4.00 P1/2 cup Blueberries1.00 C1 Kiwi1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:Calories:			
1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients in a closed contain mix it all together, then eat the fruit on the side.         301       Bitem       Bitem         1 cup Cottage cheese, light/low fat       4.00 P         1/2 cup Blueberries       1.00 C         1 Kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F			
Calories: 301mix it all together, then eat the fruit on the side. Enjoy!Snack - Meal Portions: P:4 C:3 F:3Item PortionsPreparation Suggestions:1 cup Cottage cheese, light/low fat 1/2 cup Blueberries4.00 P 1.00 CIn a mixing bowl combine all ingredients and ge blend. Serve immediately.1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil1.00 C 3.00 F Calories:3.00 F Calories:			
301       Enjoy!         Snack - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         1 cup Cottage cheese, light/low fat       4.00 P       In a mixing bowl combine all ingredients and get         1/2 cup Blueberries       1.00 C       blend. Serve immediately.         1 Kiwi       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F	T isp Olive or monourisaturated on		
Item       Preparation Suggestions:         1 cup Cottage cheese, light/low fat       4.00 P         1/2 cup Blueberries       1.00 C         1 Kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F			
Snack - Meal Portions: P:4 C:3 F:3       Portions         1 cup Cottage cheese, light/low fat       4.00 P         1/2 cup Blueberries       1.00 C         1 Kiwi       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       Calories:			
1 cup Cottage cheese, light/low fat4.00 PIn a mixing bowl combine all ingredients and ge1/2 cup Blueberries1.00 C1 Kiwi1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:Calories:	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
1/2 cup Blueberries1.00 C1 Kiwi1.00 C1 Kiwi1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:	1 cup Cottage cheese, light/low fat		In a mixing bowl combine all ingredients and gently
1 Kiwi1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories:			• • •
1 tsp Olive or monounsaturated oil 3.00 F Calories:	•	1.00 C	
Calories:			
	1 tsp Olive or monounsaturated oil		
		301	
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **			
All The Essentials, No HYPE + www.EmpoweredNutrition.com	All The Essentials, No HY	′PE + <u>www.</u>	EmpoweredNutrition.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat	4.00 PC	Chop the fruit and mix with the remaining
21 grams Protein powder	3.00 P	ingredients. Enjoy!
2 cups Raspberries	2.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
2 top onve of monourisaturated on	Calories:	
	574	
	Item	
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Roast Beef Sandwich
3 slice Whole grain bread	6.00 C	Use leftover roast beef or purchase lean sliced beef
12 Peanuts	2.00 F	from the deli counter. Add a slice of onion and a leaf
4 tsp Mayonnaise	4.00 F	of lettuce for flavor.
	Calories:	
	602	
	Item	
Snack - Meal Portions: P:5 C:3 F:3	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake with Fruit
1/2 cup Blueberries	1.00 C	Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	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 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
1 top Onve of monoursaturated on	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
	Item	
Dinner - Meal Portions: P:8 C:6 F: 6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus	1.50 C	mixture on your steak. and steak to your preference
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	602	
	Item	
Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
6 oz Shrimp	4.00 P	Japanese Sweet and Sour Mandarin Shrimp
1 cup Celery	.50 C	Sauté the shrimp and vegetables until softened, add
2 cups Cucumber	.50 C	the mandarin oranges and season. Enjoy!
1/2 cup Pineapple	1.00 C	, , , , , , , , , , , , , , , , , , ,
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	301	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
2 cups Raspberries	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
	301	mix it all together, then eat the fruit on the side.
		Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		- gradies of water per day.
		oweredNutrition.com

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
<b>Mid Meal - Meal Portions: P:8 C:6 F: 6</b> 8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise	Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Tuna Stuffed Pita & Fruit Mix tuna & mayonnaise. Stuff in pita and enjoy. For extra crunch add in a handful of chopped lettuce or bean sprouts. Have fruit for dessert.
Dinner - Meal Portions: P:8 C:6 F:6 7 oz Beef, lean cuts 5 cups Celery 1 1/2 Kiwis 1/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil 1/4 cup Beans, mixed, various	Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602	Preparation Suggestions: Chinese Sautéed Beef and Celery Saute the beef, beans and celery in a wok if you have one. Add chopped kiwi and orange, season and enjoy.
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		Want + <u>www.WhatsYourAdonisIndex.com</u>

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil	2.00 PC 5.00 P 4.00 C 6.00 F Calories:	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil	574 Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	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!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	<b>Preparation Suggestions:</b> Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		poweredNutrition.com/Contests

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil	Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	Chop the fruit and mix with the remaining ingredients. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts	Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise	Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 1 cup Carrots 2 tsp Olive or monounsaturated oil 1 cup Potato	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602	<b>Preparation Suggestions:</b> Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Cottage cheese, light/low fat 1/2 cup Blueberries 1 Kiwi 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> In a mixing bowl combine all ingredients and gently blend. Serve immediately.
	in: 36 Carbohyc	drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		livers Powerful Proven Results. nalized-Nutrition-Programs

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>1 cup Milk, low fat (1%)</li> <li>28 grams Protein powder</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise	Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
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Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil	4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574	A tasty, yet easy-to-prepare breakfast. Enjoy!
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
Mid Meal - Meal Portions: P:8 C:6 F: 6 1 1/2 cups Cottage cheese, light/low fat 1 Peach 1 cup Mandarin orange, canned 1 cup Strawberries 2 tsp Olive or monounsaturated oil 14 grams Protein powder 1/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	Preparation Suggestions: Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6 8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P 6.00 C 6.00 F Calories: 602	Preparation Suggestions: Steak 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 steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Total Daily Portions: Protein: 36 ** Remember to drink betwee		

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
1 cup Yogurt, plain, low fat 35 grams Protein powder	2.00 PC 5.00 P	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!
2 slice Whole grain bread	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 574	
	Item	Duran and the Original diamond
Mid Meal - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Roast Beef Sandwich
3 slice Whole grain bread 12 Peanuts	6.00 C 2.00 F	Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a lea
4 tsp Mayonnaise	4.00 F	of lettuce for flavor.
	Calories:	
	602	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
35 grams Protein powder 1/2 cup Blueberries	5.00 P 1.00 C	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Raspberries	1.00 C	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 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	329	Enjoy!
Dinner - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts	8.00 P	Steak Dinner
1 1/2 cups Broccoli	.50 C	Mix oil with your favourite seasonings and brush
1 1/3 cups Potato	4.00 C	mixture on your steak. Grill steak to your preference
18 spears Asparagus	1.50 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories: 602	
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Snack - Meal Portions: P:4 C:3 F:3	Portions	Preparation Suggestions:
1 cup Milk, low fat (1%)	1.00 PC	Protein Shake with Fruit
21 grams Protein powder	3.00 P	Put all ingredients in a blender over ice and blend,
1 cup Raspberries 1 cup Strawberries	1.00 C 1.00 C	adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
1 tsp Olive or monounsaturated oil	3.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	301	Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
	Portions	
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/2 cup Blueberries</li> </ol>	4.00 P 1.00 C	In a mixing bowl combine all ingredients and gently blend. Serve immediately.
1 Kiwi	1.00 C	
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
Tatal Daths Deathance Data 1	301	watao 07 Fati 07 Calavian 0700
		Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
Have a Pro	otein Smoothie,	be Empowered
	- ,	

