

MUSCLE 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 [Empowered Nutrition](#), 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.

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2184 Calorie Meal Plans

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 1

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
*** Remember to drink between 10 and 12 glasses of water per day. ***

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 2

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 24 Peanuts 1/2 cup Egg substitute</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>California Beef and Vegetable Medley</p> <p>Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie</p> <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 shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p> <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 shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Have a Protein Smoothie, be Empowered

Have a Protein Smoothie, be Empowered www.empowerednutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 3

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chinese Chicken and Vegetables</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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+ energized + transformed + empowered +

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 4

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2 Peaches 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 5

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 3 Eggs, whole</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Strawberries 1 cup Grapes 15 Almonds, whole 7 oz Turkey breast, skinless 1 whole Pita</p>	<p>Item Portions 1.00 C 2.00 C 5.00 F 7.00 P 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 6

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 1/8 Cantaloupe 1/2 cup Grapes 1/3 cup Honeydew melon 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 7

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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2 steps for success today: Nutrition + Training + Supplements www.empowerednutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 8

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

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Day: 9

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
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Day: 10

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 11

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts</p>	<p>Item Portions 1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
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Day: 12

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 P .50 C 3.50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 14

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

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 15

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chinese Chicken and Vegetables</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 16

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2/3 cup Rice 1 Pepper (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil 3 Almonds, whole</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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).</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>

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Day: 19

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 42 grams Protein powder 1/2 cup Blueberries 1 cup Cereal, cold 4 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 6.00 P 1.00 C 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Turkey breast, skinless 2 Plums 1/3 head Lettuce, iceberg 2 Peppers (bell or cubanelle) 1 1/4 cups Snow peas 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Day: 20

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with a cheese sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 21

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts</p>	<p>Item Portions 1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 22

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 P .50 C 3.50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 6 Apricots 2 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Using dried apricots makes this an especially easy snack to take with you.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake</p>

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Day: 23

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 24

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Day: 25

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

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 26

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with a cheese sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Notes:

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Day: 27

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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Notes:

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Day: 28

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 1/8 Cantaloupe 1/2 cup Grapes 1/3 cup Honeydew melon 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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Day: 29

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2 Peaches 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Strawberries 1 cup Grapes 15 Almonds, whole 7 oz Turkey breast, skinless 1 whole Pita</p>	<p>Item Portions 1.00 C 2.00 C 5.00 F 7.00 P 2.00 C Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled turkey breast with fruit - makes a refreshing lunch and an interesting change in your routine.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Check your Vitals + www.vitalforcemulti.com

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Day: 30

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>2 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 24 Peanuts 1/2 cup Egg substitute</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Simple and healthful, this breakfast will give you a needed energy boost!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2 Peaches 12 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Peaches & Nuts Enjoy items separately.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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Huge and Ripped + www.MetabolicSurgeProgram.com

3 steps for success today: Nutrition + Training + Supplements www.empowerednutrition.com

Notes:

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Day: 31

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 4 Egg whites 1 cup Grapes 1 1/3 tsp Olive or monounsaturated oil 3 Eggs, whole</p>	<p>Item Portions 2.00 PC 2.00 P 2.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with a cheese sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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Day: 32

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Turkey breast, skinless 2 Plums 1/3 head Lettuce, iceberg 2 Peppers (bell or cubanelle) 1 1/4 cups Snow peas 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 3 Almonds, whole 2 Cashews 2 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 F .67 F .33 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 cup Raspberries 1/2 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>California Beef and Vegetable Medley</p> <p>Brown beef and add salsa. Sauté mushrooms and cauliflower and mix. Top with the salsa and season to taste. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake</p> <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 shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 6 spears Asparagus 1/4 cup Onions 1 1/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C .50 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Rosemary Pork Tenderloin</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
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Take your vitamins, be active & eat well & GROW. www.EmpoweredNutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 1/2 cup Grapes 8 Cherries 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Cherries, Grapes and Pistachio Mix all the ingredients together and enjoy cold.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2/3 cup Rice 1 Pepper (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil 3 Almonds, whole</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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).</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 6 Apricots 2 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Using dried apricots makes this an especially easy snack to take with you.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 4 cups Mushrooms 3 cups Tomato, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chinese Chicken and Vegetables</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

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Day: 37

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with a cheese sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 3/4 cup Papaya 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 2/3 cup Rice 1 Pepper (bell or cubanelle) 3 cups Lettuce, romaine 1 3/4 cups Cucumber 1 1/2 cups Mushrooms 2 Tomatoes 1 1/3 tsp Olive or monounsaturated oil 3 Almonds, whole</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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).</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Peach 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 38

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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 cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>21 grams Protein powder 2 oz Tofu 1/2 Cantaloupe 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 P 1.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Day: 39

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/4 Cantaloupe 1/3 cup Honeydew melon 1/2 Kiwi 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .67 C 1.50 C .25 C .19 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Salad & Protein Drink Prepare salad using ingredients listed; prepare oil dressing using the oil and items from the freebie list. Feel free to reduce the amount of lettuce to an amount that you are comfortable with. Serve protein drink on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Plum 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
*** Remember to drink between 10 and 12 glasses of water per day. ***

Build It BIG www.MassBuildingMealPlans.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Walnuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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 cubanella) 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/4 Nectarine 1/4 Orange 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 1/3 cups Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with Rice and Vegetables. Season the vegetables any way you like. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 8 Cherries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 43

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 1/2 slice Whole grain bread 1 cup Strawberries 4 tbsp Almonds, slivered 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 1.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.50 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Sweet and Sour Pork A unique blend of tastes and flavors!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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Day: 44

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Milk, low fat (1%) 6 oz Beef, lean cuts 2 slice Whole grain bread 2 tsp Mayonnaise 18 Peanuts</p>	<p>Item Portions 1.00 PC 6.00 P 4.00 C 2.00 F 3.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 cups Broccoli 1 1/3 cups Potato 2 1/2 tbsp Sour cream</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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Day: 45

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 4.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Very easy to prepare, but balanced to start your day off right!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Yogurt, plain, low fat 6 Almonds, whole 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 2.00 F 2.00 P Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Kiwi 1/2 cup Strawberries 2 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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Notes:

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Day: 46

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 6 Apricots 2 Macadamia nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Using dried apricots makes this an especially easy snack to take with you.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 cup Blueberries 1/2 Orange 3 Almonds, whole 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Pineapple 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 2.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Ricotta cheese, skim 4 Crackers 2 pieces Dates 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mince the dates, then mix with almonds and ricotta cheese. Spread on crackers and enjoy. This is a tasty and filling snack!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>2 2/3 cups Tomato vegetable soup 21 grams Protein powder 1/2 Nectarine 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 A 3.00 P 1.00 C 1.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A hot and tasty bowl of soup with fruit for dessert. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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3 pillars to performance: nutrition + exercise + supplements