Breakfast - Meal Portions: P:7 C:6 F:6       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC         35 grams Protein powder       3.00 C         1 cup Oatmeal       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/3 cup Mango       6.00 F         2 cups Milk, low fat (1%)       2.00 PC         9 oz Chicken breast, deli style       5.00 P         9 oz Chicken breast, deli style       6.00 F         6 tsp Mayonnaise       6.00 F         Sagrams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Strawberries       1.00 C         1 up Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       Rem         8 oz Chicken breast, skinless       8.00 P         8 oz Chicken breast, skinless       8.00 F         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       1.00 C	this stick-to-your-rib
35 grams Protein powder       5.00 P       breakfast.         1 cup Oatmeal       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         1/3 cup Mango       1.00 C         Calories:       574         Mid Meal - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         2 cups Milk, low fat (1%)       9 oz Chicken breast, deli style       6.00 F         3 sigrams Protein powder       6.00 F         6 tsp Mayonnaise       6.00 F         Srack - Meal Portions: P:5 C:3 F:3       Deli Meat Sandwich         35 grams Protein powder       5.00 P         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       3.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F <td>this stick-to-your-rib</td>	this stick-to-your-rib
1 cup Oatmeal       3.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1/3 cup Mango       6.00 F         Mid Meal - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         2 cups Milk, low fat (1%)       9 oz Chicken breast, deli style         9 oz Chicken breast, deli style       6.00 F         2 slice Rye bread       6.00 F         6 tsp Mayonnaise       6.00 F         Stack - Meal Portions: P:5 C:3 F:3       Protions         5 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 tsp Olive or monounsaturated oil       100 C         2 nup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       100 C         1 tsp Olive or monounsaturated oil       100 C         1 tsp Olive or monounsaturated oil       100 C         2 tsp Olive or monounsaturated oil       100 C         1 top Celery       2 tsp Olive or monounsaturated oil       Preparation Suggestions:         Chicken Dreast, skinless       8.00 P         1 2 spears Asparagus       1.00 C         4 cup Calery       2.00 F         2 tsp Olive or monounsaturated oil       5.00 F         2 tsp Olive	
2 tsp Olive or monounsaturated oil       6.00 F         1/3 cup Mango       6.00 F         1/3 cup Mango       100 C         Calories:       574         Mid Meal - Meal Portions: P:8 C:6 F:6       Portions         2 cups Milk, low fat (1%)       2.00 PC         9 oz Chicken breast, deli style       2.00 PC         6 tsp Mayonnaise       6.00 F         2 slice Rye bread       6.00 F         6 tsp Mayonnaise       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         00 C       6.00 P         1/2 cup Blueberries       1.00 C         1 cup Asapberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 stp Olive or monounsaturated oil       3.00 F         2 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         2 ts	
1/3 cup Mango       1.00 C         1/3 cup Mango       1.00 C         Calories:       574         Mid Meal - Meal Portions: P:8 C:6 F:6       Item         9 oz Chicken breast, deli style       6.00 P         2 slice Rye bread       6.00 F         6 tsp Mayonnaise       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 usp Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       0.00 C         2 spears Asparagus       1.00 C         8 oz Chicken breast, skinless       8.00 P         1 2 spears Asparagus       1.00 C         1 1/3 cups Rice       2.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 1/3 cups Rice       4.00 C         6 oz Shrimp       5.00 F         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/3 cup Madarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       .300 F <td></td>	
Calories: 574       Freparation Suggestions:         9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise       Preparation Suggestions: 2.00 PC       Deli Meat Sandwich Use the ingredients to make 3.00 PC         Snack - Meal Portions: P:5 C:3 F:3 35 grams Protein powder 1/2 cup Blueberries       Preparation Suggestions: 602         1 cup Raspberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Chicken breast, skinless       3.00 F         1 stp Olive or monounsaturated oil       1.00 C         1 ray pears Asparagus       1.00 C         8 oz Chicken breast, skinless       8.00 P         1 ray oups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 ray oups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 ray oups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 ray oups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 ray oups Rice       5.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         2 tsp Olive or monounsaturated oil       5.00 C	
574         Mid Meal - Meal Portions: P:8 C:6 F:6       Item         Portions       2 cups Milk, low fat (1%)       2.00 PC         9 oz Chicken breast, deli style       6.00 P         2 slice Rye bread       6.00 P         6 tsp Mayonnaise       6.00 F         Calories:       602         Snack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         Sorack - Meal Portions: P:5 C:3 F:3       Protions         Sig grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         So z Chicken breast, skinless       8.00 P         1 so Olive or monounsaturated oil       1.00 C         3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       6.00 F         6 oz Shrimp       1.00 C         1 cup Celery       5.00 F         2 cups Outmber       5.00 F         2 cups Cuumber       5.00 F         2 cups Outmber       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       <	
Mid Meal - Meal Portions: P:8 C:6 F:6       Item Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       0 C       Deli Meat Sandwich       Use the ingredients to make slice of onion and a leaf of le         9 oz Chicken breast, deli style       6.00 F       Calories:       Deli Meat Sandwich         2 slice Rye bread       6.00 F       Calories:       Slice of onion and a leaf of le         6 tsp Mayonnaise       6.00 F       Calories:       Preparation Suggestions:         35 grams Protein powder       5.00 P       P       Portions         1/2 cup Blueberries       1.00 C       1.00 C       Dinner - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         1 tsp Olive or monounsaturated oil       3.00 F       Calories:       1.00 C       Dinner - Meal Portions: P:8 C:6 F: 6         8 oz Chicken breast, skinless       8.00 P       1.00 C       Them       Preparation Suggestions:         1 tsp Olive or monounsaturated oil       1.00 C       Brush chicken lightly with oil       Mix oil with your spices of chicken lightly with oil         1 1/3 cups Rice       4.00 C       6.00 F       Calories:       Calories:         6 oz Shrimp       5.00 C       5.00 C       Sauté the shrimp and vegeta         1 cup Celery       5.00 C       5.00 C       Sauté the shrimp and vege	
Mid Meal - Meal Portions: P:8 C:6 F:6       Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       9 oz Chicken breast, deli style       2.00 PC       Deli Meat Sandwich         9 oz Chicken breast, deli style       2.00 PC       Silce of onion and a leaf of le         6 tsp Mayonnaise       6.00 F         7 Sarack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 spears Asparagus       1.00 C         8 oz Chicken breast, skinless       8.00 P         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       000 F         6 oz Shrimp       1.00 C         1 cup Celery       5.00 P         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       1.00 C         1 1/3 cups Rice       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       6.00 F         6 oz Shrimp       5.00 F         1 cup Celery       5.00 C <td< td=""><td></td></td<>	
2 cups Milk, low fat (1%)       2.00 PC       Deli Meat Sandwich         9 oz Chicken breast, deli style       2.00 PC       6.00 P         4.00 C       6.00 F       4.00 C         6 tsp Mayonnaise       6.00 F       alice of onion and a leaf of le         8 oz Chicken breast, deli style       6.00 F       slice of onion and a leaf of le         8 oz Chicken breast, deli style       7.00 C       Bloe the ingredients to make slice of onion and a leaf of le         9 oz Chicken breast, status       7.00 C       Preparation Suggestions:         9 oz Chicken breast, skinless       1.00 C       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F       Preparation Suggestions:         9 oz Chicken breast, skinless       8.00 P       1.00 C         1 2 spears Asparagus       1.00 C       1.00 C         4 cups Cauliflower       1.00 C       1.00 C         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       Calories:         6 oz Shrimp       5.00 C       5.00 C         1 cup Celery       .50 C       .50 C         2 cups Olive or monounsaturated oil       5.00 F         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned	
9 oz Chicken breast, deli style       6.00 P       Use the ingredients to make slice of onion and a leaf of le         2 slice Rye bread       6.00 F       slice of onion and a leaf of le         6 tsp Mayonnaise       6.00 F       calories:         602       Brack - Meal Portions: P:5 C:3 F:3       Item         35 grams Protein powder       5.00 P       Preparation Suggestions:         1/2 cup Blueberries       1.00 C       adding water to create desire         1 cup Raspberries       1.00 C       adding water to create desire         1 tsp Olive or monounsaturated oil       3.00 F       preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Nit all together, then eat the protions         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       1.00 C       Mix oil with your spices of cherce         0 1 1/3 cup Silce       602       Preparation Suggestions:         6 oz Shrimp       50 C       50 C         1 dup Celery       50 C       50 C         2 cups Caulifower       50 C       50 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin o	
2 slice Rye bread       4.00 C       slice of onion and a leaf of le         6 tsp Mayonnaise       4.00 C       slice of onion and a leaf of le         6 tsp Mayonnaise       600 F       Calories:       602         Snack - Meal Portions: P:5 C:3 F:3       Item         35 grams Protein powder       5.00 P       Preparation Suggestions:         1/2 cup Blueberries       1.00 C       Put all ingredients in a blenddiding water to create desire         1 cup Strawberries       1.00 C       adding water to create desire         1 tsp Olive or monounsaturated oil       3.00 F       blender is not available, set a         2 spears Asparagus       1.00 C       mix it all together, then eat the Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Rooticken Dinner       Brush chicken lightly with oil         4 cups Cauliflower       1.00 C       fltem       Preparation Suggestions:         1 1/3 cups Rice       6.00 F       Calories:       602         2 tsp Olive or monounsaturated oil       6.00 F       Sauté the shrimp and vegeta         1 cup Celery       .50 C       .50 C       .50 C         1/3 cup Pineapple       1.00 C       1.00 C       aganese Sweet and Sour M         1/2 cup Pineapple       1.00 C       1.00 C       sauté the shrimp and vegeta </td <td>a a se alcorda la Andra a</td>	a a se alcorda la Andra a
6 tsp Mayonnaise       6.00 F         Calories:       602         Snack - Meal Portions: P:5 C:3 F:3       Preparation Suggestions:         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       329         Dinner - Meal Portions: P:8 C:6 F: 6       Bortions         8 oz Chicken breast, skinless       8.00 P         1 2 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Dinner - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         6 oz Shrimp       5.00 C         1/3 cup Server       5.00 C         1/3 cup Server       5.00 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Nandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C	
Catories: 602         Snack - Meal Portions: P:5 C:3 F:3       Item Portions       Preparation Suggestions:         35 grams Protein powder       1.00 C       Put all ingredients in a blende adding water to create desire blender is not available, set a up the remaining ingredients         1 tsp Olive or monounsaturated oil       3.00 F       Preparation Suggestions:         Dinner - Meal Portions: P:8 C:6 F: 6       Item 2 spears Asparagus       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Preparation Suggestions:         1 tsp Olive or monounsaturated oil       1.00 C       Brush chicken lightly with oil Mix oil with your spices of ch         1 t/2 spears Asparagus       1.00 C       Brush chicken lightly with oil Mix oil with your spices of ch         1 t/3 cups Rice       4.00 C       6.00 F       Calories: 602         Dinner - Meal Portions: P:4 C:3 F:3       Preparation Suggestions: 1/2 cup Sinepple       Japanese Sweet and Sour M Sauté the shrimp and vegeta the mandarin oranges and se         1/3 cup Mandarin orange, canned       1.00 C       3.00 F       Sauté the shrimp and vegeta the mandarin oranges and se         1/3 cup Mandarin orange, canned       1.00 C       3.00 F       Sauté the shrimp and vegeta the mandarin oranges and se         1/3 cup Mandarin orange, canned       1.00 C       3.00 F       Sauté the shrimp and vegeta the mandarin oranges and se	uce for flavor.
602         Snack - Meal Portions: P:5 C:3 F:3       Item Portions 35 grams Protein powder 1/2 cup Blueberries       Preparation Suggestions:         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Blueberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Strawberries       1.00 C         3 cup Strawberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         2 cup Scalifilower       1.00 C         1 tsp Olive or monounsaturated oil       1.00 C         3 cup Staparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Claories:       602         Dinner - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         6 oz Shrimp       .50 C         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/3 cup Mandarin orange, canned       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil	
Snack - Meal Portions: P:5 C:3 F:3       Item Portions       Preparation Suggestions:         35 grams Protein powder       5.00 P       Protein Shake with Fruit         1/2 cup Blueberries       1.00 C       Put all ingredients in a blendu         1 cup Strawberries       1.00 C       adding water to create desire         1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients         So chicken breast, skinless       8.00 P       Enjoy!         1 typ Strauberries       1.00 C       Brush chicken lightly with oil         4 cups Cauliflower       1.00 C       C         1 1/3 cups Rice       4.00 C       C         2 tsp Olive or monounsaturated oil       6.00 F       Calories: Brush chicken lightly with oil Mix oil with your spices of ch         Dinner - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions: Brush chicken lightly with oil Mix oil with your spices of ch         1 1/3 cup Rice       4.00 C       6.00 F       Japanese Sweet and Sour M         6 oz Shrimp       5.0 C       Japanese Sweet and Sour M       Sauté the shrimp and vegeta the mandarin oranges and se         1/2 cup Pineapple       1.00 C       1.00 C       Japanese Sweet and Sour M         1/3 cup Mandarin orange, canned       1.00 C       3.00 F       Calories: 301	
Shack - Meal Portions: P:5 C:3 F:3       Portions         35 grams Protein powder       5.00 P         1/2 cup Blueberries       1.00 C         1 cup Raspberries       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Dinner - Meal Portions: P:8 C:6 F: 6       Breparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         12 spears Asparagus       1.00 C         4 cups Cauliflower       1.00 C         1 1/3 cups Rice       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       6.00 F         1 cup Celery       5.0 C         1 tsp Olive or monounsaturated oil       5.00 P         1 train point or monounsaturated oil       6.00 F         Calories:       5.00 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F	
35 grams Protein powder5.00 PProtein Shake with Fruit1/2 cup Blueberries1.00 C1.00 C1 cup Strawberries1.00 C1.00 C1 tsp Olive or monounsaturated oil3.00 Fup the remaining ingredients2 up Strawberries1.00 C3.00 F1 tsp Olive or monounsaturated oil3.00 Fup the remaining ingredients2 spears Asparagus1.00 C1.00 C4 cups Cauliflower1.00 C1.00 C1 1/3 cups Rice4.00 C6.00 F2 tsp Olive or monounsaturated oil6.00 FDinner - Meal Portions: P:4 C:3 F:3Item Portions6 oz Shrimp4.00 P1 cup Celery.50 C2 cups Cucumber.50 C1/3 cup Mandarin orange, canned1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories: 602.50 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories: 602.50 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories: 301.500 FCalories: 301.500 FCalories: 301.500 FCalories: 301.500 F1/3 cup Mandarin orange, canned.500 F1 tsp Olive or monounsaturated oil.500 FCalories: 301.500 FCalories: 301.500 FCalories: 301.500 FCalories: 301<	
1/2 cup Blueberries       1.00 C       Put all ingredients in a blender adding water to create desire adding water to create desire blender is not available, set a up the remaining ingredients mix it all together, then eat the maining ingredients mix it all together, then eat the Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Item Portions         8 oz Chicken breast, skinless       8.00 P         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       1.00 C         1 1/3 cups Rice       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Dinner - Meal Portions: P:4 C:3 F:3       Item Portions:         6 oz Shrimp       5.0 C         1 cup Celery       5.0 C         2 cups Cucumber       5.0 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	
1 cup Raspberries1.00 Cadding water to create desired1 cup Strawberries1.00 Cadding water to create desired1 tsp Olive or monounsaturated oil3.00 Fup the remaining ingredients2 mix it all together, then eat the Enjoy!329mix it all together, then eat the Enjoy!Dinner - Meal Portions: P:8 C:6 F: 6Item PortionsPreparation Suggestions:8 oz Chicken breast, skinless8.00 P1.00 C12 spears Asparagus1.00 CSugestions:4 cups Cauliflower1.00 CSugestions:1 1/3 cups Rice4.00 C6.00 F2 tsp Olive or monounsaturated oil6.02 FDinner - Meal Portions: P:4 C:3 F:3Item Portions6 oz Shrimp5.0 C1 cup Celery5.0 C2 cups Cucumber5.0 C1/2 cup Pineapple1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 F1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 F2 caps Cucumber5.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 F2 caps Cucumber3.00 F1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 F301Stack - Meal Portions: P:4 C:3 F:3	
1 cup Strawberries1.00 Cblender is not available, set a up the remaining ingredients mix it all together, then eat the Enjoy!1 tsp Olive or monounsaturated oil1.00 Cblender is not available, set a up the remaining ingredients mix it all together, then eat the Enjoy!Dinner - Meal Portions: P:8 C:6 F: 6Preparation Suggestions: 	
1 tsp Olive or monounsaturated oil       3.00 F       up the remaining ingredients mix it all together, then eat the Enjoy!         Dinner - Meal Portions: P:8 C:6 F: 6       Item       Portions         8 oz Chicken breast, skinless       8.00 P       Item         1 1/3 cups Rice       1.00 C       Brush chicken lightly with oil.         2 tsp Olive or monounsaturated oil       6.00 F       Calories:       Chicken Dinner         Brush chicken lightly with oil.       Mix oil with your spices of chicken lightly with oil.       Mix oil with your spices of chicken lightly with oil.         Dinner - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         6 oz Shrimp       50 C       Sou C       Sou C         1 cup Celery       .50 C       .50 C       Japanese Sweet and Sour M         2 cups Cucumber       .50 C       .50 C       Souté the shrimp and vegeta         1/3 cup Mandarin orange, canned       1.00 C       1.00 C       Souté the shrimp and vegeta         1 tsp Olive or monounsaturated oil       3.00 F       Calories:       301	
Calories: 329mix it all together, then eat the Enjoy!Dinner - Meal Portions: P:8 C:6 F: 6Item Portions 8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oilPreparation Suggestions: Chicken Dinner Brush chicken lightly with oil, Mix oil with your spices of chDinner - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oilPreparation Suggestions: Brush chicken lightly with oil, Mix oil with your spices of chDinner - Meal Portions: P:4 C:3 F:3 1 cup Celery 2 cups Cucumber 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oilPreparation Suggestions: Son C 1.00 C 1.00 C 1.00 CDinner - Meal Portions: P:4 C:3 F:3Item Son C 1.00 C 1.00 CPreparation Suggestions: Son C 1.00 C 1.00 CDinner - Meal Portions: P:4 C:3 F:3Item 1.00 C 1.00 CPreparation Suggestions: Son C 1.00 CBrush chicken lightly with oil 1.00 C 1.00 CPreparation Suggestions: 3.00 F Calories: 3.01	
329Enjoy!Dinner - Meal Portions: P:8 C:6 F: 6Item PortionsPreparation Suggestions: Chicken Dinner8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil1.00 C 4.00 C 6.00 F Calories: 602Preparation Suggestions: Dinner - Meal Portions: P:4 C:3 F:30 inter - Meal Portions: P:4 C:3 F:3Item Portions 6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oilPreparation Suggestions: Sudté the shrimp and vegeta 1.00 C 6.00 F Calories: 6.00 F1 tsp Olive or monounsaturated oil3.00 F Calories: 3.01Preparation Suggestions: Sudté the shrimp and vegeta 3.00 F	
Dinner - Meal Portions: P:8 C:6 F: 6       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         12 spears Asparagus       1.00 C       Brush chicken lightly with oil.         4 cups Cauliflower       1.00 C       Mix oil with your spices of ch         1 1/3 cups Rice       4.00 C       6.00 F       Calories:         2 tsp Olive or monounsaturated oil       6.00 F       Calories:       602         Dinner - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         6 oz Shrimp       50 C       .50 C       Japanese Sweet and Sour M         1 cup Celery       .50 C       .50 C       .50 C         1/2 cup Pineapple       1.00 C       1.00 C       .50 C         1/3 cup Mandarin orange, canned       1.00 C       3.00 F       Sauté the shrimp and vegeta         1 tsp Olive or monounsaturated oil       3.00 F       Calories:       301	e fruit on the side.
Dinner - Meal Portions: P:8 C:6 F: 6PortionsPreparation Suggestions:8 oz Chicken breast, skinless8.00 PChicken Dinner12 spears Asparagus1.00 CBrush chicken lightly with oil, Mix oil with your spices of ch4 cups Cauliflower1.00 CMix oil with your spices of ch1 1/3 cups Rice4.00 C6.00 F2 tsp Olive or monounsaturated oil6.00 FDinner - Meal Portions: P:4 C:3 F:3Item Portions6 oz Shrimp4.00 P1 cup Celery.50 C2 cups Cucumber.50 C1/2 cup Pineapple1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories: 301301Snack - Meal Portions: P:4 C:3 F:3Item	
8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         12 spears Asparagus       1.00 C       Brush chicken lightly with oil,         4 cups Cauliflower       1.00 C       Mix oil with your spices of ch         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       Calories:         6 oz Shrimp       1 cup Celery       Japanese Sweet and Sour M         1 cup Celery       .50 C       Sauté the shrimp and vegeta         1/2 cup Pineapple       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F       Calories:         301       Snack - Meal Portions: P:4 C:3 F:3       Item	
12 spears Asparagus1.00 CBrush chicken lightly with oil, Mix oil with your spices of ch4 cups Cauliflower1.00 CMix oil with your spices of ch1 1/3 cups Rice4.00 C6.00 F2 tsp Olive or monounsaturated oil6.00 FDinner - Meal Portions: P:4 C:3 F:3Item Portions6 oz Shrimp4.00 P1 cup Celery.50 C2 cups Cucumber.50 C1/2 cup Pineapple1.00 C1/3 cup Mandarin orange, canned1.00 C1 tsp Olive or monounsaturated oil3.00 FCalories: 301301Spack - Meal Portions: P:4 C:3 F:3Item	
4 cups Cauliflower       1.00 C       Mix oil with your spices of ch         1 1/3 cups Rice       4.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F       Calories:         602       802       802         Dinner - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         6 oz Shrimp       4.00 P       Japanese Sweet and Sour M         1 cup Celery       .50 C       Sauté the shrimp and vegeta         2 cups Cucumber       .50 C       Sauté the shrimp and vegeta         1/2 cup Pineapple       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       3.00 F         Calories:       301       301	I
1 1/3 cups Rice       4.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Dinner - Meal Portions: P:4 C:3 F:3       Item         Portions       4.00 P         1 cup Celery       50 C         2 cups Cucumber       .50 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	
2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Dinner - Meal Portions: P:4 C:3 F:3       Item         6 oz Shrimp       4.00 P         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	sice to add flavour.
Calories: 602         Dinner - Meal Portions: P:4 C:3 F:3       Item Portions         6 oz Shrimp       4.00 P         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories: 301       301	
602         Dinner - Meal Portions: P:4 C:3 F:3       Item         Portions       Portions         6 oz Shrimp       4.00 P         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	
Dinner - Meal Portions: P:4 C:3 F:3       Item       Preparation Suggestions:         6 oz Shrimp       4.00 P       Japanese Sweet and Sour M         1 cup Celery       .50 C       Sauté the shrimp and vegeta         2 cups Cucumber       .50 C       Sauté the shrimp and vegeta         1/2 cup Pineapple       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       3.00 F       Calories:         301       Snack - Meal Portions: P:4 C:3 F:3       Item	
Dinner - Meal Portions: P:4 C:3 F:3       Portions         6 oz Shrimp       4.00 P         1 cup Celery       .50 C         2 cups Cucumber       .50 C         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	
6 oz Shrimp       4.00 P       Japanese Sweet and Sour M         1 cup Celery       .50 C       Sauté the shrimp and vegeta         2 cups Cucumber       .50 C       the mandarin oranges and se         1/2 cup Pineapple       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       3.00 F         Calories:       301       Snack - Meal Portions: P:4 C:3 F:3	
1 cup Celery       .50 C       Sauté the shrimp and vegeta         2 cups Cucumber       .50 C       the mandarin oranges and se         1/2 cup Pineapple       1.00 C       1.00 C         1/3 cup Mandarin orange, canned       1.00 C       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F       Calories:         301       301       Item	ndarin Chriman
2 cups Cucumber       .50 C       the mandarin oranges and set         1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301	
1/2 cup Pineapple       1.00 C         1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         Item	
1/3 cup Mandarin orange, canned       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         Spack - Meal Portions: P:4 C:3 F:3       Item	ason. Enjoy!
1 tsp Olive or monounsaturated oil 3.00 F Calories: 301 Snack - Meal Portions: P:4 C:3 F:3	
Calories: 301 Snack - Meal Portions: P:4 C:3 F:3	
301 Snack - Meal Portions: P:4 C:3 F:3	
Snack - Meal Portions: P:4 C:3 F:3	
Snack - Maal Portions: P/4 (C:X F:X	
I FOMOUS I	
1 cup Milk, low fat (1%) 21 grame Protein Pourder 2 00 P	
21 grams Protein powder     3.00 P     Put all ingredients in a blender       1 Page     2.00 P     adding grade to the second sec	
1 Pear 2.00 C adding water to create desire	
1 tsp Olive or monounsaturated oil 3.00 F blender is not available, set a	
Calories: up the remaining ingredients	
301 mix it all together, then eat the	e fruit on the side.
Enjoy!	
<b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 27 ** Remember to drink between 10 and 12 glasses of water per day. **	9

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 cup Strawberries 2 tsp Olive or monounsaturated oil	Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574	Enjoy your preferred, non-sugary cereal with milk and fruit. Stir in the protein powder to add flavour - and protein, or course, which will get you started on your day right.
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Milk, low fat (1%)</li> <li>1/4 cup Yogurt, plain, low fat</li> <li>28 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1/3 cup Applesauce</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	.50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item Portions	Preparation Suggestions:
3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat	6.00 A 2.00 P Calories: 602	A tasty and simple meal of soup. Enjoy!
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil	8.00 P 6.00 C 6.00 F Calories: 602	Steak 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 steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!)
Snack - Meal Portions: P:4 C:3 F:3 1 cup Yogurt, plain, low fat	Item Portions 2.00 PC	Preparation Suggestions:
1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil	2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
	n: 36 Carbohyd	Irates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		oweredNutrition.com/Contests

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>2 Kiwis</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Snack - Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:
<ul><li>1/2 cup Yogurt, plain, low fat</li><li>28 grams Protein powder</li><li>1 1/2 cups Watermelon</li><li>1 tsp Olive or monounsaturated oil</li></ul>	1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts	4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301	Protein Shake with Fruit Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with col- water and have remaining ingredients on the side. Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6 1 1/2 cups Cottage cheese, light/low fat 1 Peach 1 cup Mandarin orange, canned 1 cup Strawberries 2 tsp Olive or monounsaturated oil 14 grams Protein powder 1/3 cup Oatmeal	Item Portions 6.00 P 1.00 C 3.00 C 1.00 C 6.00 F 2.00 P 1.00 C Calories: 602	<b>Preparation Suggestions:</b> Cottage cheese and fruit with vegetables.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil	8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602	Steak and Rice Season steak as desired and grill to your preference Cook rice, adding seasoning and chopped nuts.
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
7 Eggs, whole	7.00 P	Toasted egg sandwich with fruit.
1 cup Peaches, canned	2.00 C	rousied egg sandworr with huit.
2 slice Whole grain bread	4.00 C	
2 tsp Olive or monounsaturated oil	6.00 F	
	Calories:	
	574	
Snack - Meal Portions: P:5 C:3 F:3	Item	Preparation Suggestions:
	Portions	
1 cup Yogurt, plain, low fat	2.00 PC	Cottage Cheese, Grapes & Yogurt
3/4 cup Cottage cheese, light/low fat	3.00 P	Mix cottage cheese, yogurt, fruit and nuts. Add
1/2 cup Grapes	1.00 C	sweetener if desired and enjoy!
18 Peanuts	3.00 F	
	Calories:	
	329	
Snack - Meal Portions: P:4 C:3 F:3	Item Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
1 Orange	2.00 F	Blend all ingredients together, except nuts, and add
1 cup Raspberries	1.00 C	ice cubes until desired consistency is reached. If a
2/3 tsp Olive or monounsaturated oil	2.00 F	blender is not available mix protein powder with col
6 Peanuts	1.00 F	water and have remaining ingredients on the side.
	Calories:	Nuts on the side.
	301	
Mid Meal - Meal Portions: P:8 C:6 F: 6	Item	Preparation Suggestions:
	Portions	
8 oz Tuna, canned in water	8.00 P	Tuna Stuffed Pita & Fruit
2 whole Pita	4.00 C	Mix tuna & mayonnaise. Stuff in pita and enjoy. For
1 Pear	2.00 C	extra crunch add in a handful of chopped lettuce or
6 tsp Mayonnaise	6.00 F Calories:	bean sprouts. Have fruit for dessert.
	602	
	Item	
Dinner - Meal Portions: P:8 C:6 F:6	Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Chinese Sautéed Beef and Celery
5 cups Celery	2.50 C	
1 1/2 Kiwis	1.50 C	Saute the beef, beans and celery in a wok if you
1/3 cup Mandarin orange, canned	1.00 C	have one. Add chopped kiwi and orange, season
2 tsp Olive or monounsaturated oil	6.00 F	and enjoy.
1/4 cup Beans, mixed, various	1.00 PC	
	Calories:	
	602	
Snack - Meal Portions: P:4 C:3 F:3	Item	Preparation Suggestions:
1 our Cattage choose light/low fat	Portions 4.00 P	
<ol> <li>cup Cottage cheese, light/low fat</li> <li>1/2 cup Blueberries</li> </ol>	4.00 P 1.00 C	In a mixing bowl combine all ingredients and gently blend. Serve immediately.
1 Kiwi	1.00 C	
1/3 cup Mandarin orange, canned	1.00 C	
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	301	
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
		.VitalForceMulti.com