Have you had your Protein Smoothie today? www.empowerednutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 12 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Berries and Peanuts Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 4 cups Cauliflower 1 1/2 cups Salsa 2 cups Mushrooms 15 Almonds, whole</p>	<p>Item Portions 7.00 P 1.00 C 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 5.00 P 2.00 P .50 C 3.50 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>This is a great weekend breakfast. This dish also refrigerates well so you can prepare it well in advance.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1/2 Apple 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Chicken noodle soup 2 tsp Mayonnaise 1 whole Pita 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 A 2.00 F 2.00 C 4.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Soup with a cheese sandwich on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Peaches, canned 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Applesauce 2/3 cup Fruit cocktail 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 3.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with fruit and applesauce on the side.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Pineapple 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal with milk. Enjoy the cheese and nuts on the side, or on your way to work!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 4.00 P .25 C .50 C 2.00 F .33 C 1.00 C Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Sliced vegetables with olive oil and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Turkey breast, skinless 2 Plums 1/3 head Lettuce, iceberg 2 Peppers (bell or cubanelle) 1 1/4 cups Snow peas 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p> <p>Enjoy the fruit for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Nectarine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Pork, lean 1 cup Onions 3 1/2 cups Spinach 2 cups Leeks 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 2.00 C 3.00 F 1.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 2/3 cup Applesauce 8 Pistachio nuts</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Pistachios A unique blend of tastes and flavours!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Pear 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
 ** Remember to drink between 10 and 12 glasses of water per day. **

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 2/3 cup Oatmeal 6 Cashews</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mix oatmeal with cottage cheese. Top with cashews and enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>3 1/3 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 A 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 3/4 cup Watermelon 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Chicken Dinner Grill chicken and steam vegetables. Enjoy apple and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>10 Egg whites 1 cup Grapes 1 slice Whole grain bread 2/3 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 2.00 C 2.00 C 2.00 F 2.00 F 2.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 1.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef with vegetables on the side and fruit for dessert. Montreal steak spice is an excellent seasoning for beef.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 54

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 2.00 C 1.00 C 4.00 F Calories: 448</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 3 oz Cheese, low or non fat 1/2 cup Grapes 12 Peanuts</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Onions 3 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 cup Blueberries 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>1 cup Milk, low fat (1%) 3 oz Cheese, low or non fat 1 1/2 Nectarines 24 Peanuts 21 grams Protein powder</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A quick and tasty breakfast.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>4 oz Cheese, low or non fat 1 Apple 6 Almonds, whole</p>	<p>Item Portions 4.00 P 2.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apple and Almonds A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Turkey breast, skinless 2 Plums 1/3 head Lettuce, iceberg 2 Peppers (bell or cubanelle) 1 1/4 cups Snow peas 2 Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C .17 C 1.00 C .83 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P .50 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P .13 C .38 C .25 C 1.00 C 3.00 C .30 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1/3 Banana 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 33 Carbohydrates: 20 Fat: 20 Calories: 2184

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Empowered Nutrition - Advanced Lean Muscle Builder - 2184 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:4 F:4</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 P 3.00 C 4.00 F 3.00 P Calories: 448</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>1 cup Cottage cheese, light/low fat 1/8 Cantaloupe 1/2 cup Grapes 1/3 cup Honeydew melon 2 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P .50 C 1.00 C .50 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Mixed Fruit Salad over Cottage Cheese Mix fruit and nuts in a bowl and pour over the cottage cheese. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 1.13 C 1.33 C 1.50 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F: 2</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1/2 Tangerine 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 2.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:2 F:2</p> <p>28 grams Protein powder 1/2 Orange 1 cup Raspberries 1/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 F 1.00 F Calories: 238</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Grocery List