Particinas       Preparation Suggestions:         2 cups Yagourt, plain, low fat 2 lups Rapsberries       2.00 P         2 tups Rapsberries       2.00 P         2 tups Opurt, plain, low fat       4.00 P         2 rups Rapsberries       2.00 P         2 rups Rapsberries       2.00 P         1 angerine       Performs         1 rangerine       Performs         2 rups Rapsberries       2.00 P         1 tap Olive or monounsaturated oil       3.00 F         2 rups Rapsberries       2.00 P         2 rups rays Protein powder       4.00 P         1 tap Olive or monounsaturated oil       3.00 F         2 rup Rapsberries       2.00 C         2 rup Rapsberries       2.00 P         2 rup Rapsberries       2.00 C         2 rup Rapsberries       2.00 P         2 rup Rapsberries       2.00 C         3 rup Rups Protein powder       1.00 F         2 rup Rapsberries       2.00 C	Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
21 grams Protein powder       3.00 P         2 cups Raspberries       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Protions         1/2 cup Yogurt, plain, low fat       1.00 PC         2 grams Protein powder       4.00 P         1 tangerine       2.00 C         3 grams Protein powder       4.00 P         1 tangerine       2.00 C         3 grams Protein powder       4.00 P         1 tangerine       2.00 C         3 grams Protein powder       4.00 P         1 cup Raspberries       1.00 C         2 grams Protein powder       4.00 P         1 cup Raspberries       1.00 C         2 curs Chicken breast, skinless       1.00 F         3 curs Chicken breast, skinless       8.00 P         2 Granges       4.00 P         2 Granges       4.00 F         2 Granges       6.00 F         2 Granges       6.00 F         2 Granges       6.00 F         2 Granges       6.00 F         2 Granges       1.00 C <td>O sure Versut alsia laur fet</td> <td></td> <td></td>	O sure Versut alsia laur fet		
2 cips Raspberries       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Protein Shake         Parametric       2.00 C         2 signame Protein powder       4.00 P         1 Tangerine       2.00 C         3 Snack - Meal Portions: P:4 C:3 F:3       Protein Shake         Parametric       2.00 C         3 converse       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protein Shake with Fruit         Brange       2.00 C         2 grams Protein powder       4.00 P         1 Orange       2.00 C         2 drap Robustore or monounsaturated oil       2.00 C         2 drap Robustore or monounsaturated oil       2.00 C         2 dranges       1.00 C         2 Oranges       4.00 P         1 whole Pita       Calories:         3 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         2 Oranges       4.00 C         3 oup Rotein preast, skinless       8.00 P         8 oz Chicken breast, skinless       8.00 P         6 tap Mayonnaise       6.00 F         Calories:       602			
2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:5 C:3 F:3       Portions         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       4.00 P         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       329         Snack - Meal Portions: P:4 C:3 F:3       Protein Shake         28 grams Protein powder       4.00 P         1 tsp Olive or monounsaturated oil       7.00 FC         1 orange       2.00 C         1 orange       1.00 FC         1 oup Raspberries       1.00 C         2 Orange       1.00 F         2 Orange       1.00 F         2 Orange       1.00 F         2 Calories:       301         Mid Meal - Meal Portions: P:8 C:6 F: 6       Portions         Protein Shake writh Fruit       Biend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a biender is not available mix protein powder with colive are not have remaining ingredients on the side.         301       1.00 F         Kide Meal Portions: P:8 C:6 F:6       Portions         9 Cranges       4.00 C         3 cup Broccoli       1.00 C         1 whole Pita       6.00 F         6 calories:       600 F <td></td> <td></td> <td>ingredients. Enjoy!</td>			ingredients. Enjoy!
Strack - Meal Portions: P:5 C:3 F:3       Item       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat       1.00 PC       Protein Shake         1 Tangerine       2.00 C       Add wardened to create desired consistency. Enjoy!         1 tap Olive or monounsaturated oil       3.00 F         28 grams Protein powder       4.00 P         1 orange       2.00 C         28 grams Protein powder       4.00 P         1 Orange       2.00 C         28 grams Protein powder       4.00 P         1 Orange       2.00 C         2 grams Protein powder       4.00 P         2 Grampe       2.00 C         2 Grampe       2.00 C         2 Grampe       2.00 C         2 Grampe       2.00 C         3 Colivies:       2.00 C         2 Grange       1.00 C         3 Colivies:       Calories:         3 Colivies:       Calories:         3 Colivies:       Calories:         3 Colivies:       Sou Chicken Dreast, skinless         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         1 whole Pita       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602     <			
574         Snack - Meal Portions: P:5 C:3 F:3       Item Portions       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat 28 grams Protein powder       1.00 PC         1 tangerine       2.00 C         Add water to create desired consistency. Enjoy!         1 tangerine       2.00 C         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         28 grams Protein powder       4.00 P         1 cup Raspberries       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         1 cup Raspberries       1.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         1 org Raspberries       1.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         1 dup Raspberries       1.00 F         2/0 Preparation Suggestions:       Protein Snake with Fruit         1 dup Raspberries       1.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         6 breanuts       8.00 P         2 Oranges       4.00 C         6 tsp Mayonnaise       6.00 F         6 tsp Mayonnaise       6.00 F         1 cup Rice       3.00 C         3 cups Califiower       1.00 C         1 cup Rice       3.00 C <td< td=""><td>2 isp Olive or monourisaturated oli</td><td></td><td></td></td<>	2 isp Olive or monourisaturated oli		
Snack - Meal Portions: P:5 C:3 F:3       Item       Preparation Suggestions:         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       4.00 P         1 tagerine       2.00 C         329       300 F         Snack - Meal Portions: P:4 C:3 F:3       Portions         28 grams Protein powder       4.00 P         1 Orage       2.00 C         2 grams Protein powder       4.00 P         1 Orage       2.00 C         1 Orage       2.00 C         2 orage       1.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         6 Peanuts       1.00 F         Calories:       301         Mid Meal - Meal Portions: P:8 C:6 F: 6       Portions         9 oranges       4.00 C         2 Oranges       4.00 C         2 Oranges       4.00 C         2 Orages       2.00 C         1 cup Rice       3.00 C         8 oz Chicken breast, skinless       8.00 P         6 tsp Mayonnaise       6.00 F         B oz Chicken breast, skinless       8.00 C         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         1 cup Rice       3.00 C			
Shack - Meal Portions: P:5 C:3 F:3       Portions         1/2 cup Yogurt, plain, low fat       1.00 PC         28 grams Protein powder       1.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         28 grams Protein powder       2.00 C         28 grams Protein powder       3.00 F         28 grams Protein powder       4.00 P         1 cup Raspberries       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         2/3 tsp Olive or monounsaturated oil       2.00 F         301       Earlories:         Mid Meal - Meal Portions: P:8 C:6 F: 6       Protions         301       Item         9 cortices       8.00 P         2 oranges       4.00 P         2 oranges       4.00 C         2 oranges       4.00 F         2 oranges       6.00 F         Calories:       Grill and dice chicken breast. Nix with a little         1 whole Pita       2.00 C         6 tsp Mayonnaise       6.00 F         Calories:       Calories:         0 cup Erice       3.00 C         3 cup Broccoli       1.00 C         1 uxp Rice       8.00 P			
1/2 cup Yogurt, plain, low fat       1.00 PC       Protein Shake         28 grams Protein powder       4.00 P         1 tagerine       2.00 C         3.00 F       Calories:         329       Snack - Meal Portions: P:4 C:3 F:3         28 grams Protein powder       4.00 P         1 Orage       2.00 C         1 Orage       2.00 C         28 grams Protein powder       4.00 P         1 Orage       2.00 C         1 Orage       2.00 C         2 Orage       2.00 C         2 Orage       2.00 C         1 Orage       2.00 C         2 Oranges       1.00 C         2 Oranges       1.00 F         2 Oranges       1.00 F         2 Oranges       4.00 P         2 Oranges       4.00 P         2 Oranges       4.00 P         2 Oranges       6.00 P         3 Orions       6.00 P         3 Orions       8.00 P         3 Oranges       6.00 P         3 Oranges       8.00 P         4 upole Pita       6.00 F         6 tap Mayonnaise       8.00 P         6 tap Mayonnaise       8.00 P         3 cups Cuikfower       1.00 C </td <td>Snack - Meal Portions: P:5 C:3 F:3</td> <td></td> <td>Preparation Suggestions:</td>	Snack - Meal Portions: P:5 C:3 F:3		Preparation Suggestions:
28 grams Protein powder       4.00 P       Put all ingredients in blender over ice and blend.         1 tago Olive or monounsaturated oil       2.00 C         3.00 F       Calories:         329       Snack - Meal Portions: P:4 C:3 F:3         28 grams Protein powder       4.00 P         1 cup Raspberries       2.00 C         2.73 tsp Olive or monounsaturated oil       0.00 F         2.74 tsp Olive or monounsaturated oil       0.00 F         2.75 tsp Olive or monounsaturated oil       0.00 F         2.76 tsp Olive or monounsaturated oil       1.00 F         2.76 tsp Olive or monounsaturated oil       1.00 F         2.76 tsp Olive or monounsaturated oil       2.00 F         1 oup Raspberries       2.00 F         2.76 tsp Olive or monounsaturated oil       1.00 F         2.76 tsp Olive or monounsaturated oil       1.00 F         3.01       1.00 F         With Meal - Meal Portions: P:8 C:6 F:6       1.00 F         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         1 oup Rice       8.00 P         3 cup Biocooli       1.00 C         1 cup Rice Callifower       1.00 C         1 cup Rice Callifower       1.00 C         2 tsp Olive or monounsaturated oil	1/2 cup Yogurt, plain, low fat		Protein Shake
1 Tangerine       2.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Item         28 grams Protein powder       4.00 P         1 Orange       2.00 C         2.329       Protein Shake with Fruit         28 grams Protein powder       4.00 P         1 Orange       2.00 C         2.01 ye paspberries       2.00 C         2.03 tsp Olive or monounsaturated oil       0.00 F         6 Peanuts       1.00 F         Mid Meal - Meal Portions: P:8 C:6 F: 6       Item         9 Origons       6.00 F         2 Oranges       4.00 P         1 whole Pita       6.00 F         2 Oranges       4.00 C         2 Oranges       4.00 C         1 whole Pita       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       600 F         Calories:       602         0 Cranges       1.00 C         1 whole Pita       5.00 F         2 Cranges       3.00 C         1 cu			
1       tsp Ölive or monounsaturated oil       3.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         28 grams Protein powder       4.00 P         1       Orange       2.00 C         1       Orange       2.00 C         1       Dive or monounsaturated oil       2.00 C         6       Peanuts       100 P         203 tsp Ölive or monounsaturated oil       2.00 F         6       Peanuts       100 F         7       Calories:       Nuts on the side.         301       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         1 whole Pita       6.00 F         6 tsp Mayonnaise       6.00 F         Calories:       602         9 or Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         8 oz Chicken breast, skinless       1.00 C         1 cup Rice       1.00 C         2 cup Sicocoli       1.00 C         1 cup Rice       3.00 F         2 tsp Olive or monounsaturated oil       6.00 F <td></td> <td></td> <td></td>			
Calories: 329         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         28 grams Protein powder       4.00 P         1 Orange       2.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         6 Peanuts       2.00 F         Mid Meal - Meal Portions: P:8 C:6 F: 6       Portions 8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         2 Oranges       6.00 F         2 oranges       6.00 F         Calories:       6.00			
329         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         28 grams Protein powder       4.00 P         1 Orange       2.00 C         1 cup Raspberries       1.00 C         2/3 tsp Olive or monounsaturated oil       2.00 F         6 Peanuts       1.00 C         Mid Meal - Meal Portions: P:8 C:6 F: 6       Pretrain Suggestions:         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 F         1 whole Pita       2.00 C         6 tsp Mayonnaise       6.00 F         Calories:       6.00 F         6 ups Chicken breast, skinless       8.00 P         2 oranges       4.00 C         1 whole Pita       2.00 C         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         6 ups Caluiflower       1.00 C         1 cups Cauliflower       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories: <td></td> <td></td> <td></td>			
Shack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         28 grams Protein powder       4.00 P         1 orange       9.00 P         2/3 tsp Olive or monounsaturated oil       1.00 C         6 Peanuts       1.00 F         Mid Meal - Meal Portions: P:8 C:6 F:6       201 F         8 oz Chicken breast, skinless       2.00 F         2 Oranges       4.00 P         2 Oranges       4.00 F         2 Oranges       4.00 F         2 Oranges       4.00 F         2 Oranges       4.00 C         2 Oranges       4.00 C         6 tsp Mayonnaise       6.00 F         Bined Pritions       8.00 P         Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 cups Mik, low fat (1%)       2.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         1/2 cup Grapes			
28 grams Protein powder       4.00 P         1 cup Raspberries       2.00 C         2/3 tsp Olive or monounsaturated oil       1.00 C         6 Peanuts       2.00 F         Mid Meal - Meal Portions: P:8 C:6 F:6       Demonstration of the state of the sta	Snack - Meal Portions: P:4 C:3 F:3	-	Preparation Suggestions:
1       Örange       2.00 C       Blend all ingredients together, except nuts, and add ice cubes until desired consistency is reached. If a 2/3 tsp Olive or monounsaturated oil         2/3 tsp Olive or monounsaturated oil       2.00 F         6       Peanuts       2.00 F         Mid Meal - Meal Portions: P:8 C:6 F: 6       Person         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         1 whole Pita       6 tsp Mayonnaise         6 tsp Mayonnaise       6.00 F         Dinner - Meal Portions: P:8 C:6 F:6       Person         8 oz Chicken breast, skinless       8.00 P         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Person         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       2.00 F         2 cups Kilk, low fat (1%)       2.00 F         2 cups Milk, low fat (1%)       2.00 F         2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or m			
1 cup Raspberries       1.00 C         2/3 tsp Olive or monounsaturated oil       1.00 C         6 Peanuts       2.00 F         Mid Meal - Meal Portions: P:8 C:6 F: 6       Dimer - Meal Portions: P:8 C:6 F: 6         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         1 whole Pita       2.00 F         6 tsp Mayonnaise       6.00 F         Boz Chicken breast, skinless       2.00 C         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Portions         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       2.00 C         3 cups Broccoli       1.00 C         1 cup Rice       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         2 cups Milk, low fat (1%)       2.00 PC         1 tsp Olive or monounsaturated oil       6.00 F         2 cups Milk, low fat (1%)       2.00 PC         1 tsp Olive or monounsaturated oil       2.00 PC         1 tsp Olive or monounsaturated oil       2.00 F         1 tsp Olive or monounsaturated oil       2.00 F         2 cups Milk, low fat (1%)       2.00 F         1 tsp Olive or monounsaturated oil       2.0	•		
2/3 tsp Olive or monounsaturated oil       2.00 F       blender is not available mix protein powder with coluvater and have remaining ingredients on the side.         Mid Meal - Meal Portions: P:8 C:6 F: 6       Nuts on the side.       Nuts on the side.         8 oz Chicken breast, skinless       8.00 P       Preparation Suggestions:         2 Oranges       6.00 F       Grill and dice chicken breast. Mix with a little         1 whole Pita       6.00 F       Gold chicken breast. Mix with a little         6 tsp Mayonnaise       6.00 F       Calories:         602       Etem       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         1 whole Pita       6.00 F         Calories:       600 F         Calories:       600 F         Calories:       600 F         Calories:       600 C         3 cups Broccoli       1.00 C         1 vep Rice       3.00 C         3 cups Broccoli       1.00 C         1 /2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         901 we or monounsaturated oil       6.00 F         Calories:       602         901 we or monounsaturated oil       7.00 C         14			
6 Peanuts       1.00 F       water and have remaining ingredients on the side.         Mid Meal - Meal Portions: P:8 C:6 F: 6       Nuts on the side.       Nuts on the side.         8 oz Chicken breast, skinless       8.00 P       Freparation Suggestions:         1 whole Pita       6.00 F       Grill and dice chicken breast. Mix with a little         6 tsp Mayonnaise       6.00 F       Grill and top with a handful of lettuce.         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:       Chicken Direast. Mix with a little         8 oz Chicken breast, skinless       6.00 F       Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Pretrantion Suggestions:       Chicken Dinner         8 oz Chicken breast, skinless       8.00 P       Stocken lightly with oil, broil or grill chicken.         9 cups Broccoli       1.00 C       1.00 C       Brush chicken lightly with oil, broil or grill chicken.         1/2 cup Grapes       1.00 C       1.00 C       Mix oil with your spices of choice to add flavour.         6.00 F       Calories:       602       Preparation Suggestions:         9 cups Milk, low fat (1%)       1.00 C       1.00 C       1.00 C         1/2 cup Grapes       2.00 P       2.00 P       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 P       2.00			
Calories: 301       Nuts on the side.         Mid Meal - Meal Portions: P:8 C:6 F: 6       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         6 tsp Mayonnaise       6.00 F         Calories:       Grilled Chicken Pita         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:         0 cup Rice       3.00 P         3 cups Roccoli       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions         2 cups Milk, low fat (1%)       2.00 C         14 grams Protein powder       2.00 P         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       2.00 P         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       2.00 P         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         30.01       Soo F         30.01       Soo F         30.01       Soo F <td></td> <td></td> <td></td>			
301       301         Mid Meal - Meal Portions: P:8 C:6 F: 6       Item         Portions       8 oz Chicken breast, skinless       8.00 P         1 whole Pita       4.00 C       Grilled Chicken Pita         6 tsp Mayonnaise       6.00 F       Calories:         602       Calories:       602 F         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:       Cript and top with a handful of lettuce.         0 cap Rice       3.00 P       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Chicken Dinner       Brush chicken lightly with oil, broil or grill chicken.         3 cups Broccoli       1.00 C       1.00 C       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C       6.00 F       Calories:         602       1.00 C       6.00 F       Ealories:         602       1.00 C       6.00 F       Preparation Suggestions:       Chicken lightly with oil, broil or grill chicken.         1/2 cup Grapes       1.00 C       1.00 C       6.00 F       Calories:       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       1.00 C       1.00 C       1.00 C       1.00 C         1/2 cup Grapes       1.00 C       3.00 F	6 Peanuts		
Mid Meal - Meal Portions: P:8 C:6 F: 6       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       2 Oranges       4.00 C       Grilled Chicken Pita         1 whole Pita       2.00 C       Grill and dice chicken breast. Mix with a little         6 tsp Mayonnaise       2.00 C       Calories:         602       Bitter       Preparation Suggestions:         0 cranges       4.00 C       Grill and dice chicken breast. Mix with a little         6 tsp Mayonnaise       2.00 C       Calories:         602       Eatories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Item       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       State Sta			Nuts on the side.
Mid Meal - Meal Portions: P:8 C:6 F: 6       Portions         8 oz Chicken breast, skinless       8.00 P         2 Oranges       4.00 C         3 whole Pita       2.00 C         6 tsp Mayonnaise       6.00 F         Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Portions         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         1 cup Rice       3.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         602       Brush chicken lightly with oil, broil or grill chicken.         Mix oil with your spices of choice to add flavour.       Mix oil with your spices of choice to add flavour.         4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         1/2 cup Grapes       2.00 PC         1/2 cup Grapes       1.00 C         1/2 cup Grapes       2.00 PC         1/2 cup Grapes       3.0			
8 oz Chicken breast, skinless       8.00 P       Grilled Chicken Pita         2 Oranges       4.00 C       Grill and dice chicken breast. Mix with a little         1 whole Pita       6.00 F       Good P         6 tsp Mayonnaise       6.00 F       Calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Portions       Preparation Suggestions:       Chicken Dinner         8 oz Chicken breast, skinless       8.00 P       Aircent Portions       Preparation Suggestions:       Chicken Dinner         1 cup Rice       3.00 C       1.00 C       1.00 C       Mix oil with your spices of choice to add flavour.         4 cups Cauliflower       1.00 C       6.00 F       Calories:       602         2 tsp Olive or monounsaturated oil       6.00 F       Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       Protein Shake with Fruit         14 grams Protein powder       1.00 C       3.00 F       Not anal all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!         1/2 cup Grapes       1.00 C       3.00 F       1.00 C         1 tsp Olive or monounsaturated oil	Mid Meal - Meal Portions: P:8 C:6 F: 6		Preparation Suggestions:
2 Oranges       4.00 C         1 whole Pita       2.00 C         6 tsp Mayonnaise       2.00 C <b>Dinner - Meal Portions: P:8 C:6 F:6</b> Item         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1/2 cup Grapes       <	8 oz Chicken brezet, skinless		Grilled Chicken Pita
1 whole Pita       2.00 C       chopped onion and tomato if desired. Stuff mixture into pita and top with a handful of lettuce.         6 tsp Mayonnaise       6.00 F       calories:       602         Dinner - Meal Portions: P:8 C:6 F:6       Preparation Suggestions:       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Sush chicken lightly with oil, broil or grill chicken.         3 cups Broccoli       1.00 C       1.00 C         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         3 cups Brotein powder       3.00 F         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F </td <td></td> <td></td> <td></td>			
6 tsp Mayonnaise       6.00 F Calories: 602       into pita and top with a handful of lettuce.         Dinner - Meal Portions: P:8 C:6 F:6       Item Portions       Preparation Suggestions: Chicken Dinner         8 oz Chicken breast, skinless       8.00 P       State Portions         1 cup Rice       3.00 C       Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C       Calories: 602         2 tsp Olive or monounsaturated oil       6.00 F       Preparation Suggestions: Portions         2 cups Milk, low fat (1%)       2.00 P       Protein Shake with Fruit         14 grams Protein powder       2.00 P       Protein Shake with Fruit         1/2 cup Grapes       1.00 C       nutil desired consistency is reached. If a blender is not available mix protein powder with cold water         1/2 cup Grapes       1.00 C       and have remaining ingredients on the side. Enjoy!         3.00 F       Calories: 3.01       not available mix protein powder with cold water         1/2 cup Grapes       1.00 C       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         1 tsp Olive or monounsaturated oil       3.00 F       reman			
Calories: 602         Dinner - Meal Portions: P:8 C:6 F:6       Item Portions       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         1 cup Rice       3.00 C       Brush chicken lightly with oil, broil or grill chicken.         3 cups Broccoli       1.00 C       Mix oil with your spices of choice to add flavour.         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C       Calories:         602       1.00 C       Calories:         602       6.00 F       Calories:         602       Freparation Suggestions:       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 P       Protein Shake with Fruit         14 grams Protein powder       2.00 P       Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!         301       301       Sold Carries: 27       Fat: 27         Total Daily Portions: Protein: 36         * Remember to drink between 10 and 12 glasses of water per day. **			
Dinner - Meal Portions: P:8 C:6 F:6       Item Portions       Preparation Suggestions:         8 oz Chicken breast, skinless       8.00 P       3.00 C         1 cup Rice       3.00 C       1.00 C         3 cups Broccoli       1.00 C       1.00 C         4 cups Cauliflower       1.00 C       1.00 C         1/2 cup Grapes       1.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Snack - Meal Portions: P:4 C:3 F:3       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Total Daily Portions:       Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
Dinner - Meal Portions: P:8 C:6 F:6       Portions         8 oz Chicken breast, skinless       8.00 P         1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Preparation Suggestions:         Chicken Dinner       Bush chicken lightly with oil, broil or grill chicken.         Mix oil with your spices of choice to add flavour.       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Source File       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         3.00 F       1.00 C         3.00 F       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         301       1 tsp Olive or monounsaturated oil         301       1 tsp Olive or monounsaturated oil <t< th=""><th></th><th>602</th><th></th></t<>		602	
8 oz Chicken breast, skinless       8.00 P       Chicken Dinner         1 cup Rice       3.00 C       Brush chicken lightly with oil, broil or grill chicken.         3 cups Broccoli       1.00 C       Mix oil with your spices of choice to add flavour.         4 cups Cauliflower       1.00 C       Mix oil with your spices of choice to add flavour.         1/2 cup Grapes       1.00 C       6.00 F         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 P         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       3.00 F         3.00 F       Chicken binner         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       3.00 F         3.00 F       Chicken Dinner         1.00 C       3.00 F         1.00 C       1.00 C         1.00 C<	Dinner - Meal Portions: P:8 C:6 F:6	-	Preparation Suggestions:
1 cup Rice       3.00 C         3 cups Broccoli       1.00 C         4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Milk, low fat (1%)       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         3 00 F       1.00 C         3 00 F       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         3 00 F       1.00 C         3 00 F       1.00 C         3 00 F       1.00 C         3 01       and have remaining ingredients together and add ice cubes         3 01       and have remaining ingredients on the side. Enjoy!         3 01       301			
3 cups Broccoli       1.00 C         4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         1/2 sp Olive or monounsaturated oil       2.00 PC         Protein Shake with Fruit       Blend all ingredients together and add ice cubes         1/2 cup Grapes       1.00 C         1/2 sp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
4 cups Cauliflower       1.00 C         1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       301         Total Daily Portions:       Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
1/2 cup Grapes       1.00 C         2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         1/2 cup Grapes       2.00 P         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         1 tsp Olive or monounsaturated oil       3.01         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			Mix oil with your spices of choice to add flavour.
2 tsp Olive or monounsaturated oil       6.00 F         Calories:       602         Snack - Meal Portions: P:4 C:3 F:3       Item         2 cups Milk, low fat (1%)       2.00 PC         14 grams Protein powder       2.00 PC         1/2 cup Grapes       1.00 C         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       and have remaining ingredients on the side. Enjoy!         301       Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709			
Calories: 602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       Protein Shake with Fruit         14 grams Protein powder       2.00 PC       Protein Shake with Fruit         1/2 cup Grapes       1.00 C       until desired consistency is reached. If a blender is         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         Calories:       and have remaining ingredients on the side. Enjoy!       301         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
602         Snack - Meal Portions: P:4 C:3 F:3       Item Portions       Preparation Suggestions:         2 cups Milk, low fat (1%)       2.00 PC       Protein Shake with Fruit         14 grams Protein powder       2.00 PC       Protein Shake with Fruit         1/2 cup Grapes       1.00 C       until desired consistency is reached. If a blender is         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         Calories:       and have remaining ingredients on the side. Enjoy!         301       ** Remember to drink between 10 and 12 glasses of water per day. **	2 tsp Olive or monounsaturated oil		
Item       Preparation Suggestions:         2 cups Milk, low fat (1%)       14 grams Protein powder       2.00 PC       Protein Shake with Fruit         1/2 cup Grapes       1.00 C       1.00 C       until desired consistency is reached. If a blender is not available mix protein powder with cold water         1 tsp Olive or monounsaturated oil       3.00 F       calories:       and have remaining ingredients on the side. Enjoy!         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
Shack - Meal Portions: P:4 C:3 F:3       Portions         2 cups Milk, low fat (1%)       Portions         14 grams Protein powder       2.00 PC         1/2 cup Grapes       Portions         1 tsp Olive or monounsaturated oil       2.00 P         3.00 F       Intervention and the side of the si			
2 cups Milk, low fat (1%)       2.00 PC       Protein Shake with Fruit         14 grams Protein powder       2.00 P       Blend all ingredients together and add ice cubes         1/2 cup Grapes       1.00 C       until desired consistency is reached. If a blender is         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         and have remaining ingredients on the side. Enjoy!       301	Snack - Meal Portions: P:4 C:3 F:3		Preparation Suggestions:
14 grams Protein powder       2.00 P       Blend all ingredients together and add ice cubes         1/2 cup Grapes       1.00 C       until desired consistency is reached. If a blender is         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         2.00 P       and have remaining ingredients together and add ice cubes         1 tsp Olive or monounsaturated oil       3.00 F         Calories:       and have remaining ingredients on the side. Enjoy!         301       301	2 cups Milk low fat (1%)		Protein Shake with Fruit
1/2 cup Grapes       1.00 C       until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!         301       Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         1 tsp Olive or monounsaturated oil       3.00 F       not available mix protein powder with cold water         301       and have remaining ingredients on the side. Enjoy!         301       301         Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
Calories: 301       and have remaining ingredients on the side. Enjoy!         Total Daily Portions:       Protein: 36       Carbohydrates: 27       Fat: 27       Calories: 2709         ** Remember to drink between 10 and 12 glasses of water per day. **			
301 <b>Total Daily Portions:</b> Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709 ** Remember to drink between 10 and 12 glasses of water per day. **			
** Remember to drink between 10 and 12 glasses of water per day. **			

Put up a fight, be empov	vered and visi	t <u>www.empoweredMMA.com</u>
		www.EmpoweredMMA.com
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **
1 tsp Olive or monounsaturated oil	3.00 F Calories: 301	
21 grams Protein powder 1 1/2 cups Watermelon	3.00 P 2.00 C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%)	Item Portions 1.00 PC	Preparation Suggestions: Protein Shake
2 tsp Olive or monounsaturated oil	6.00 F Calories: 602	
12 oz Ground beef (< 10% fat) 2 cups Potato	8.00 P 6.00 C	Beef Patty Dinner Prepare a beef patty using your favorite spices.
Dinner - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 tbsp Guacamole	2.00 F Calories: 602	lettuce, celery or bean sprouts.
3 slice Whole grain bread 4 tsp Mayonnaise	6.00 C 4.00 F	Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped
Mid Meal - Meal Portions: P:8 C:6 F: 6 8 oz Tuna, canned in water	Portions 8.00 P	Preparation Suggestions: Tuna Sandwich
	Calories: 301	mix it all together, then eat the fruit on the side. Enjoy!
1 cup Strawberries 1 tsp Olive or monounsaturated oil	1.00 C 3.00 F	blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
21 grams Protein powder 1 cup Raspberries	3.00 P 1.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
Snack - Meal Portions: P:4 C:3 F:3 1/2 cup Yogurt, plain, low fat	Item Portions 1.00 PC	Preparation Suggestions: Protein Shake with Fruit
<ol> <li>Tangerine</li> <li>tsp Olive or monounsaturated oil</li> </ol>	2.00 C 3.00 F Calories: 329	Add water to create desired consistency. Enjoy!
1/2 cup Yogurt, plain, low fat 28 grams Protein powder	1.00 PC 4.00 P	Protein Shake Put all ingredients in blender over ice and blend.
Snack - Meal Portions: P:5 C:3 F:3	574 Item Portions	Preparation Suggestions:
2 cups Raspberries 2 tsp Olive or monounsaturated oil	2.00 C 6.00 F Calories:	together and enjoy.
1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold	7.00 P 4.00 C	A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients
Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:

Breakfast - Meal Portions: P:7 C:6 F:6	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>2 Kiwis</li> <li>2 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> </ul>	5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574	Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise	2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602	Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.
Snack - Meal Portions: P:5 C:3 F:3 1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329	<b>Preparation Suggestions:</b> 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:8 C:6 F: 6 8 oz Chicken breast, skinless 3 cups Broccoli 4 cups Cauliflower 1 cup Blueberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil 18 Peanuts 1 Kiwi	Item Portions 8.00 P 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602	<b>Preparation Suggestions:</b> Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> 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!
Snack - Meal Portions: P:4 C:3 F:3 2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder	Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy

Breakfast - Meal Portions: P:7 C:6 F:6	Item	Preparation Suggestions:
2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries	Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574	A simple, wholesome breakfast.
Mid Meal - Meal Portions: P:8 C:6 F:6	Item Portions	Preparation Suggestions:
<ul><li>8 oz Chicken breast, skinless</li><li>3 slice Whole grain bread</li><li>1 tsp Olive or monounsaturated oil</li><li>3 tsp Mayonnaise</li></ul>	8.00 P 6.00 C 3.00 F 3.00 F Calories: 602	Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast unti done. Slice the chicken and make a sandwich with it on toasted slices of bread. You can add a little lettuce for crunch if you like.
<ul> <li>Snack - Meal Portions: P:5 C:3 F:3</li> <li>35 grams Protein powder</li> <li>1/2 cup Blueberries</li> <li>1 cup Raspberries</li> <li>1 cup Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 5.00 P 1.00 C 1.00 C 3.00 F Calories: 329	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:8 C:6 F: 6 8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602	<b>Preparation Suggestions:</b> Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.
Snack - Meal Portions: P:4 C:3 F:3 6 oz Shrimp 1 cup Celery 2 cups Cucumber 1/2 cup Pineapple 1/3 cup Mandarin orange, canned 1 tsp Olive or monounsaturated oil	Item Portions 4.00 P .50 C 1.00 C 1.00 C 3.00 F Calories: 301	<b>Preparation Suggestions:</b> Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!
Snack - Meal Portions: P:4 C:3 F:3 1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301	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!
		drates: 27 Fat: 27 Calories: 2709 2 glasses of water per day. **

# Grocery List Total items required to meet meal requirements from day 1 to day 7

#### Protein

2 3/4 cups Cottage cheese, light/low fat 588 grams Protein powder 8 oz Tuna, canned in water 31 oz Beef, lean cuts 48 oz Chicken breast, skinless 5 oz Hard cheeses, light/low fat 12 oz Ground beef (< 10% fat) 4 oz Cheddar cheese, light/low fat 7 Eggs, whole 9 oz Chicken breast, deli stvle 6 oz Shrimp

5 cups Cereal, cold 8 cups Raspberries 4 1/2 cups Blueberries 1/3 cup Applesauce 2 Peaches 3 whole Pita 2 Pears 8 cups Celery 5 1/2 Kiwis 1 cup Mandarin orange, canned 1 Tangerine 2 cups Oatmeal 1 cup Mango 1 1/2 cups Watermelon 7 cups Strawberries 9 1/2 slice Whole grain bread 1/2 cup Tomato, puree 3 cups Carrots 6 1/3 cups Potato 2 Pickles 4 Crackers 1 1/2 cups Pineapple 3 slice Sourdough bread 1 1/2 cups Peaches, canned 3 Oranges 1 cup Corn, canned 1/2 cup Grapes 1 1/2 cups Broccoli 30 spears Asparagus 2 slice Rye bread 4 cups Cauliflower 1 1/3 cups Rice

Carbohydrates

2 cups Cucumber

#### Fats

50 1/3 tsp Olive or monounsaturated oil 22 tsp Mayonnaise 60 Peanuts Other

23 1/2 cups Milk, low fat (1%) 2 3/4 cups Yogurt, plain, low fat 1/4 cup Beans, mixed, various 3 cups Chicken noodle soup

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

#### Protein

588 grams Protein powder 9 oz Cheddar cheese, light/low fat 24 oz Chicken breast, skinless 3 1/4 cups Cottage cheese, light/low fat 40 oz Beef, lean cuts 18 oz Shrimp 8 oz Tuna, canned in water 9 oz Turkey breast, deli style 9 oz Chicken breast, deli style

#### Carbohydrates

7 cups Raspberries 1 Tangerine 1 1/2 cups Peaches, canned 2 2/3 cups Rice 13 1/2 cups Broccoli 12 cups Cauliflower 4 3/4 cups Grapes 3 cups Watermelon 2 1/2 cups Cereal, cold 2 Bananas 9 cups Strawberries 2 cups Pineapple 1 Peach 2 cups Mandarin orange, canned 2/3 cup Oatmeal 30 spears Asparagus 4 1/3 cups Potato 6 1/2 Kiwis 10 slice Whole grain bread 1 cup Pasta 1 cup Tomato sauce 6 cups Popcorn 2 1/2 cups Blueberries 2/3 cup Mango 1 Orange 2 slice Rye bread 1 cup Celery 2 cups Cucumber

#### Fats

43 2/3 tsp Olive or monounsaturated oil 108 Peanuts 23 tsp Mayonnaise 2 tsp Butter 5 tbsp Guacamole

#### Other

12 1/2 cups Yogurt, plain, low fat 19 cups Milk, low fat (1%) 4 cups Beef and vegetable soup

# Grocery List

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

#### Protein

588 grams Protein powder 64 oz Chicken breast, skinless 18 oz Shrimp 3 1/2 cups Cottage cheese, light/low fat 24 oz Beef, lean cuts 12 oz Ground beef (< 10% fat) 9 oz Chicken breast, deli style 2 oz Cheddar cheese, light/low fat

#### Carbohydrates

8 cups Cereal, cold 8 cups Strawberries 4 Oranges 9 cups Raspberries 3 slice Sourdough bread 1 cup Pasta 1 cup Tomato sauce 4 3/4 cups Grapes 2 Tangerines 10 slice Whole grain bread 2 cups Carrots 1 cup Corn, canned 2 1/2 cups Blueberries 7 1/2 cups Broccoli 6 1/3 cups Potato 4 1/2 Kiwis 2 Peaches 1/2 cup Peaches, canned 1 Banana 1 whole Pita 42 spears Asparagus 1 Pear 1 cup Mandarin orange, canned 2 slice Rye bread 4 cups Cauliflower 1 1/3 cups Rice 1 cup Celery 2 cups Cucumber

1/2 cup Pineapple

#### Fats

48 tsp Olive or monounsaturated oil 102 Peanuts 22 tsp Mayonnaise 3 tbsp Guacamole 1 tsp Butter Other

26 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat

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

#### Protein

14 Eggs, whole
539 grams Protein powder
24 oz Chicken breast, skinless
40 oz Beef, lean cuts
1 3/4 cups Cottage cheese, light/low fat
16 oz Tuna, canned in water
8 oz Cheddar cheese, light/low fat
18 oz Shrimp
18 oz Chicken breast, deli style

4 1/2 cups Peaches, canned 9 slice Whole grain bread 1 1/2 cups Watermelon 7 cups Strawberries 3 cups Pineapple 2 Oranges 3 whole Pita 7 cups Potato 1/3 Banana 1 cup Oatmeal 1 1/2 cups Blueberries 4 Peaches 3 1/4 cups Grapes 1/2 cup Tomato, puree 3 cups Celery 3 cups Carrots 2 cups Mango 1 cup Corn, canned 6 cups Popcorn 3 cups Cereal, cold 1 Pear 1 cup Pasta 1 cup Tomato sauce 48 spears Asparagus 6 cups Broccoli 1 Tangerine 4 slice Rye bread 5 1/2 Kiwis 1 cup Raspberries 2 cups Cucumber 1/3 cup Mandarin orange, canned

Carbohydrates

#### Fats

48 tsp Olive or monounsaturated oil 25 tsp Mayonnaise 54 Peanuts 2 tbsp Guacamole 1 tsp Butter

#### Other

8 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 4 cups Beef and vegetable soup

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# Grocery List

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

#### Protein

7 Eggs, whole 609 grams Protein powder 48 oz Chicken breast, skinless 4 cups Cottage cheese, light/low fat 5 oz Hard cheeses, light/low fat 13 oz Cheddar cheese, light/low fat 24 oz Beef, lean cuts 18 oz Chicken breast, deli style 6 oz Shrimp

2 1/2 cups Peaches, canned 4 slice Whole grain bread 4 1/2 cups Watermelon 4 Peaches 3 slice Sourdough bread 6 cups Carrots 3 cups Corn, canned 4 cups Cereal, cold 13 cups Strawberries 2 1/3 cups Mandarin orange, canned 1 1/3 cups Oatmeal 5 cups Raspberries 10 1/2 Kiwis 2 Pickles 4 Crackers 1 1/2 cups Pineapple 12 cups Cauliflower 3 1/3 cups Rice 3/4 cup Grapes 4 cups Blueberries 2 Oranges 1 whole Pita 1 Banana 1 Tangerine 4 slice Rye bread 4 1/2 cups Broccoli 6 cups Popcorn 1 1/3 cups Potato 18 spears Asparagus 1 cup Celery

Carbohydrates

#### 2 cups Cucumber

#### Fats

49 2/3 tsp Olive or monounsaturated oil 10 tsp Mayonnaise 126 Peanuts 1 tsp Butter

#### Other

5 cups Yogurt, plain, low fat 20 cups Milk, low fat (1%) 3 cups Chicken noodle soup

# Grocery List

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

#### Protein

588 grams Protein powder 9 oz Turkey breast, deli style 39 oz Beef, lean cuts 24 oz Chicken breast, skinless 7 Eggs, whole 5 oz Hard cheeses, light/low fat 8 oz Tuna, canned in water 4 oz Cheddar cheese, light/low fat 12 oz Ground beef (< 10% fat) 2 3/4 cups Cottage cheese, light/low fat 18 oz Shrimp

2 cups Oatmeal 1/3 cup Mango 1 1/2 cups Watermelon 5 cups Blueberries 14 slice Whole grain bread 6 cups Celery 3 1/2 Kiwis 1 cup Mandarin orange, canned 12 cups Raspberries 2/3 cup Applesauce 1 Banana 3 slice Sourdough bread 2 1/3 cups Rice 7 1/2 cups Broccoli 8 cups Cauliflower 1 cup Grapes 3 Tangerines 1 cup Peaches, canned 2 Pickles 4 Crackers 2 whole Pita 1 Pear 5 cups Potato 4 cups Strawberries 2 cups Cereal, cold 1 1/2 cups Pineapple 1 cup Pasta 1 cup Tomato sauce 30 spears Asparagus 2 cups Cucumber

Carbohydrates

#### Fats

44 2/3 tsp Olive or monounsaturated oil 24 tsp Mayonnaise 78 Peanuts 3 tbsp Guacamole 1 tsp Butter

#### Other

19 cups Milk, low fat (1%) 6 cups Yogurt, plain, low fat 1/4 cup Beans, mixed, various 6 cups Chicken noodle soup

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

Protein

# Carbohydrates

609 grams Protein powder 8 oz Tuna, canned in water 55 oz Beef, lean cuts 24 oz Chicken breast, skinless 5 oz Hard cheeses, light/low fat 9 oz Turkey breast, deli style 3 1/2 cups Cottage cheese, light/low fat 9 oz Chicken breast, deli style 6 oz Shrimp

10 cups Raspberries 13 cups Strawberries 1 1/2 cups Peaches, canned 2 whole Pita 2 Pears 10 cups Celery 3 1/2 Kiwis 2 1/3 cups Mandarin orange, canned 1 2/3 cups Mango 13 slice Whole grain bread 3 cups Blueberries 4 cups Grapes 1 cup Tomato, puree 2 cups Carrots 5 1/3 cups Potato 1/3 Banana 2 Pickles 4 Crackers 2 cups Pineapple 8 cups Cauliflower 3 cups Rice 1 Peach 1 1/3 cups Oatmeal 1 1/2 cups Broccoli 30 spears Asparagus 2 slice Rye bread 2 cups Cucumber

Fats

51 tsp Olive or monounsaturated oil 28 tsp Mayonnaise 48 Peanuts Other

12 1/2 cups Yogurt, plain, low fat 17 cups Milk, low fat (1%) 1/4 cup Beans, mixed, various

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

Protein

609 grams Protein powder 2 oz Cheddar cheese, light/low fat 31 oz Beef, lean cuts 5 cups Cottage cheese, light/low fat 7 Eggs, whole 16 oz Tuna, canned in water 32 oz Chicken breast, skinless 12 oz Ground beef (< 10% fat) 9 oz Chicken breast, deli style 6 oz Shrimp

# Carbohydrates

3 1/2 cups Cereal, cold 8 cups Strawberries 3 cups Blueberries 1/3 cup Applesauce 6 Oranges 15 cups Raspberries 5 1/3 cups Potato 1/3 Banana 10 1/2 Kiwis 2 cups Oatmeal 3 cups Watermelon 1 Peach 2 cups Mandarin orange, canned 12 cups Cauliflower 2 2/3 cups Rice 1 cup Peaches, canned 8 slice Whole grain bread 1 1/2 cups Grapes 3 whole Pita 1 Pear 6 cups Celery 2 Tangerines 7 1/2 cups Broccoli 2 slice Rye bread 18 spears Asparagus 2 cups Cucumber 1/2 cup Pineapple

#### Fats

46 2/3 tsp Olive or monounsaturated oil 96 Peanuts 25 tsp Mayonnaise 2 tbsp Guacamole Other

15 1/2 cups Milk, low fat (1%) 8 1/4 cups Yogurt, plain, low fat 3 cups Chicken noodle soup 1/4 cup Beans, mixed, various

# **2999 Calorie Meal Plans**

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive or monounsaturated oil 1 tbsp Barley 2 tbsp Almonds, slivered	Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647	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 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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise	Item Portions 4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5 1 cup Neufchatel cheese, light/low fat 8 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1/2 cup Onions</li> <li>1 cup Jalapeno peppers</li> <li>1/2 cup Salsa</li> <li>3 cups Tomatoes</li> <li>1 1/2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 1.00 C .50 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> 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:8 C:8 F:5 1 cup Goat cheese, light/low fat 8 oz Tofu 1 1/3 cups Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise	Item Portions 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories: 647	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: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>2 cups Tomatoes</li> <li>1 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 2.00 C 5.00 F Calories: 647	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
<b>Snack - Meal Portions: P:4 C:4 F:3</b> 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	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creatine and BCAA's</li> </ul>
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 6 oz Feta cheese, light/low fat 1 cup Won ton soup 2/3 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647	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:8 C:8 F:5 1 cup Neufchatel cheese, light/low fat 8 oz Tofu 2 cups Mushrooms 1 cup Onions 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 P 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>5 tbsp Almonds, slivered</li> <li>3 oz Cheddar cheese, light/low fat</li> </ul>	3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647	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	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:8 C:8 F:5 1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 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!
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		2 giasses UI Waler per Uay.