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

Protein	Carbohydrates	Fats	Other
399 grams Protein powder	2 cups Pineapple	30 2/3 tsp Olive or monounsaturated oil	6 1/4 cups Yogurt, plain, low fat
35 oz Cheese, low or non fat	4 cups Grapes	102 Peanuts	11 1/2 cups Milk, low fat (1%)
74 oz Chicken breast, skinless	4 1/2 cups Cucumber	8 Pistachio nuts	
2 oz Tofu	10 1/2 cups Lettuce, romaine	69 Almonds, whole	
1/2 cup Egg substitute	9 1/2 Peppers (bell or cubanelle)	6 Walnuts	
10 1/2 oz Ground beef (< 10% fat)	4 7/10 Tomatoes	2 tsp Peanut butter, natural	
5 oz Cheddar cheese, light/low fat	3/4 cup Watermelon	2 tbsp Almonds, slivered	
5 oz Beef, lean cuts	6 cups Cauliflower		
14 Egg whites	2 1/5 cups Onions		
3 Eggs, whole	1 1/2 cups Broccoli		
7 oz Turkey breast, skinless	2 cups Rice		
1 cup Cottage cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
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	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	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	Carbohydrates	Fats	Other
546 grams Protein powder	4 cups Blueberries	10 tbsp Almonds, slivered	17 cups Milk, low fat (1%)
1 cup Cottage cheese, light/low fat	4 1/2 cups Cereal, cold	10 Cashews	5 cups Yogurt, plain, low fat
31 oz Cheese, low or non fat	2/3 cup Oatmeal	63 Almonds, whole	1 1/2 cups Chicken noodle soup
37 oz Beef, lean cuts	10 1/4 Peppers (bell or cubanelle)	29 tsp Olive or monounsaturated oil	
33 oz Chicken breast, skinless	7 1/5 Tomatoes	58 Peanuts	
7 oz Cheddar cheese, light/low fat	2 1/5 cups Salsa	4 tsp Mayonnaise	
7 oz Turkey breast, skinless	6 whole Pita	8 Pistachio nuts	
1 cup Ricotta cheese, skim	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 oz Feta cheese, light/low fat	4 1/4 Peppers (bell or cubanelle)	29 1/3 tsp Olive or monounsaturated oil	3 cups Yogurt, plain, low fat
14 Egg whites	3 1/4 slice Whole grain bread	2 Macadamia nuts	13 cups Milk, low fat (1%)
24 oz Cheese, low or non fat	6 Apricots	27 Almonds, whole	1 1/2 cups
21 oz Chicken breast, skinless	6 1/4 cups Cucumber	12 Walnuts	Chicken noodle soup
567 grams Protein powder	15 cups Lettuce, romaine	5 tbsp Sour cream	3 1/3 cups Beef and vegetable soup
19 oz Beef, lean cuts	2 cups Pineapple	12 tbsp Almonds, slivered	
11 oz Cheddar cheese, light/low fat	7 1/5 Tomatoes	2 tsp Mayonnaise	
1 cup Ricotta cheese, skim	3/4 cup Papaya	30 Peanuts	
21 oz Pork, lean	1/5 cup Salsa		
3 oz Mozzarella cheese, light/low fat	4 Apples		
2 cups Cottage cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
27 oz Cheese, low or non fat	1 1/3 cups Applesauce	31 2/3 tsp Olive or monounsaturated oil	5 1/2 cups Yogurt, plain, low fat
406 grams Protein powder	4 Peaches	80 Peanuts	8 cups Milk, low fat (1%)
14 oz Turkey breast, skinless	3 1/2 cups Strawberries	36 Almonds, whole	1 1/2 cups Chicken noodle soup
28 oz Pork, lean	4 cups Grapes	2 tsp Mayonnaise	2 2/3 cups Tomato vegetable soup
1/2 cup Egg substitute	2 whole Pita	8 Cashews	
28 oz Chicken breast, skinless	2 Cantaloupes	2 tsp Peanut butter, natural	
6 oz Tofu	2/3 cup Honeydew melon	4 tbsps Almonds, slivered	
24 Egg whites	4 Kiwis	8 Pistachio nuts	
3 Eggs, whole	1/2 cup Tomato, puree		
8 oz Cheddar cheese, light/low fat	3 1/4 cups Pineapple		
2 cups Cottage cheese, light/low fat	1/2 cup Fruit cocktail		
10 1/2 oz Ground beef (< 10% fat)	3 Plums		
7 oz Beef, lean cuts	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
553 grams Protein powder	2 cups Cereal, cold	34 1/3 tsp Olive or monounsaturated oil	11 1/2 cups Milk, low fat (1%)
33 oz Cheese, low or non fat	4 cups Strawberries	2 Macadamia nuts	7 1/4 cups Yogurt, plain, low fat
41 oz Chicken breast, skinless	6 Apricots	27 Almonds, whole	1 1/2 cups Chicken noodle soup
8 oz Cheddar cheese, light/low fat	11 1/2 cups Mushrooms	2 tsp Mayonnaise	3 1/3 cups Beef and vegetable soup
12 oz Beef, lean cuts	3 cups Tomato, canned	24 Peanuts	2 2/3 cups Tomato vegetable soup
2 oz Tofu	1 1/2 cups Blueberries	4 tbsps Almonds, slivered	
10 Egg whites	3 1/6 cups Applesauce	6 Walnuts	
14 oz Pork, lean	1 1/2 cups Bok choy	8 Pistachio nuts	
	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	6 1/4 slice Whole grain bread	8 tbsp Almonds, slivered	4 cups Yogurt, plain, low fat
13 oz Cheddar cheese, light/low fat	3 1/2 cups Strawberries	6 Cashews	14 cups Milk, low fat (1%)
1 cup Cottage cheese, light/low fat	2/3 cup Oatmeal	57 Almonds, whole	3 1/3 cups Beef and vegetable soup
24 oz Cheese, low or non fat	4 Peppers (bell or cubanelle)	24 2/3 tsp Olive or monounsaturated oil	2 2/3 cups Tomato vegetable soup
17 oz Beef, lean cuts	4 Tomatoes	72 Peanuts	1 1/2 cups Chicken noodle soup
434 grams Protein powder	1 1/2 cups Blueberries	4 tsp Mayonnaise	
7 oz Pork, lean	2 cups Salsa	2 1/2 tbsp Sour cream	
42 oz Chicken breast, skinless	2 whole Pita	2 Macadamia nuts	
1 cup Ricotta cheese, skim	1/8 Cantaloupe	2 tsp Peanut butter, natural	
10 1/2 oz Ground beef (< 10% fat)	1/3 cup Honeydew melon		
5 oz Feta cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
9 oz Cheddar cheese, light/low fat	2 1/2 cups Cereal, cold	51 Almonds, whole	13 cups Milk, low fat (1%)
441 grams Protein powder	3 1/2 cups Cucumber	33 tsp Olive or monounsaturated oil	5 cups Yogurt, plain, low fat
28 oz Cheese, low or non fat	14 3/4 Peppers (bell or cubanelle)	8 Pistachio nuts	3 1/3 cups Beef and vegetable soup
14 oz Turkey breast, skinless	1 cup Broccoli	4 tsp Peanut butter, natural	
7 oz Pork, lean	1 cup Carrots	6 Cashews	
45 oz Chicken breast, skinless	4 Plums	54 Peanuts	
20 Egg whites	2/3 head Lettuce, iceberg	2 tbsp Almonds, slivered	
2 cups Cottage cheese, light/low fat	6 1/2 cups Snow peas		
16 oz Beef, lean cuts	8 7/10 Tomatoes		
3 oz Mozzarella cheese, light/low fat	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		

2548 Calorie Meal Plans

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 1

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

3 pillars to performance: nutrition + exercise + supplements

Have you had your Protein Smoothie today? www.empowerednutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 2

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 3

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 2 cups Raspberries 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 5

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548</p>		

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Day: 6

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 7

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Veal with Vegetables and Salad Make a tasty salad dressing with olive oil, balsamic vinegar, chopped garlic and spices!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

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Day: 8

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 9

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 10

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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Day: 11

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana</p>	<p>Item Portions 4.00 P 3.00 F 3.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Record your transformation + www.EmpoweredTransformation.com

[Do You Have The Perfect Body? www.WhatIsYourAdonisIndex.com](http://www.WhatIsYourAdonisIndex.com)

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 13

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 16

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef</p> <p>Simple but tasty.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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

Today's checklist: 1. Protein Smoothie 2. MultiVitamin 3. Weightless Formula www.empowerednutrition.com

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Day: 17

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Build It BIG www.MassBuildingMealPlans.com

Burn baby burn www.burnfatloss.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 18

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsps Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 19

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Tomatoes 2 cups Cucumber 2/3 Banana 2 Peppers (bell or cubanella) 5 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 20

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 21

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 22

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 23

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 24

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Chicken breast, skinless 1 cup Carrots 1 cup Corn, canned 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 25

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

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Day: 26

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 27

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

MASS Building Information and Supplements + www.EmpoweredNutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 29

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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

Check your Vitals + www.vitalforcemulti.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

Huge and Ripped + www.MetabolicSurgeProgram.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1 cup Strawberries 9 Almonds, whole</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Protein, Strawberries & Almonds Mix protein powder and fruit into yogurt. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 16 Cherries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
*** Remember to drink between 10 and 12 glasses of water per day. ***

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 10 Egg whites 1 1/2 cups Grapes 5 tbsp Almonds, slivered</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes! Season with salt and pepper to taste and enjoy the nuts on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C 1.00 C .50 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Baked Sole with a Garden Salad. You can make a salad dressing out of olive oil, vinegar, and seasoning if you choose. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C 1.00 C .50 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Record your transformation + www.EmpoweredTransformation.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories:</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 3 1/2 cups Spinach 1 1/3 cups Rice 30 Peanuts</p>	<p>Item Portions 7.00 P 1.00 C 4.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak And Rice Season steak as desired and grill to your preference. Cook rice adding in chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Beef, lean cuts 1/2 cup Onions 1 cup Tomato, puree 6 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 2.00 C 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Barbecued Beef Simple but tasty.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 12 spears Asparagus 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 2.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Deviled Chicken with Asparagus</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 41

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 1/2 cups Cereal, cold 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .25 C .50 C .50 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Saute and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil 14 grams Protein powder</p>	<p>Item Portions 5.00 P 5.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with oatmeal on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 1 cup Yogurt, plain, low fat 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 1.00 PC 2.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Simple, quick and balanced.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Smooth, Slim, Simple www.slimappealfatloss.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 43

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 44

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana</p>	<p>Item Portions 4.00 P 3.00 F 3.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 45

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 6.00 P 3.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>8 oz Chicken breast, skinless 1 Apple 1 cup Mango 1 1/2 cups Lettuce, romaine 5 tbsp Low fat salad dressings</p>	<p>Item Portions 8.00 P 2.00 C 3.00 C .15 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 1/2 cups Yogurt, plain, low fat 9 Almonds, whole 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 46