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1 1/2 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647	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:8 C:8 F: 5 3/4 cup Neufchatel cheese, light/low fat 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 1 cup Egg drop soup 1 Banana 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 8 oz Tofu 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 P 1.00 C 1.00 C 2.00 C 4.00 C 5.00 F Calories: 647	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 4.00 P	Preparation Suggestions: Cheese, Applesauce & Peanuts

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 Eggs, whole</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>3 1/2 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 PC .50 C 2.00 C .25 C 2.00 C 2.33 C 5.00 F Calories: 647	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	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creatine and BCAA's</li> </ul>
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 cup Milk, low fat (1%) 1 1/2 cups Yogurt, plain, low fat 2 cups Chili, canned 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647	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:8 C:8 F:5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 6.00 P .67 C 2.00 C 4.00 C .50 C 1.00 C 5.00 F Calories: 647	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 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Onions</li> <li>1/2 cup Tomato, puree</li> <li>2 cups Celery</li> <li>1 1/4 cups Pasta</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>8 oz Soy, ground</li> </ul>	1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 patty Soy burger</li> <li>2 Peppers (bell or cubanelle)</li> <li>1/4 cup Baked beans</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>2 cups Potato</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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 PC 1.00 C 1.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
	: 38 Carbohyd	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		vlicSurgeProgram.com

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	8.00 P 6.00 C 5.00 F 2.00 C Calories: 647	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: 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:8 C:8 F: 5 1 1/2 cups Won ton soup 2 whole Pita 2/3 tsp Olive or monounsaturated oil 4 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647	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:8 C:8 F:5 1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground Snack - Meal Portions: P:4 C:4 F:3	Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647 Item Portions	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 Preparation Suggestions:
4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts	Portions 4.00 P 4.00 C 3.00 F Calories: 337	Cheese, Applesauce & Peanuts Enjoy this quick snack.
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Eggs, whole</li> <li>4 oz Cheese, low or non fat</li> <li>2/3 cup Mandarin orange, canned</li> <li>2 cups Fruit juice</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
6 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> 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!
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Egg whites</li> <li>6 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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: 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:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>2 oz Feta cheese, light/low fat</li> <li>12 oz Tofu</li> <li>1 cup Celery</li> <li>1/2 cup Cucumber</li> <li>1/2 Pepper (bell or cubanelle)</li> <li>1 1/2 cups Tomatoes</li> <li>1 cup Grapes</li> <li>2 whole Pita</li> <li>1 tsp Olive or monounsaturated oil</li> <li>12 Peanuts</li> </ul>	2.00 P 6.00 P .50 C .13 C .25 C 1.00 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Neufchatel cheese, light/low fat</li> <li>oz Tofu</li> <li>cups Eggplant</li> <li>cups Celery</li> <li>Peppers (bell or cubanelle)</li> <li>1/2 cups Tomatoes</li> <li>cup Rice</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ol>	4.00 P 4.00 P 2.00 C 1.00 C 1.00 C 3.00 C 5.00 F Calories: 647	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:
4 oz Cheese, low or non fat 1 Apple 18 Peanuts	4.00 P 2.00 C 3.00 F	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	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:8 C:8 F:5 1/2 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 1/4 cups Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5 8 Egg whites 1 cup Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647	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 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!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1 tbsp Barley</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1/2 tbsp Barley</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 4 oz Cheese, low or non fat 8 oz Tofu 1 1/3 cups Fruit juice 2 slice Whole grain bread 12 Peanuts 3 tsp Mayonnaise	Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 6 oz Tofu 1/4 cup Onions 1 Pepper (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)	Item Portions 4.00 P 3.00 P .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647	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 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creating and BCAA's</li> </ul>
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:8 C:8 F: 5	Item Portions	Preparation Suggestions:
1 1/2 cups Egg substitute 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Goat cheese, light/low fat	6.00 P 8.00 C 5.00 F 2.00 P Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Tofu</li> <li>1 1/2 cups Cabbage</li> <li>2 cups Mushrooms</li> <li>1 cup Zucchini</li> <li>2 cups Bean sprouts</li> <li>1 1/2 Peppers (bell or cubanelle)</li> <li>1 cup Pasta</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1/2 cup Neufchatel cheese, light/low fat</li> </ul>	6.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F 2.00 P Calories: 647	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: Protei ** Remember to drink be	in: 38 Carbohyc	Irates: 38 Fat: 21 Calories: 2999

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>3 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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:8 C:8 F:5 1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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 shak up the remaining ingredients in a closed container t mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5 2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 1/2 cups Won ton soup 2 whole Pita 2/3 tsp Olive or monounsaturated oil 4 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 8 oz Tofu 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:4 C:4 F:3	Item Portions 4.00 P 4.00 P 1.00 C 1.00 C 2.00 C 4.00 C 5.00 F Calories: 647 Item	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 Preparation Suggestions:
2 cups Yogurt, plain, low fat 9 Almonds, whole	Portions 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!
		drates: 38 Fat: 21 Calories: 2999
"" Remember to drink bei	ween 10 and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:		
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	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 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:		
<ul> <li>1/2 cup Onions</li> <li>1/2 cup Tomato, puree</li> <li>2 cups Celery</li> <li>1 1/4 cups Pasta</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>8 oz Soy, ground</li> </ul>	1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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 goodness I hate tofu.		
Dinner - Meal Portions: P:8 C:8 F:5 4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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!		
<b>Total Daily Portions:</b> Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999 ** Remember to drink between 10 and 12 glasses of water per day. **				
Today's checklist: 1.Eat 2.Train 3.Grow <u>www.EmpoweredNutrition.com</u> <b>Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula</b> <u>www.empowerednutrition.com</u>				

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Eggs, whole</li> <li>4 oz Cheese, low or non fat</li> <li>2/3 cup Mandarin orange, canned</li> <li>2 cups Fruit juice</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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	Item Portions	Preparation Suggestions:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1/2 tbsp Barley</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	2.00 PC 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:8 C:8 F: 5 1 1/2 cups Egg substitute 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Goat cheese, light/low fat	Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647	Preparation Suggestions: 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:8 C:8 F:5 8 Egg whites 1 cup Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647	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 tsj 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
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	and enjoy! Preparation Suggestions: Cheese, Applesauce & Peanuts Enjoy this quick snack.

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1 tbsp Barley</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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:8 C:8 F:5 1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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:
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 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Tofu</li> <li>1 1/2 cups Cabbage</li> <li>2 cups Mushrooms</li> <li>1 cup Zucchini</li> <li>2 cups Bean sprouts</li> <li>1 1/2 Peppers (bell or cubanelle)</li> <li>1 cup Pasta</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1/2 cup Neufchatel cheese, light/low fat</li> </ul>	6.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F 2.00 P Calories: 647	Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if yo 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 powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 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!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creating and BCAA's</li> </ul>
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:8 C:8 F: 5 6 oz Feta cheese, light/low fat 1 cup Won ton soup 2/3 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647	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:8 C:8 F:5 2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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 Apple 18 Peanuts 2 Rice cakes	Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!
	n: 38 Carbohyd	latates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>7 Eggs, whole</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>3 1/2 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 7.00 P 1.00 PC .50 C 2.00 C 2.50 C 2.00 C 2.33 C 5.00 F Calories: 647	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	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creating and BCAA's</li> </ul>
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 1/2 cups Won ton soup 2 whole Pita 2/3 tsp Olive or monounsaturated oil 4 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647	Preparation Suggestions: A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B
<ul> <li>Dinner - Meal Portions: P:8 C:8 F:5</li> <li>1 cup Neufchatel cheese, light/low fat</li> <li>8 oz Tofu</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>1 1/2 cups Tomatoes</li> <li>1 1/3 cups Rice</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 4.00 P 4.00 P 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F Calories: 647	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 2 cups Yogurt, plain, low fat 9 Almonds, whole	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Egg whites</li> <li>6 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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:8 C:8 F:5 1/2 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 1/4 cups Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5 8 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	8.00 P 6.00 C 5.00 F 2.00 C Calories: 647	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
<ul> <li>Snack - Meal Portions: P:4 C:4 F:3</li> <li>28 grams Protein powder</li> <li>1 tbsp Barley</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 1/2 cups Egg substitute 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Goat cheese, light/low fat	Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647	Preparation Suggestions: 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:8 C:8 F:5 2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>2 cups Tomatoes</li> <li>1 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 2.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5 1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	<b>Preparation Suggestions:</b> 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:8 C:8 F:5 4 oz Feta cheese, light/low fat 8 oz Tofu 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 P 1.00 C 2.00 C 4.00 C 5.00 F Calories: 647	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 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: 38 Fat: 21 Calories: 2999

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Egg whites</li> <li>6 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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	Item Portions	Preparation Suggestions:
<ul><li>2 cups Fruit juice</li><li>42 grams Protein powder</li></ul>	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:8 C:8 F: 5	Item Portions	Preparation Suggestions:
1 1/2 cups Won ton soup 2 whole Pita 2/3 tsp Olive or monounsaturated oil 4 oz Feta cheese, light/low fat 1 cup Milk, low fat (1%)	3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647	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:8 C:8 F:5 8 Egg whites 1 cup Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647	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:
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!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1 tbsp Barley</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Neufchatel cheese, light/low fat</li> <li>oz Tofu</li> <li>cups Eggplant</li> <li>cups Celery</li> <li>Peppers (bell or cubanelle)</li> <li>1/2 cups Tomatoes</li> <li>cup Rice</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ol>	4.00 P 4.00 P 2.00 C 1.00 C 1.00 C 3.00 C 5.00 F Calories: 647	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute a 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	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 4 oz Cheese, low or non fat 8 oz Tofu 1 1/3 cups Fruit juice 2 slice Whole grain bread 12 Peanuts 3 tsp Mayonnaise	Item Portions 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 6 oz Tofu 1/4 cup Onions 1 Pepper (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)	Item Portions 4.00 P 3.00 P .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647	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 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1 1/2 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647	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%)	Item Portions 2.00 P 2.00 PC	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs
1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil	1.00 C 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 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:8 C:8 F: 5 1 1/2 cups Egg substitute 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Goat cheese, light/low fat	Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647	Preparation Suggestions: 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:8 C:8 F:5 8 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647	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 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.
	in: 38 Carbohyc	drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>4 Eggs, whole</li> <li>4 oz Cheese, low or non fat</li> <li>2/3 cup Mandarin orange, canned</li> <li>2 cups Fruit juice</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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	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:8 C:8 F:5 6 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647	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	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	2.00 P 6.00 P .67 C 2.00 C 4.00 C .06 C .50 C 1.00 C 5.00 F Calories: 647	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	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 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!

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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>5 tbsp Almonds, slivered</li> <li>3 oz Cheddar cheese, light/low fat</li> </ul>	Portions 3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647	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:8 C:8 F: 5 1 cup Milk, low fat (1%) 1 1/2 cups Yogurt, plain, low fat 2 cups Chili, canned 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647	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:8 C:8 F:5 2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.
		rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Is the Force withi	n you? + <u>www</u>	. <u>VitalForceMulti.com</u>

Breakfast - Meal Portions: P:8 C:8 F:5	Item	Proparation Suggestions:
21 grams Protein powder	Portions 3.00 P	Preparation Suggestions: A healthy breakfast with plenty of fibre. Enjoy the
2 cups Milk, low fat (1%)	2.00 PC	cheese on the side. You can add the nuts to your
1 tbsp Barley	2.00 C	cereal for a bit of crunch!
2 cups Bran cereal, all varieties	4.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
5 tbsp Almonds, slivered	5.00 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:	
	647	
Snack - Meal Portions: P:4 C:4 F:3	Item	Preparation Suggestions:
1 our Cattage abages light/low fat	Portions 4.00 P	
1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail	4.00 P 4.00 C	Another great, on-the-go snack!
18 Peanuts	4.00 C 3.00 F	
To Teanuts	Calories:	
	337	
Mid Meal - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
6 oz Cheese, low or non fat	6.00 P	Tomato Cucumber Salad
2 cups Milk, low fat (1%)	2.00 PC	Mix ingredients with 1 clove of minced garlic and 1/
1 cup Cucumber 1 Tomato	.25 C .50 C	tbsp of chopped fresh basil leaves. Add balsamic
1 Apple	.50 C 2.00 C	vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 1/2 whole Pita	2.00 C 3.00 C	Digestive Enzymes, Omega 3 capsules & Vitamin B
1 2/3 tsp Olive or monounsaturated oil	5.00 F	Digestive Enzymes, Omega 5 capsules & vitamin D
	Calories:	
	647	
Snack - Meal Portions: P:6 C:6 F: 0	Item	Preparation Suggestions:
O evere Mills leve fet (10()	Portions	
2 cups Milk, low fat (1%) 28 grams Protein powder	2.00 PC 4.00 P	Protein Shake with Fruit Put all ingredients in a blender over ice and blend,
1 cup Oatmeal	3.00 C	adding water to create desired consistency. If a
1 cup Strawberries	1.00 C	blender is not available, set aside the fruit and shak
	Calories:	up the remaining ingredients in a closed container t
	384	mix it all together, then eat the fruit on the side.
		Enjoy!
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Neufchatel cheese, light/low fat	4.00 P	Tofu and Vegetable Stirfry
8 oz Tofu	4.00 P	Lightly saute the vegetables and tofu, in a wok if yo
1 1/2 cups Cabbage	.50 C	have one. Season to taste. Enjoy!
2 cups Mushrooms	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi
1 cup Zucchini	.50 C	Vitamin, Digestive Enzymes & Omega 3 capsules
2 cups Bean sprouts	1.33 C	
1 1/2 Peppers (bell or cubanelle)	.75 C	
1 1/3 cups Rice	4.00 C	
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647 Item	
		Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F:3	Portions	
Snack - Meal Portions: P:4 C:4 F:3 14 grams Protein powder	2.00 P	Protein Shake
14 grams Protein powder 2 cups Milk, low fat (1%)		Put all ingredients in a blender over ice and blend,
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned	2.00 P 2.00 PC 2.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
2 cups Milk, low fat (1%)	2.00 P 2.00 PC 2.00 C 3.00 F	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
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned	2.00 P 2.00 PC 2.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	8.00 P 6.00 C 5.00 F 2.00 C Calories: 647	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 cup Milk, low fat (1%) 1 1/2 cups Yogurt, plain, low fat 2 cups Chili, canned 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647	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:8 C:8 F:5 12 oz Tofu 1 1/2 cups Cabbage 2 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1 1/2 Peppers (bell or cubanelle) 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Neufchatel cheese, light/low fat	Item Portions 6.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F 2.00 P Calories: 647	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	<b>Preparation Suggestions:</b> Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!
		rates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>3 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Onions</li> <li>1/2 cup Tomato, puree</li> <li>2 cups Celery</li> <li>1 1/4 cups Pasta</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>8 oz Soy, ground</li> </ul>	1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5 1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647	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	Item	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Portions 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: 38 ** Remember to drink betwee		
Vince Reveals His No Non Sense Muscle Buildin		· · ·
	3	

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1 1/2 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647	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:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1/2 tbsp Barley</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	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: Creatine and BCAA's
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5	Item Portions	Preparation Suggestions:
<ul> <li>3/4 cup Neufchatel cheese, light/low fat</li> <li>1 cup Milk, low fat (1%)</li> <li>1 cup Yogurt, plain, low fat</li> <li>1 cup Egg drop soup</li> <li>1 Banana</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 6 oz Tofu 1/4 cup Onions 1 Pepper (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)	Item Portions 4.00 P 3.00 P .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647	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:
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: 337	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1 1/2 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647	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 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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise	Item Portions 4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 6 oz Tofu 1/4 cup Onions 1 Pepper (bell or cubanelle) 1 cup Salsa 2 whole Pita 1 2/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%)	Item Portions 4.00 P 3.00 P .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647	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
<b>Snack - Meal Portions: P:4 C:4 F:3</b> 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	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	2.00 P 6.00 P .67 C 2.00 C 4.00 C .06 C .50 C 1.00 C 5.00 F Calories: 647	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	Item Portions	Preparation Suggestions:
14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 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!
		Irates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 tbsp Barley</li> <li>2 tbsp Almonds, slivered</li> </ul>	8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 6.00 P 6.00 C Calories: 384	and 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
Mid Meal - Meal Portions: P:8 C:8 F: 5 1 1/2 cups Egg substitute 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 1/2 cup Goat cheese, light/low fat	Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647	Preparation Suggestions: 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:8 C:8 F:5 2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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	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: Protei ** Remember to drink be	n: 38 Carbohyc	Irates: 38 Fat: 21 Calories: 2999

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/4 cups Cottage cheese, light/low fat</li> <li>21 grams Protein powder</li> <li>1 cup Strawberries</li> <li>1 1/2 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647	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:8 C:8 F:5 1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5 4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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 Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	Item Portions 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		lrates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
		mpoweredNutrition.com

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>1 1/2 cups Cottage cheese, light/low fat</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1 tbsp Barley</li> <li>1 1/2 cups Bran cereal, all varieties</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ol>	6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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:
<ul><li>28 grams Protein powder</li><li>1 tbsp Barley</li><li>2 cups Strawberries</li><li>1 tsp Olive or monounsaturated oil</li></ul>	4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	<ul> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creating and BCAA's</li> </ul>
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 1/2 cups Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive or monounsaturated oil 12 Peanuts	Item Portions 2.00 P 6.00 P .50 C .13 C .25 C 1.00 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647	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:8 C:8 F:5 1 cup Neufchatel cheese, light/low fat 8 oz Tofu 3 cups Eggplant 2 cups Celery 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 2.00 C 1.00 C 1.00 C 1.00 C 3.00 C 5.00 F Calories: 647	Preparation Suggestions: Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute a 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

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Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
<ul> <li>7 Eggs, whole</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>3 1/2 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 7.00 P 1.00 PC .50 C 2.00 C .25 C 2.00 C 2.33 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1/2 cup Onions 1 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	Item Portions 2.00 P 6.00 P .67 C 2.00 C 4.00 C .06 C .50 C 1.00 C 5.00 F Calories: 647	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 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:	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 tbsp Barley</li> <li>2 tbsp Almonds, slivered</li> </ul>	8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647	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 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:8 C:8 F: 5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 1/2 cups Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive or monounsaturated oil 12 Peanuts	Item Portions 2.00 P 6.00 P .50 C .13 C .25 C 1.00 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647	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:8 C:8 F:5 1 cup Chickpeas 1/4 cup Kidney beans 1/2 cup Onions 1 1/2 cups Tomatoes 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 4.00 C 1.00 C 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647	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 Apple 18 Peanuts	Item Portions 4.00 P 2.00 C 3.00 F	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>7 Eggs, whole</li> <li>1/2 cup Yogurt, plain, low fat</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>3 1/2 cups Tomatoes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 1.00 PC .50 C 2.00 C .25 C 2.00 C 2.33 C 5.00 F Calories: 647	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	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
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 1 cup Milk, low fat (1%) 1 1/2 cups Yogurt, plain, low fat 2 cups Chili, canned 1/3 tsp Olive or monounsaturated oil	Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647	Preparation Suggestions: A bowl of veggie chili and a glass of milk with yogur 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:8 C:8 F:5 8 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647	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 1/3 cups Applesauce 18 Peanuts	Item Portions 4.00 P 4.00 C 3.00 F Calories: 337	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Egg whites</li> <li>6 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Goat cheese, light/low fat</li> <li>oz Tofu</li> <li>1/3 cups Fruit cocktail</li> <li>slice Whole grain bread</li> <li>tsp Mayonnaise</li> </ol>	4.00 P 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647	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:
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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Neufchatel cheese, light/low fat</li> <li>oz Tofu</li> <li>cups Eggplant</li> <li>cups Celery</li> <li>Peppers (bell or cubanelle)</li> <li>1/2 cups Tomatoes</li> <li>cup Rice</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ol>	4.00 P 4.00 P 2.00 C 1.00 C 1.00 C 1.00 C 3.00 C 5.00 F Calories: 647	Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute a 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	Item Portions 2.00 P	<b>Preparation Suggestions:</b> Protein Shake
2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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 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:8 C:8 F: 5 3/4 cup Neufchatel cheese, light/low fat 1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 1 cup Egg drop soup 1 Banana 1 tsp Olive or monounsaturated oil	Item Portions 3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Neufchatel cheese, light/low fat</li> <li>oz Tofu</li> <li>cups Mushrooms</li> <li>cup Onions</li> <li>1/2 cups Tomatoes</li> <li>1/3 cups Rice</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ol>	4.00 P 4.00 P 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1/2 cup Onions</li> <li>1 cup Jalapeno peppers</li> <li>1/2 cup Salsa</li> <li>3 cups Tomatoes</li> <li>1 1/2 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 1.00 C .50 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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 goodness I hate tofu.
Dinner - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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:
<ul> <li>14 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>1/3 cup Oatmeal</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	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!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>2 cups Tomatoes</li> <li>1 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 2.00 C 5.00 F Calories: 647	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 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 PC 1.00 C 1.00 C 3.00 F Calories: 337	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creatine and BCAA's</li> </ul>
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 1/2 cups Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive or monounsaturated oil 12 Peanuts	Item Portions 2.00 P 6.00 P .50 C .13 C .25 C 1.00 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647	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:8 C:8 F:5 4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> 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	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.

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	Preparation Suggestions:
Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647	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
Item	Preparation Suggestions:
4.00 P 4.00 C 3.00 F Calories: 337	Another great, on-the-go snack!
Item Portions 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	<b>Preparation Suggestions:</b> 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	<b>Preparation Suggestions:</b> 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 1.00 C 5.00 C 5.00 F Calories: 647	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:
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!
	4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647 Item Portions 4.00 P 4.00 C 3.00 F Calories: 337 Item Portions 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647 Item Portions 2.00 PC 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647 Item Portions 2.00 PC 1.00 C 1.00 C 5.00 F 8.00 P Calories: 647 Item Portions 2.00 PC 1.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647 Item Portions 2.00 PC 1.00 C 1.00 C 1

2 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 2 cups Bran cereal, all varieties 2 cups Bran cereal, all varieties 2 cups Branewers       800 P 4.00 C 3.00 F       A healthy breakfast with fibre and fruit. This meal is perfectify balanced! Just mix all the ingredients with train Digestive Enzymes, 1 gram of Vlamin C, 400 IU Vitamin, Digestive Enzymes, 1 gram of Vlamin C, 400 IU Vitamin, Digestive Enzymes, 1 gram of Vlamin C, 400 IU Vitamin, Digestive Enzymes, 1 gram of Vlamin C, 400 IU Vitamin E, Omega 3 capsules         2 mass Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil       Herm Portions 4.00 P 2.00 C 2.00 F       PRE - Protein Shake + Energy Sustaining Growth Calories: 300 F         3 mass Protein powder 2 cups Fuit, juice 42 grams Protein powder       Net Portions 6.00 C 6.00 C 7.00 F 7.00 F 7.0	Breakfast - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
Snack - Meal Portions: P:4 C:4 F:3       Portions         28 grams Protein powder       4.00 P         1 tbsp Barley       2.00 C         2 cups Strawberries       3.00 F         1 tsp Olive or monounsaturated oil       3.00 F         2 cups Strawberries       9.01 F         1 cup Milk, low fat (1%)       1.02 F         1 cup Milk, low fat (1%)       1.00 F         1 cup Milk, low fat (1%)       1.00 F         2 cups Schill, canned       1.00 F         1 cup Milk, low fat (1%)       1.00 F         2 cups Chill, canned       1.00 F      <	<ul> <li>2 cups Cottage cheese, light/low fat</li> <li>2 cups Bran cereal, all varieties</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> <li>1 tbsp Barley</li> </ul>	4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories:	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
Snack - Meal Portions: P:6 C:6 F:0       Portions         2 cups Fruit juice       Portions         42 grams Protein powder       6.00 C         42 grams Protein powder       6.00 P         84       Portions:         934       Portions:         94       Protein Shake         95       Portions:         94       Protein Shake         95       Portions:         94       Protein Shake         95       Portions:         94       Proparation Suggestions:         95       Proparation Suggestions:         96       Portions:         97       Preparation Suggestions:         96       Proparation Suggestions:         97       Proparation Suggestions:         96       Portions         96       Portions         97       Preparation Suggestions:         90       Proparation Suggestions:         100       Pointions         97	28 grams Protein powder 1 tbsp Barley 2 cups Strawberries	Portions 4.00 P 2.00 C 2.00 C 3.00 F 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: Creatine
Mid Meal - Meal Portions: P:8 C:8 F: 5       Portions         1 cup Milk, low fat (1%)       1.00 PC         1 /2 cups Yogurt, plain, low fat       3.00 PC         2 cups Chili, canned       4.00 A         1/3 tsp Olive or monounsaturated oil       1.00 PC         647       receive for desert: it doesn't get much easier to prepare that that!         Dinner - Meal Portions: P:8 C:8 F:5       Calories:         647       Item         1 cup Mushrooms       8.00 P         1 cup Onions       5.00 C         1 cup Onions       2.00 C         1 cup Tomatoes       .67 C         1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         1 1/3 cups Applesauce       4.00 P         1 1/3 cups Applesauce       3.00 F         1 1/3 cups Applesauce       3.00 F         1 1/3 cups Applesauce       3.00 F         1 1/3 cups Applesauce       3.0	2 cups Fruit juice	Portions 6.00 C 6.00 P Calories:	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
Dinner - Meal Portions: P:8 C:8 F:5PortionsPreparation Suggestions:8 oz Textured Vegetable Protein8.00 PTVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt an pepper to taste, plus some basil and oregano.1 cup Onions2.00 Cpepper to taste, plus some basil and oregano.1 cup Tomatoes.67 C***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi1 2/3 cups Rice5.00 CVitamin, Digestive Enzymes & Omega 3 capsules1 2/3 tsp Olive or monounsaturated oil5.00 FVitamin, Digestive Enzymes & Omega 3 capsules647ItemPortions4 oz Cheese, low or non fat4.00 PCheese, Applesauce & Peanuts1 1/3 cups Applesauce4.00 C3.00 F18 Peanuts3.00 FCalories: 337Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999	1 cup Milk, low fat (1%) 1 1/2 cups Yogurt, plain, low fat 2 cups Chili, canned	Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories:	A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!
Snack - Meal Portions: P:4 C:4 F:3       Item       Preparation Suggestions:         4 oz Cheese, low or non fat       4.00 P       Cheese, Applesauce & Peanuts         1 1/3 cups Applesauce       4.00 C       Signification Suggestions:         18 Peanuts       3.00 F       Calories:         337       Total Daily Portions:       Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999	8 oz Textured Vegetable Protein 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 2/3 cups Rice	Portions 8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories:	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
	4 oz Cheese, low or non fat 1 1/3 cups Applesauce	Item Portions 4.00 P 4.00 C 3.00 F Calories:	Cheese, Applesauce & Peanuts
** Remember to drink between 10 and 12 glasses of water per day. **			

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal	8.00 P 6.00 C 5.00 F 2.00 C Calories: 647	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: 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:8 C:8 F: 5 2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1 1/2 cups Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive or monounsaturated oil 12 Peanuts	Item Portions 2.00 P 6.00 P .50 C .13 C .25 C 1.00 C 2.00 C 4.00 C 3.00 F 2.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 oz Feta cheese, light/low fat 12 oz Tofu 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 2/3 tsp Olive or monounsaturated oil	2.00 P 6.00 P .67 C 2.00 C 4.00 C .06 C .50 C 1.00 C 5.00 F Calories: 647	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	Item Portions	Preparation Suggestions:
2 cups Yogurt, plain, low fat 9 Almonds, whole	4.00 PC 3.00 F Calories:	Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered	Item Portions 4.00 PC 3.00 F Calories: 337	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>1/2 cup Onions</li> <li>1/2 cup Tomato, puree</li> <li>2 cups Celery</li> <li>1 1/4 cups Pasta</li> <li>2/3 tsp Olive or monounsaturated oil</li> <li>8 oz Soy, ground</li> </ul>	1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Feta cheese, light/low fat</li> <li>8 oz Tofu</li> <li>1/2 cup Onions</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 cup Salsa</li> <li>2 whole Pita</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 4.00 P 1.00 C 2.00 C 4.00 C 5.00 F Calories: 647	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 powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 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!
		drates: 38 Fat: 21 Calories: 2999
Remember to arink betwo	een TU and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
<ul> <li>Snack - Meal Portions: P:4 C:4 F:3</li> <li>28 grams Protein powder</li> <li>1 tbsp Barley</li> <li>2 cups Strawberries</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337	<ul> <li>Preparation Suggestions:</li> <li>PRE - Protein Shake + Energy Sustaining Growth Carbs</li> <li>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</li> <li>*Optional Supplements for Optimal Results: Creatine and BCAA's</li> </ul>
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:8 C:8 F: 5 6 oz Feta cheese, light/low fat 1 cup Won ton soup 2/3 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647	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:8 C:8 F:5 8 Egg whites 1 cup Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647	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 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.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>1 cup Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Jalapeno peppers</li> <li>1 cup Salsa</li> <li>2 cups Tomatoes</li> <li>1 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	8.00 P .50 C 2.00 C .25 C 2.00 C 1.33 C 2.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> 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:8 C:8 F:5 6 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Cucumber 1 Tomato 1 Apple 1 1/2 whole Pita 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> 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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Neufchatel cheese, light/low fat</li> <li>oz Tofu</li> <li>1/2 cups Cabbage</li> <li>cups Mushrooms</li> <li>cup Zucchini</li> <li>cups Bean sprouts</li> <li>1/2 Peppers (bell or cubanelle)</li> <li>1/3 cups Rice</li> <li>2/3 tsp Olive or monounsaturated oil</li> </ol>	4.00 P 4.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>21 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 tbsp Barley</li> <li>2 cups Bran cereal, all varieties</li> <li>5 tbsp Almonds, slivered</li> <li>3 oz Cheddar cheese, light/low fat</li> </ul>	3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647	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	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: Creatine and BCAA's
<b>Snack - Meal Portions: P:6 C:6 F:0</b> 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:8 C:8 F: 5 6 oz Feta cheese, light/low fat 1 cup Won ton soup 2/3 cup Fruit juice 2 whole Pita 1 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647	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:8 C:8 F:5 4 oz Feta cheese, light/low fat 8 oz Tofu 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 whole Pita	Item Portions 4.00 P 4.00 P 1.00 C 1.00 C 2.00 C 4.00 C	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
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647 Item	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	Portions 4.00 P 4.00 C 3.00 F Calories:	<b>Preparation Suggestions:</b> Cheese, Applesauce & Peanuts Enjoy this quick snack.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
8 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers	8.00 P .50 C 1.00 C .50 C	Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
<ul><li>1/2 cup Salsa</li><li>3 cups Tomatoes</li><li>1 1/2 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	1.00 C 2.00 C 3.00 C 5.00 F Calories: 647	
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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ol> <li>cup Goat cheese, light/low fat</li> <li>oz Tofu</li> <li>1/3 cups Fruit cocktail</li> <li>slice Whole grain bread</li> <li>tsp Mayonnaise</li> </ol>	4.00 P 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647	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:
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:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Tofu</li> <li>1 1/2 cups Cabbage</li> <li>2 cups Mushrooms</li> <li>1 cup Zucchini</li> <li>2 cups Bean sprouts</li> <li>1 1/2 Peppers (bell or cubanelle)</li> <li>1 cup Pasta</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1/2 cup Neufchatel cheese, light/low fat</li> </ul>	6.00 P .50 C 1.00 C .50 C 1.33 C .75 C 4.00 C 5.00 F 2.00 P Calories: 647	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	Item Portions 2.00 P 2.00 PC	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend.
1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil	1.00 C 1.00 C 3.00 F Calories: 337	Add water to create desired consistency. Enjoy!