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>10 Egg whites 1 1/2 cups Grapes 1 slice Whole grain bread 1 tsp Olive or monounsaturated oil 2 tsp Peanut butter, natural 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 5.00 P 3.00 C 2.00 C 3.00 F 2.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Scrambled eggs with toast. A homestyle favorite.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>12 oz Salmon steak 2 Tomatoes 2 cups Cucumber 2/3 Banana 2 Peppers (bell or cubanella) 5 cups Lettuce, romaine 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C .50 C 2.00 C 1.00 C .50 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>10 1/2 oz Ground beef (< 10% fat) 1 2/3 cups Potato 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 5.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana</p>	<p>Item Portions 4.00 P 3.00 F 3.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 42 grams Protein powder 3 cups Raspberries 30 Peanuts</p>	<p>Item Portions 2.00 PC 6.00 P 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 48

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

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 1 1/2 cups Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Eggs with yogurt and fruit. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>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</p>	<p>Item Portions 7.00 P .50 C .50 C .50 C .40 C 1.11 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Grilled Beef Salad with Cantaloupe Grill beef and set atop this great mixed salad. Enjoy the cantaloupe for dessert.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Plums 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 2 cups Strawberries 15 Almonds, whole</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Fruit Yogurt Smoothie Mix all ingredients in a blender until desired consistency is reached. For a frozen smoothie freeze fruit or add ice cubes. If a blender is not available stir protein powder and chopped fruit and nuts into yogurt.</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>2 cups Milk, low fat (1%) 21 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>7 oz Beef, lean cuts 1 1/3 cups Sweet potato 3 cups Broccoli 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 1.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 tsp Olive or monounsaturated oil 1 Banana</p>	<p>Item Portions 4.00 P 3.00 F 3.00 C Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 51

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 35 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 3.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Beef and vegetable pasta. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C .30 C .83 C 1.00 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548</p>		

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Day: 52

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 1.00 C 5.00 F 2.00 P Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Have a slice of cheese on the side, or on your way to work.</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>42 grams Protein powder 1/2 cup Blueberries 1 Orange 3 Almonds, whole 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 1.00 C 2.00 C 1.00 F 2.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>7 oz Turkey breast, skinless 4 1/2 cups Broccoli 3/4 cup Onions 2/3 cup Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 7.00 P 1.50 C 1.50 C 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Quick Turkey Dinner Sauté and season the vegetables, then sprinkle the almonds over them.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2 Peaches 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Day: 53

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 28 grams Protein powder 1 cup Pineapple 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 2.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .50 C 1.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>35 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 5.00 P 3.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 54

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 1.00 PC 1.00 PC 5.00 P 3.00 C 3.00 F 2.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 5.00 P 1.00 C 1.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>1 1/2 cups Yogurt, plain, low fat 35 grams Protein powder 1 Pear 30 Peanuts</p>	<p>Item Portions 3.00 PC 5.00 P 2.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>Yogurt, Pears & Nuts Mix all ingredients and enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F: 3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 Kiwi 1 cup Strawberries 3 tbsp Almonds, slivered</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.</p>
<p>Dinner - Meal Portions: P:7 C:5 F:5</p> <p>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</p>	<p>Item Portions 7.00 P 1.00 C 1.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
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Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 55

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

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548

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

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2548 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:5 F:5</p> <p>1 cup Yogurt, plain, low fat 10 Egg whites 3 Kiwis 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>A tasty, easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:6 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 35 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 5.00 P 2.00 C 3.00 F Calories: 357</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:5 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C .50 C 1.00 C 2.00 C 1.00 C 5.00 F Calories: 539</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:7 C:5 F: 5</p> <p>10 1/2 oz Salmon steak 24 spears Asparagus 1 1/2 cups Onions 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 3.00 C 5.00 F Calories: 511</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>3 cups Milk, low fat (1%) 18 Peanuts 7 grams Protein powder</p>	<p>Item Portions 3.00 PC 3.00 F 1.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 37 Carbohydrates: 24 Fat: 24 Calories: 2548
*** Remember to drink between 10 and 12 glasses of water per day. ***

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

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Grocery List

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

Protein	Carbohydrates	Fats	Other
5 oz Cheddar cheese, light/low fat	5 cups Cereal, cold	43 2/3 tsp Olive or monounsaturated oil	26 1/2 cups Milk, low fat (1%)
812 grams Protein powder	1/3 Banana	24 Almonds, whole	7 1/4 cups Yogurt, plain, low fat
23 oz Beef, lean cuts	2 Tangerines	96 Peanuts	
22 oz Chicken breast, skinless	13 cups Strawberries	11 tbsp Almonds, slivered	
12 oz Haddock	1 1/2 cups Peaches, canned	2 tsp Peanut butter, natural	
22 1/2 oz Salmon steak	3 1/2 cups Spinach		
10 1/2 oz Ground beef (< 10% fat)	1 1/3 cups Rice		
10 Egg whites	4 cups Raspberries		
7 oz Turkey breast, skinless	2 Plums		
3 oz Mozzarella cheese, light/low fat	4 3/4 cups Onions		
7 oz Veal	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
700 grams Protein powder	2 2/3 cups Oatmeal	46 1/3 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
12 oz Salmon steak	10 cups Raspberries	72 Peanuts	10 3/4 cups Yogurt, plain, low fat
21 oz Beef, lean cuts	3 cups Strawberries	5 tbsp Almonds, slivered	
40 Egg whites	5 Tomatoes	21 Almonds, whole	
45 oz Chicken breast, skinless	9 cups Cucumber	5 tbsp Low fat salad dressings	
12 oz Sole	3 Bananas		
10 1/2 oz Ground beef (< 10% fat)	9 Peppers (bell or cubanelle)		
3 oz Mozzarella cheese, light/low fat	20 cups Lettuce, romaine		
6 oz Turkey, dark meat, skinless	16 Cherries		
3 slices Turkey bacon	6 cups Celery		
1 oz Cheddar cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
784 grams Protein powder	5 1/2 cups Pineapple	47 2/3 tsp Olive or monounsaturated oil	7 1/2 cups Yogurt, plain, low fat
6 oz Turkey, dark meat, skinless	7 cups Strawberries	102 Peanuts	27 cups Milk, low fat (1%)
3 slices Turkey bacon	21 cups Lettuce, romaine	6 tbsp Almonds, slivered	
1 oz Cheddar cheese, light/low fat	1 cup Cherry tomatoes	6 Almonds, whole	
7 oz Chicken breast, skinless	9 cups Cucumber		
44 oz Beef, lean cuts	16 Cherries		
10 Egg whites	1/2 cup Grapes		
3 oz Mozzarella cheese, light/low fat	6 cups Cauliflower		
57 oz Salmon steak	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
40 Egg whites	5 cups Pineapple	45 1/3 tsp Olive or monounsaturated oil	11 1/2 cups Yogurt, plain, low fat
728 grams Protein powder	10 cups Strawberries	51 Almonds, whole	21 cups Milk, low fat (1%)
24 oz Haddock	21 1/2 cups Lettuce, romaine	2 tsp Peanut butter, natural	
21 oz Ground beef (< 10% fat)	7 2/3 cups Tomatoes	48 Peanuts	
37 oz Chicken breast, skinless	10 cups Cucumber	5 tbsp Almonds, slivered	
2 oz Cheddar cheese, light/low fat	9 Peppers (bell or cubanelle)		
22 oz Beef, lean cuts	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 Celery		
	1/2 Cantaloupe		

Grocery List

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

Protein	Carbohydrates	Fats	Other
40 Egg whites	7 1/2 Kiwis	43 tsp Olive or monounsaturated oil	7 3/4 cups Yogurt, plain, low fat
672 grams Protein powder	8 cups Strawberries	120 Peanuts	24 1/2 cups Milk, low fat (1%)
37 oz Beef, lean cuts	3 1/2 cups Pineapple	12 Almonds, whole	
6 oz Mozzarella cheese, light/low fat	8 cups Celery	5 tbsp Low fat salad dressings	
37 oz Chicken breast, skinless	3 1/2 cups Onions	10 tbsp Almonds, slivered	
10 1/2 oz Ground beef (< 10% fat)	1/2 cup Tomato, puree		
12 oz Sole	2 1/4 cups Pasta		
6 oz Turkey, dark meat, skinless	1 Banana		
3 slices Turkey bacon	3 1/2 cups Spinach		
1 oz Cheddar cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
805 grams Protein powder	5 1/2 cups Cereal, cold	42 2/3 tsp Olive or monounsaturated oil	17 1/2 cups Milk, low fat (1%)
31 oz Chicken breast, skinless	7 cups Strawberries	3 Almonds, whole	4 3/4 cups Yogurt, plain, low fat
10 1/2 oz Ground beef (< 10% fat)	2 cups Blueberries	126 Peanuts	
30 Egg whites	3 Oranges	16 tbsp Almonds, slivered	
6 oz Turkey, dark meat, skinless	14 1/2 cups Lettuce, romaine	2 tsp Peanut butter, natural	
3 slices Turkey bacon	9 cups Cucumber		
6 oz Cheddar cheese, light/low fat	5 Peppers (bell or cubanelle)		
22 oz Beef, lean cuts	3 Tomatoes		
14 oz Turkey breast, skinless	16 cups Raspberries		
12 oz Haddock	4 Peaches		
10 1/2 oz Salmon steak	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
819 grams Protein powder	3 1/2 cups Pineapple	45 2/3 tsp Olive or monounsaturated oil	10 3/4 cups Yogurt, plain, low fat
21 oz Ground beef (< 10% fat)	10 cups Raspberries	108 Peanuts	21 1/2 cups Milk, low fat (1%)
15 oz Chicken breast, skinless	2 Pears	5 tbsp Low fat salad dressings	
34 1/2 oz Salmon steak	7 Peaches	18 Almonds, whole	
20 Egg whites	3 cups Onions	2 tsp Peanut butter, natural	
5 oz Cheddar cheese, light/low fat	1/2 cup Tomato sauce		
3 oz Mozzarella cheese, light/low fat	3/4 cup Pasta		
21 oz Beef, lean cuts	1 cup Oatmeal		
12 oz Sole	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
3 oz Cheddar cheese, light/low fat	3 cups Cereal, cold	40 2/3 tsp Olive or monounsaturated oil	22 cups Milk, low fat (1%)
812 grams Protein powder	2 2/3 Bananas	48 Almonds, whole	13 cups Yogurt, plain, low fat
15 oz Beef, lean cuts	2 Plums	19 tbsp Almonds, slivered	
6 oz Mozzarella cheese, light/low fat	11 cups Strawberries	66 Peanuts	
23 oz Chicken breast, skinless	1/2 cup Grapes		
14 oz Turkey breast, skinless	1 1/3 cups Sweet potato		
12 oz Haddock	20 1/2 cups Broccoli		
21 oz Ground beef (< 10% fat)	3 1/2 cups Pineapple		
10 Egg whites	4 cups Raspberries		
10 1/2 oz Salmon steak	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		

2709 Calorie Meal Plans

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 1

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 2

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

Have a Protein Smoothie, be Empowered

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 3

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Notes:

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Day: 4

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 5

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 6

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until 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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 7

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 8

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 9

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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

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Day: 10

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 11

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 12

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
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Day: 13

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

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 14

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 15

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Is a STOP day right for you? www.WhatIsEatStopEat.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 16

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 17

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

Build It BIG www.MassBuildingMealPlans.com

Burn baby burn www.burnerfatloss.com

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Day: 18

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 5.00 C 1.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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All the essentials for women, no hype + www.slimappealessentials.com

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Day: 19

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Smooth, Slim, Simple www.slimappealfatloss.com

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Day: 20

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mandarin orange, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 21

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>3 cups Milk, low fat (1%) 28 grams Protein powder 1 1/2 cups Cereal, cold 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 3.00 PC 4.00 P 3.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>The classic cereal breakfast never gets old. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until 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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Day: 22

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 23

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 24

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

3 pillars to performance: nutrition + exercise + supplements

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 25

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 26

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>4 cups Beef and vegetable soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 12 spears Asparagus 3 cups Broccoli 1 1/3 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Notes:

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Day: 27

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Pineapple 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 28

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

MASS Building Information and Supplements + www.EmpoweredNutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 29

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 Peaches 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
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Is the Force within you? + www.VitalForceMulti.com

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 30

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 31

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Cottage cheese, light/low fat 3/4 cup Grapes 1 1/2 Kiwis 18 Peanuts</p>	<p>Item Portions 4.00 P 1.50 C 1.50 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes, Kiwi and Peanuts Separately or together, a great combination!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 32

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 2 cups Carrots 1 cup Corn, canned 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 33

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 P 2.00 C 2.00 C 6.00 F 2.00 P Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit and protein powder. Enjoy the cheese on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 34

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>4 oz Cheddar cheese, light/low fat 6 cups Popcorn 1 tsp Butter</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Popcorn and a Slice Popcorn with butter and a slice of cheese. A classic snack choice.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 35

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 C 3.00 F 2.00 P 3.00 F 4.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken with yogurt (add oils in), fruit and nuts on the side.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
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Smoothie...Protein builds muscles www.EmpoweredSmoothie.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 36

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 37

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Banana 18 Peanuts</p>	<p>Item Portions 4.00 P 3.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 3 slice Sourdough bread 2/3 tsp Olive or monounsaturated oil 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favorite seasonings with oil and brush on chicken breast. Cook chicken until done, then slice and make a sandwich!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Powerful Proven Results www.empowerednutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 38

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 cups Broccoli 1 2/3 cups Potato 3 tbsp Guacamole 1 tsp Butter</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak with a baked potato and vegetables.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

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Get MASSIVE Results, Tips, Tricks and Information www.EmpoweredNutrition.com

Is a STOP day right for you? www.WhatIsEatStopEat.com

Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 39

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula www.empowerednutrition.com

Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 40

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Shrimp 1 cup Pasta 1 cup Tomato sauce 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Build It BIG www.MassBuildingMealPlans.com

Burn baby burn www.burnerfatloss.com

Notes:

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Day: 41

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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All the essentials for women, no hype + www.elimappaleessentials.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 42