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Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal	8.00 P 3.00 C 5.00 F 5.00 C Calories: 647	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules
<b>Snack - Meal Portions: P:4 C:4 F:3</b> 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:8 C:8 F: 5 4 oz Cheese, low or non fat 8 oz Tofu 1 1/3 cups Fruit juice 2 slice Whole grain bread 12 Peanuts 3 tsp Mayonnaise	Item Portions 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5 8 Egg whites 1 cup Lentils 1 Tomato 1 cup Onions 1 cup Carrots 1 cup Spinach 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647	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 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.

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>4 Egg whites</li> <li>6 Eggs, whole</li> <li>1 cup Peaches, canned</li> <li>2 cups Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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: 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:8 C:8 F: 5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise	4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647	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:8 C:8 F:5	Item Portions	Preparation Suggestions:
2 patty Soy burger 2 Peppers (bell or cubanelle) 1/4 cup Baked beans 1 2/3 tsp Olive or monounsaturated oil 2 cups Potato 4 oz Cheddar cheese, light/low fat	4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647	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: 337	Cheese, Apples & Peanuts A quick snack to keep you going through the day!

Breakfast - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul><li>8 Eggs, whole</li><li>1 cup Peaches, canned</li><li>3 slice Whole grain bread</li><li>1 2/3 tsp Olive or monounsaturated oil</li></ul>	8.00 P 2.00 C 6.00 C 5.00 F Calories: 647	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 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	<b>Preparation Suggestions:</b> Another great, on-the-go snack!
Mid Meal - Meal Portions: P:8 C:8 F:5 1 cup Onions 1/2 cup Tomato, puree 2 cups Celery 1 cup Pasta 1 2/3 tsp Olive or monounsaturated oil 8 oz Soy, ground	Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647	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 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:8 C:8 F:5 8 oz Textured Vegetable Protein 2 cups Mushrooms 1/2 cup Onions 1 1/2 cups Tomatoes 1 2/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil	Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647	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	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
		drates: 38 Fat: 21 Calories: 2999 2 glasses of water per day. **
Take your vitamins, be active & e		

# Grocery List Total items required to meet meal requirements from day 1 to day 7

Protein

## Carbohydrates

5 1/4 cups Cottage cheese, light/low fat 441 grams Protein powder 16 oz Cheese, low or non fat 52 oz Tofu 2 3/4 cups Neufchatel cheese, light/low fat 31 Eggs, whole 1 cup Goat cheese, light/low fat 8 oz Textured Vegetable Protein 12 oz Feta cheese, light/low fat 7 oz Cheddar cheese, light/low fat 16 oz Soy, ground 4 links Soy sausage 2 patty Soy burger

6 cups Bran cereal, all varieties 13 cups Strawberries 6 tbsp Barley 3 1/3 cups Oatmeal 8 2/3 cups Fruit juice 10 1/2 slice Whole grain bread 4 Rice cakes 1 1/2 cups Cabbage 8 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 6 1/2 Peppers (bell or cubanelle) 5 1/3 cups Rice 3 2/3 cups Applesauce 6 1/2 cups Onions 2 cups Jalapeno peppers 3 1/2 cups Salsa 11 cups Tomatoes 4 2/3 cups Fruit cocktail 3 cups Peaches, canned 4 whole Pita 1 Apple 1 cup Tomato, puree 4 cups Celery 2 1/2 cups Pasta 1 Banana 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas 1/4 cup Cucumber 2 cups Blueberries

1/4 cup Baked beans

2 cups Potato

## Fats

33 2/3 tsp Olive or monounsaturated oil 10 tbsp Almonds, slivered 102 Peanuts 8 tsp Mayonnaise 9 Almonds, whole Other

8 1/2 cups Yogurt, plain, low fat 14 cups Milk, low fat (1%) 1 cup Won ton soup 1 cup Egg drop soup 2 cups Chili, canned

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

## Protein

#### Carbohydrates

511 grams Protein powder 10 oz Feta cheese, light/low fat 24 oz Soy, ground 26 oz Cheese, low or non fat 26 Eggs, whole 8 oz Textured Vegetable Protein 12 Egg whites 46 oz Tofu 1 1/2 cups Neufchatel cheese, light/low fat 3 1/2 cups Cottage cheese, light/low fat 1 1/2 cups Egg substitute 1/2 cup Goat cheese, light/low fat 2 patty Soy burger 4 oz Cheddar cheese, light/low fat

3 2/3 cups Mandarin orange, canned 7 2/3 cups Oatmeal 11 cups Strawberries 11 1/3 cups Fruit juice 7 1/2 whole Pita 1 cup Chickpeas 1/4 cup Kidney beans 3 1/4 cups Onions 6 cups Tomatoes 3 1/2 cups Pasta 2 2/3 cups Applesauce 1 1/2 cups Cucumber 2 Tomatoes 2 Apples 5 cups Peaches, canned 4 cups Mushrooms 2 2/3 cups Rice 3 1/2 tbsp Barley 7 cups Celery 7 Peppers (bell or cubanelle) 1 cup Grapes 3 cups Eggplant 2 Rice cakes 2 2/3 cups Fruit cocktail 1 1/2 cups Tomato, puree 2 cups Blueberries 1 cup Carrots 1 cup Spinach 1 1/2 cups Bran cereal, all varieties 12 slice Whole grain bread 1 cup Salsa 1 1/2 cups Cabbage 1 cup Zucchini 2 cups Bean sprouts 1/4 cup Baked beans 2 cups Potato

## Fats

38 2/3 tsp Olive or monounsaturated oil 114 Peanuts 3 tbsp Almonds, slivered 3 tsp Mayonnaise 9 Almonds, whole 1 1/2 cups Won ton soup

Other

16 cups Milk, Iow fat (1%) 5 1/2 cups Yogurt, plain, Iow fat 1 cup Lentils

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# Grocery List

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

## Protein

#### Carbohydrates

511 grams Protein powder 18 oz Feta cheese, light/low fat 28 oz Tofu 24 oz Soy, ground 4 links Soy sausage 25 Eggs, whole 12 oz Cheese, low or non fat 1 1/2 cups Egg substitute 1/2 cup Goat cheese, light/low fat 12 Egg whites 3 1/2 cups Cottage cheese, light/low fat 1 1/2 cups Neufchatel cheese, light/low fat 2 patty Soy burger 4 oz Cheddar cheese, light/low fat 8 oz Textured Vegetable Protein

2 2/3 cups Mandarin orange, canned 8 cups Oatmeal 4 1/2 tbsp Barley 11 cups Strawberries 10 2/3 cups Fruit juice 8 whole Pita 6 1/2 cups Onions 5 1/2 Peppers (bell or cubanelle) 2 cups Salsa 1 1/2 cups Tomato, puree 6 cups Celery 4 1/2 cups Pasta 2 cups Blueberries 2 1/3 cups Applesauce 3 1/3 cups Fruit cocktail 4 cups Rice 4 cups Peaches, canned 7 slice Whole grain bread 1 Tomato 1 cup Carrots 1 cup Spinach 1 1/2 cups Bran cereal, all varieties 1 1/2 cups Cabbage 6 cups Mushrooms 1 cup Zucchini 2 cups Bean sprouts 1/4 cup Baked beans 2 cups Potato 1 Apple 2 Rice cakes 1/2 cup Jalapeno peppers 6 cups Tomatoes

39 1/3 tsp Olive or monounsaturated oil 18 Almonds, whole 3 tbsp Almonds, slivered 72 Peanuts

Fats

#### Other

4 cups Won ton soup
14 cups Milk, low fat (1%)
8 cups Yogurt, plain, low fat
1 cup Lentils

# Grocery List

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

### Protein

#### Carbohydrates

434 grams Protein powder 3 cups Egg substitute 1 cup Goat cheese, light/low fat 2 patty Soy burger 4 oz Cheddar cheese, light/low fat 30 oz Cheese, low or non fat 26 Eggs, whole 5 3/4 cups Cottage cheese, light/low fat 16 oz Soy, ground 14 oz Feta cheese, light/low fat 42 oz Tofu 12 Egg whites 1 cup Neufchatel cheese, light/low fat 8 oz Textured **Vegetable Protein** 

2 2/3 cups Mandarin orange, canned 4 2/3 cups Oatmeal 4 1/2 tbsp Barley 9 cups Strawberries 11 1/3 cups Fruit juice 14 slice Whole grain bread 8 Peppers (bell or cubanelle) 1/4 cup Baked beans 2 cups Potato 4 cups Applesauce 3 cups Mushrooms 5 1/4 cups Onions 1/2 cup Jalapeno peppers 3 cups Salsa 5 cups Tomatoes 4 cups Fruit cocktail 1 cup Tomato, puree 6 cups Celery 2 1/4 cups Pasta 7 cups Peaches, canned 7 1/2 whole Pita 2 Tomatoes 1 cup Carrots 1 cup Spinach 2 Apples 2 Rice cakes 3 1/2 cups Bran cereal, all varieties 3 cups Eggplant 2 2/3 cups Rice 1 1/4 cups Cucumber 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas

# Fats 39 1/3 tsp Olive or monounsaturated oil

138 Peanuts

3 tsp Mayonnaise

4 1/2 cups Yogurt, plain, low fat 16 cups Milk, low fat (1%) 1 1/2 cups Won ton soup 1 cup Lentils

Other

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# Grocery List Total items required to meet meal requirements from day 29 to day 35

#### Protein

546 grams Protein powder 10 oz Cheddar cheese, light/low fat 2 patty Soy burger 22 oz Cheese, low or non fat 3 1/2 cups Cottage cheese, light/low fat 2 1/4 cups Neufchatel cheese, light/low fat 52 oz Tofu 16 Eggs, whole 24 oz Soy, ground 10 oz Feta cheese, light/low fat

## Carbohydrates

7 1/2 tbsp Barley 8 cups Bran cereal, all varieties 13 cups Strawberries 8 cups Fruit juice 8 Peppers (bell or cubanelle) 1/4 cup Baked beans 2 cups Potato 1 1/3 cups Applesauce 1 1/3 cups Fruit cocktail 1 1/4 cups Cucumber 1 Tomato 3 Apples 5 1/2 whole Pita 4 2/3 cups Oatmeal 3 cups Cabbage 4 cups Mushrooms 2 cups Zucchini 4 cups Bean sprouts 1 1/3 cups Rice 3 cups Peaches, canned 2 cups Mandarin orange, canned 3 3/4 cups Pasta 9 slice Whole grain bread 2 cups Onions 1 1/2 cups Tomato, puree 4 cups Celery 2 cups Blueberries 2 cups Chickpeas 1/4 cup Kidney beans 1 1/2 cups Tomatoes 1 Banana 2 cups Salsa 6 Rice cakes 1 cup Beans, green or yellow 1/2 cup Beans, black

## Fats

16 tbsp Almonds, slivered 33 2/3 tsp Olive or monounsaturated oil 84 Peanuts 9 Almonds, whole 3 tsp Mayonnaise

## Other

23 cups Milk, Iow fat (1%) 10 cups Yogurt, plain, Iow fat 4 cups Chili, canned 1 cup Egg drop soup

# Grocery List

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

### Protein

## Carbohydrates

8 3/4 cups Cottage cheese, light/low fat 434 grams Protein powder 1 1/2 cups Egg substitute 1 1/2 cups Goat cheese, light/low fat 2 patty Soy burger 4 oz Cheddar cheese, light/low fat 24 oz Soy, ground 4 links Soy sausage 6 oz Feta cheese, light/low fat 60 oz Tofu 2 cups Neufchatel cheese, light/low fat 20 Eggs, whole 8 oz Cheese, low or non fat 8 oz Textured Vegetable Protein 4 Egg whites

7 1/2 cups Bran cereal, all varieties 18 cups Strawberries 6 1/2 tbsp Barley 8 cups Fruit juice 6 slice Whole grain bread 8 Peppers (bell or cubanelle) 1/4 cup Baked beans 2 cups Potato 4 cups Onions 2 cups Tomato, puree 10 cups Celery 2 1/2 cups Pasta 2 cups Peaches, canned 6 1/3 cups Oatmeal 2 1/3 cups Applesauce 4 2/3 cups Fruit cocktail 4 2/3 cups Rice 1 1/4 cups Cucumber 16 cups Tomatoes 2 cups Grapes 4 whole Pita 6 cups Eggplant 4 cups Mushrooms 1 cup Jalapeno peppers 2 cups Salsa 1 cup Beans, green or yellow 1/2 cup Beans, black 2 cups Chickpeas 1/4 cup Kidney beans 1 Apple 2 Rice cakes 2 cups Blueberries

## Fats

36 1/3 tsp Olive or monounsaturated oil 7 tbsp Almonds, slivered
18 Almonds, whole 96 Peanuts
5 tsp Mayonnaise Other

10 cups Yogurt, plain, low fat 11 cups Milk, low fat (1%) 2 cups Chili, canned

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

#### Protein

32 Eggs, whole 448 grams Protein powder 1 3/4 cups Neufchatel cheese, light/low fat 52 oz Tofu 12 oz Cheese, low or non fat 6 cups Cottage cheese, light/low fat 24 oz Soy, ground 2 patty Soy burger 4 oz Cheddar cheese, light/low fat 10 oz Feta cheese, light/low fat 4 links Soy sausage 16 oz Textured Vegetable Protein

2 cups Peaches, canned 8 1/2 slice Whole grain bread 15 cups Strawberries 4 tbsp Barley 8 cups Fruit juice 1 Banana 7 cups Mushrooms 6 1/2 cups Onions 12 cups Tomatoes 5 2/3 cups Rice 1 Apple 2 Rice cakes 1 1/2 cups Jalapeno peppers 2 1/2 cups Salsa 3 1/3 cups Fruit cocktail 1 1/2 cups Tomato, puree 8 cups Celery 3 3/4 cups Pasta 2 cups Blueberries 5 cups Oatmeal 6 Peppers (bell or cubanelle) 1/4 cup Baked beans 2 cups Potato 1 1/4 cups Cucumber 2 cups Grapes 6 whole Pita 3 2/3 cups Applesauce 4 cups Bran cereal, all varieties 2 cups Mandarin orange, canned 1 cup Beans, green or yellow 1/2 cup Beans, black 1 cup Chickpeas

Carbohydrates

## Fats

37 1/3 tsp Olive or monounsaturated oil 114 Peanuts 7 tbsp Almonds, slivered 9 Almonds, whole

#### Other

16 cups Milk, low fat (1%) 6 1/2 cups Yogurt, plain, low fat 1 cup Egg drop soup 2 cups Chili, canned

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

#### Protein

#### Carbohydrates

38 Eggs, whole 504 grams Protein powder 16 oz Feta cheese, light/low fat 20 Egg whites 30 oz Cheese, low or non fat 1 1/2 cups Neufchatel cheese, light/low fat 52 oz Tofu 7 oz Cheddar cheese, light/low fat 2 cups Cottage cheese, light/low fat 1 cup Goat cheese, light/low fat 2 patty Soy burger 8 oz Soy, ground 8 oz Textured Vegetable Protein

4 cups Peaches, canned 15 1/2 slice Whole grain bread 5 tbsp Barley 11 cups Strawberries 10 2/3 cups Fruit juice 7 1/2 whole Pita 3 Tomatoes 5 1/2 cups Onions 2 cups Carrots 2 cups Spinach 4 cups Applesauce 8 cups Mushrooms 1 1/2 cups Jalapeno peppers 2 1/2 cups Salsa 6 1/2 cups Tomatoes 1 cup Cucumber 2 Apples 4 cups Blueberries 6 1/3 cups Oatmeal 3 cups Cabbage 2 cups Zucchini 4 cups Bean sprouts 7 Peppers (bell or cubanelle) 3 cups Rice 2 cups Bran cereal, all varieties 4 cups Fruit cocktail 2 cups Pasta 1 cup Mandarin orange, canned 4 Rice cakes 1/4 cup Baked beans 2 cups Potato 1/2 cup Tomato, puree 2 cups Celery

### Fats

34 tsp Olive or monounsaturated oil 132 Peanuts 8 tbsp Almonds, slivered 11 tsp Mayonnaise

#### Other

2 cups Won ton soup 2 cups Lentils 3 1/2 cups Yogurt, plain, low fat 10 cups Milk, low fat (1%)