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 43

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 44

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Blueberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Day: 45

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>5 oz Hard cheeses, light/low fat 2 Pickles 4 Crackers 18 Peanuts</p>	<p>Item Portions 5.00 P 2.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Slice the pickles and the cheese and serve on crackers. Enjoy the nuts separately.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Strawberries 1/2 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>2 cups Milk, low fat (1%) 9 oz Turkey breast, deli style 2 slice Whole grain bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 6.00 F 3.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Day: 46

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 1 cup Grapes 2 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 2.00 C 4.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 4 cups Cauliflower 1 2/3 cups Rice 18 Peanuts 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 5.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 47

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 1 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A tasty, yet easy-to-prepare breakfast. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 1 cup Strawberries 1/2 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Pineapple 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Cottage cheese and fruit with vegetables.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 2/3 cup Mango 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 48

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 cup Yogurt, plain, low fat 35 grams Protein powder 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 5.00 P 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 3 slice Whole grain bread 12 Peanuts 4 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 2.00 F 4.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Have a Protein Smoothie, be Empowered

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 49

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/3 cup Mango</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Combine over heat and enjoy this stick-to-your-ribs breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 12 spears Asparagus 4 cups Cauliflower 1 1/3 cups Rice 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Dinner - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 Pear 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

+ energized + transformed + empowered +

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 50

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>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</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 1.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>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</p>	<p>Item Portions .50 PC .50 PC 4.00 P 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>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!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>3 cups Chicken noodle soup 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 6.00 A 2.00 P Calories: 602</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Beef, lean cuts 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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!)</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 14 grams Protein powder 1/3 Banana 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
 ** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 51

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

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 52

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>7 Eggs, whole 1 cup Peaches, canned 2 slice Whole grain bread 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 2.00 C 4.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Yogurt, plain, low fat 3/4 cup Cottage cheese, light/low fat 1/2 cup Grapes 18 Peanuts</p>	<p>Item Portions 2.00 PC 3.00 P 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 2 whole Pita 1 Pear 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>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</p>	<p>Item Portions 7.00 P 2.50 C 1.50 C 1.00 C 6.00 F 1.00 PC Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>In a mixing bowl combine all ingredients and gently blend. Serve immediately.</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 53

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Yogurt, plain, low fat 21 grams Protein powder 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 PC 3.00 P 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Enjoy!</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>28 grams Protein powder 1 Orange 1 cup Raspberries 2/3 tsp Olive or monounsaturated oil 6 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 1.00 C 2.00 F 1.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Chicken breast, skinless 2 Oranges 1 whole Pita 6 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 1 cup Rice 3 cups Broccoli 4 cups Cauliflower 1/2 cup Grapes 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 1.00 C 1.00 C 1.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Dinner Brush chicken lightly with oil, broil or grill chicken. Mix oil with your spices of choice to add flavour.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 14 grams Protein powder 1/2 cup Grapes 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 PC 2.00 P 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709
*** Remember to drink between 10 and 12 glasses of water per day. ***

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Day: 54

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>1 3/4 cups Cottage cheese, light/low fat 2 cups Cereal, cold 2 cups Raspberries 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 7.00 P 4.00 C 2.00 C 6.00 F Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast of cereal and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 28 grams Protein powder 1 Tangerine 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1/2 cup Yogurt, plain, low fat 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Tuna, canned in water 3 slice Whole grain bread 4 tsp Mayonnaise 2 tbsp Guacamole</p>	<p>Item Portions 8.00 P 6.00 C 4.00 F 2.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>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.</p>
<p>Dinner - Meal Portions: P:8 C:6 F:6</p> <p>12 oz Ground beef (< 10% fat) 2 cups Potato 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 6.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Beef Patty Dinner Prepare a beef patty using your favorite spices.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 1/2 cups Watermelon 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

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Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 55

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>35 grams Protein powder 2 Kiwis 2 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 1 cup Strawberries 1/3 cup Oatmeal</p>	<p>Item Portions 5.00 P 2.00 C 6.00 F 2.00 PC 1.00 C 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>Chop the fruit and mix with the remaining ingredients. Fast and easy, this is a great breakfast when you're in a hurry!</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 9 oz Chicken breast, deli style 2 slice Rye bread 6 tsp Mayonnaise</p>	<p>Item Portions 2.00 PC 6.00 P 4.00 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Deli Meat Sandwich Use the ingredients to make a sandwich. Add a slice of onion and a leaf of lettuce for flavor.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 28 grams Protein powder 2 Kiwis 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 4.00 P 2.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 2.00 C 1.00 C 3.00 F 3.00 F 1.00 C Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Grill chicken and serve with steamed vegetables. Enjoy fruit and nuts for dessert.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>2 cups Milk, low fat (1%) 18 Peanuts 1 Kiwi 14 grams Protein powder</p>	<p>Item Portions 2.00 PC 3.00 F 1.00 C 2.00 P Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts. Enjoy!</p>

Total Daily Portions: Protein: 36 Carbohydrates: 27 Fat: 27 Calories: 2709

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2709 Calories

Day: 56

<p>Breakfast - Meal Portions: P:7 C:6 F:6</p> <p>2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Oatmeal 2 tsp Olive or monounsaturated oil 1/2 cup Blueberries</p>	<p>Item Portions 2.00 PC 5.00 P 3.00 C 6.00 F 1.00 C Calories: 574</p>	<p>Preparation Suggestions:</p> <p>A simple, wholesome breakfast.</p>
<p>Mid Meal - Meal Portions: P:8 C:6 F:6</p> <p>8 oz Chicken breast, skinless 3 slice Whole grain bread 1 tsp Olive or monounsaturated oil 3 tsp Mayonnaise</p>	<p>Item Portions 8.00 P 6.00 C 3.00 F 3.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Chicken Breast Sandwich Mix your favourite seasonings with oil and brush on chicken breast. Bake or grill the chicken breast until 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.</p>
<p>Snack - Meal Portions: P:5 C:3 F:3</p> <p>35 grams Protein powder 1/2 cup Blueberries 1 cup Raspberries 1 cup Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 1.00 C 1.00 C 1.00 C 3.00 F Calories: 329</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:6 F: 6</p> <p>8 oz Beef, lean cuts 1 1/2 cups Broccoli 1 1/3 cups Potato 18 spears Asparagus 2 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 4.00 C 1.50 C 6.00 F Calories: 602</p>	<p>Preparation Suggestions:</p> <p>Steak Dinner Mix oil with your favourite seasonings and brush mixture on your steak. Grill steak to your preference.</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>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</p>	<p>Item Portions 4.00 P .50 C .50 C 1.00 C 1.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Japanese Sweet and Sour Mandarin Shrimp Sauté the shrimp and vegetables until softened, add the mandarin oranges and season. Enjoy!</p>
<p>Snack - Meal Portions: P:4 C:3 F:3</p> <p>1 cup Milk, low fat (1%) 21 grams Protein powder 2 cups Raspberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 1.00 PC 3.00 P 2.00 C 3.00 F Calories: 301</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: 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 & eat well & GROW. www.EmpoweredNutrition.com

Grocery List

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

Protein	Carbohydrates	Fats	Other
2 3/4 cups Cottage cheese, light/low fat	5 cups Cereal, cold	50 1/3 tsp Olive or monounsaturated oil	23 1/2 cups Milk, low fat (1%)
588 grams Protein powder	8 cups Raspberries	22 tsp Mayonnaise	2 3/4 cups Yogurt, plain, low fat
8 oz Tuna, canned in water	4 1/2 cups Blueberries	60 Peanuts	1/4 cup Beans, mixed, various
31 oz Beef, lean cuts	1/3 cup Applesauce		3 cups Chicken noodle soup
48 oz Chicken breast, skinless	2 Peaches		
5 oz Hard cheeses, light/low fat	3 whole Pita		
12 oz Ground beef (< 10% fat)	2 Pears		
4 oz Cheddar cheese, light/low fat	8 cups Celery		
7 Eggs, whole	5 1/2 Kiwis		
9 oz Chicken breast, deli style	1 cup Mandarin orange, canned		
6 oz Shrimp	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		
	2 cups Cucumber		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	7 cups Raspberries	43 2/3 tsp Olive or monounsaturated oil	12 1/2 cups Yogurt, plain, low fat
9 oz Cheddar cheese, light/low fat	1 Tangerine	108 Peanuts	19 cups Milk, low fat (1%)
24 oz Chicken breast, skinless	1 1/2 cups Peaches, canned	23 tsp Mayonnaise	4 cups Beef and vegetable soup
3 1/4 cups Cottage cheese, light/low fat	2 2/3 cups Rice	2 tsp Butter	
40 oz Beef, lean cuts	13 1/2 cups Broccoli	5 tbsp Guacamole	
18 oz Shrimp	12 cups Cauliflower		
8 oz Tuna, canned in water	4 3/4 cups Grapes		
9 oz Turkey breast, deli style	3 cups Watermelon		
9 oz Chicken breast, deli style	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	8 cups Cereal, cold	48 tsp Olive or monounsaturated oil	26 cups Milk, low fat (1%)
64 oz Chicken breast, skinless	8 cups Strawberries	102 Peanuts	6 cups Yogurt, plain, low fat
18 oz Shrimp	4 Oranges	22 tsp Mayonnaise	
3 1/2 cups Cottage cheese, light/low fat	9 cups Raspberries	3 tbsp Guacamole	
24 oz Beef, lean cuts	3 slice Sourdough bread	1 tsp Butter	
12 oz Ground beef (< 10% fat)	1 cup Pasta		
9 oz Chicken breast, deli style	1 cup Tomato sauce		
2 oz Cheddar cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
14 Eggs, whole	4 1/2 cups Peaches, canned	48 tsp Olive or monounsaturated oil	8 cups Yogurt, plain, low fat
539 grams Protein powder	9 slice Whole grain bread	25 tsp Mayonnaise	20 cups Milk, low fat (1%)
24 oz Chicken breast, skinless	1 1/2 cups Watermelon	54 Peanuts	4 cups Beef and vegetable soup
40 oz Beef, lean cuts	7 cups Strawberries	2 tbsp Guacamole	
1 3/4 cups Cottage cheese, light/low fat	3 cups Pineapple	1 tsp Butter	
16 oz Tuna, canned in water	2 Oranges		
8 oz Cheddar cheese, light/low fat	3 whole Pita		
18 oz Shrimp	7 cups Potato		
18 oz Chicken breast, deli style	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
7 Eggs, whole	2 1/2 cups Peaches, canned	49 2/3 tsp Olive or monounsaturated oil	5 cups Yogurt, plain, low fat
609 grams Protein powder	4 slice Whole grain bread	10 tsp Mayonnaise	20 cups Milk, low fat (1%)
48 oz Chicken breast, skinless	4 1/2 cups Watermelon	126 Peanuts	3 cups Chicken noodle soup
4 cups Cottage cheese, light/low fat	4 Peaches	1 tsp Butter	
5 oz Hard cheeses, light/low fat	3 slice Sourdough bread		
13 oz Cheddar cheese, light/low fat	6 cups Carrots		
24 oz Beef, lean cuts	3 cups Corn, canned		
18 oz Chicken breast, deli style	4 cups Cereal, cold		
6 oz Shrimp	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		
	2 cups Cucumber		

Grocery List

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

Protein	Carbohydrates	Fats	Other
588 grams Protein powder	2 cups Oatmeal	44 2/3 tsp Olive or monounsaturated oil	19 cups Milk, low fat (1%)
9 oz Turkey breast, deli style	1/3 cup Mango	24 tsp Mayonnaise	6 cups Yogurt, plain, low fat
39 oz Beef, lean cuts	1 1/2 cups Watermelon	78 Peanuts	1/4 cup Beans, mixed, various
24 oz Chicken breast, skinless	5 cups Blueberries	3 tbsp Guacamole	6 cups Chicken noodle soup
7 Eggs, whole	14 slice Whole grain bread	1 tsp Butter	
5 oz Hard cheeses, light/low fat	6 cups Celery		
8 oz Tuna, canned in water	3 1/2 Kiwis		
4 oz Cheddar cheese, light/low fat	1 cup Mandarin orange, canned		
12 oz Ground beef (< 10% fat)	12 cups Raspberries		
2 3/4 cups Cottage cheese, light/low fat	2/3 cup Applesauce		
18 oz Shrimp	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
609 grams Protein powder	10 cups Raspberries	51 tsp Olive or monounsaturated oil	12 1/2 cups Yogurt, plain, low fat
8 oz Tuna, canned in water	13 cups Strawberries	28 tsp Mayonnaise	17 cups Milk, low fat (1%)
55 oz Beef, lean cuts	1 1/2 cups Peaches, canned	48 Peanuts	1/4 cup Beans, mixed, various
24 oz Chicken breast, skinless	2 whole Pita		
5 oz Hard cheeses, light/low fat	2 Pears		
9 oz Turkey breast, deli style	10 cups Celery		
3 1/2 cups Cottage cheese, light/low fat	3 1/2 Kiwis		
9 oz Chicken breast, deli style	2 1/3 cups Mandarin orange, canned		
6 oz Shrimp	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
609 grams Protein powder	3 1/2 cups Cereal, cold	46 2/3 tsp Olive or monounsaturated oil	15 1/2 cups Milk, low fat (1%)
2 oz Cheddar cheese, light/low fat	8 cups Strawberries	96 Peanuts	8 1/4 cups Yogurt, plain, low fat
31 oz Beef, lean cuts	3 cups Blueberries	25 tsp Mayonnaise	3 cups Chicken noodle soup
5 cups Cottage cheese, light/low fat	1/3 cup Applesauce	2 tbsp Guacamole	1/4 cup Beans, mixed, various
7 Eggs, whole	6 Oranges		
16 oz Tuna, canned in water	15 cups Raspberries		
32 oz Chicken breast, skinless	5 1/3 cups Potato		
12 oz Ground beef (< 10% fat)	1 1/3 Banana		
9 oz Chicken breast, deli style	10 1/2 Kiwis		
6 oz Shrimp	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		

2999 Calorie Meal Plans

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 1

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 2

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 1/2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Goat cheese, light/low fat 8 oz Tofu 1 1/3 cups Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Have a Protein Smoothie. be Empowered

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 3

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 4

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 5

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 21 grams Protein powder 1 cup Strawberries 1 1/2 tbsp Barley 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 6

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>7 Eggs, whole 1/2 cup Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 3 1/2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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Day: 7

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Huge and Ripped + www.MetabolicSurgeProgram.com

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 8

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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%)</p>	<p>Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Stew</p> <p>Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

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

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Day: 9

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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Day: 10

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 6 Eggs, whole 1 cup Peaches, canned 2 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

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Day: 11

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Dhal You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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Day: 12

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Milk, low fat (1%) 1 cup Strawberries 1 tbsp Barley 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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%)</p>	<p>Item Portions 4.00 P 3.00 P .50 C .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 13

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted Western Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 14

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
** Remember to drink between 10 and 12 glasses of water per day. **

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 15

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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%)</p>	<p>Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Day: 16

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 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 www.EmpoweredNutrition.com

Today's checklist: 1.Protein Smoothie 2.MultiVitamin 3.Weightloss Formula www.empowerednutrition.com

Notes:

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 17

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 18

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Milk, low fat (1%) 1 cup Strawberries 1 tbsp Barley 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999</p>		

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 19

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 20

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>7 Eggs, whole 1/2 cup Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 3 1/2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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%)</p>	<p>Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 21

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 6 Eggs, whole 1 cup Peaches, canned 2 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
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Day: 22

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

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Day: 23

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 24

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 6 Eggs, whole 1 cup Peaches, canned 2 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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%)</p>	<p>Item Portions 3.00 A 4.00 C 2.00 F 4.00 P 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories:</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

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Day: 25

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Milk, low fat (1%) 1 cup Strawberries 1 tbsp Barley 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Day: 26

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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%)</p>	<p>Item Portions 4.00 P 3.00 P .50 C .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

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Day: 27

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 21 grams Protein powder 1 cup Strawberries 1 1/2 tbsp Barley 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 28

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Eggs, whole 4 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 2 cups Fruit juice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 4.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 29

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
** Remember to drink between 10 and 12 glasses of water per day. **

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

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Day: 30

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Peaches, canned 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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Day: 31

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
** Remember to drink between 10 and 12 glasses of water per day. **

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Day: 32

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Stew Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
** Remember to drink between 10 and 12 glasses of water per day. **

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

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Day: 33

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 21 grams Protein powder 1 cup Strawberries 1 1/2 tbsp Barley 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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%)</p>	<p>Item Portions 4.00 P 3.00 P .50 C .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 34

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 21 grams Protein powder 1 cup Strawberries 1 1/2 tbsp Barley 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional/Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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%)</p>	<p>Item Portions 4.00 P 3.00 P .50 C .50 C 2.00 C 4.00 C 5.00 F 1.00 PC Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 35

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Smoothie...Protein builds muscles www.EmpoweredSmoothie.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 36

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 8.00 C 5.00 F 2.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted Western</p> <p>Chop cheese (and a little onion and peppers if desired). In a small bowl combine with eggs. Preheat oil over medium heat, and add mixture. Serve on toasted bread. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 37

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/4 cups Cottage cheese, light/low fat 21 grams Protein powder 1 cup Strawberries 1 1/2 tbsp Barley 2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 P 1.00 C 3.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

Powerful Proven Results @ www.EmpoweredNutrition.com

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 38

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>1 1/2 cups Cottage cheese, light/low fat 2 cups Milk, low fat (1%) 1 cup Strawberries 1 tbsp Barley 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo</p> <p>Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 39

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>7 Eggs, whole 1/2 cup Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 3 1/2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 2.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

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Day: 40

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Stew Brown soy quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 41

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>7 Eggs, whole 1/2 cup Yogurt, plain, low fat 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 3 1/2 cups Tomatoes 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 42

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 6 Eggs, whole 1 cup Peaches, canned 2 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Goat cheese, light/low fat 8 oz Tofu 1 1/3 cups Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>Tofu-Eggplant Gumbo Roughly chop the vegetables and tofu, then saute all of them except the tomatoes in a small pot with the olive oil. When they're almost cooked through, add the tomatoes and a dash of water, then simmer. Season with salt, pepper, thyme, rosemary and some chili pepper. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 43

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 3.00 P 1.00 PC 2.00 PC 2.00 A 3.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 44

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 1/2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>8.00 P .50 C 1.00 C .50 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions</p> <p>4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions</p> <p>2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions</p> <p>6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions</p> <p>4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions</p> <p>2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 45

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/2 tbsp Barley 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>4 links Soy sausage 1 cup Applesauce 2/3 cup Fruit cocktail 1 cup Rice 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 3.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Links with rice, fruit and applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 46

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 47

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 4.00 C 2.00 C 3.00 F 2.00 C 2.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>2 cups Fruit juice 42 grams Protein powder</p>	<p>Item Portions 6.00 C 6.00 P Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 1.00 PC 3.00 PC 4.00 A 1.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of veggie chili and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P .50 C 2.00 C .67 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999
 ** Remember to drink between 10 and 12 glasses of water per day. **

3 pillars to performance: nutrition + exercise + supplements

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 48

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 2 cups Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 8.00 P 6.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 2 cups Strawberries 1 tsp Olive or monounsaturated oil 2/3 cup Oatmeal</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Salad</p> <p>Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tofu on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Grilled Tofu with Seasoned Beans</p> <p>Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the tofu, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 9 Almonds, whole</p>	<p>Item Portions 4.00 PC 3.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Almonds</p> <p>Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>

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Day: 49

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries</p>	<p>Item Portions 2.00 PC 4.00 P 3.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

+ energized + transformed + empowered +

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 50

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts Enjoy this quick snack.</p>
<p>Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999</p>		

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 51

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1 cup Salsa 2 cups Tomatoes 1 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item 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</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>2 cups Yogurt, plain, low fat 3 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 PC 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC .25 C .50 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999</p>		

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Day: 52

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>21 grams Protein powder 2 cups Milk, low fat (1%) 1 tbsp Barley 2 cups Bran cereal, all varieties 5 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 3.00 P 2.00 PC 2.00 C 4.00 C 5.00 F 3.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 A 2.00 C 4.00 C 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A bowl of soup with a cheese pita on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Feta & Tofu Wrap</p> <p>Cut tofu into strips or chunks and add to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 53

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 1/2 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P .50 C 1.00 C .50 C 1.00 C 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Eggs with sautéed vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Goat cheese, light/low fat 8 oz Tofu 1 1/3 cups Fruit cocktail 2 slice Whole grain bread 5 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich Slice cheese and tofu and top with mayonnaise. You may also wish to add lettuce for crunch. Add fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F: 0</p> <p>42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal</p>	<p>Item Portions 6.00 P 4.00 C 2.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu.</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tofu and Vegetable Stirfry Lightly saute the vegetables and tofu, in a wok if you have one. Season to taste. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 54

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>56 grams Protein powder 1 cup Mandarin orange, canned 1 2/3 tsp Olive or monounsaturated oil 1 2/3 cups Oatmeal</p>	<p>Item Portions 8.00 P 3.00 C 5.00 F 5.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 P 4.00 C 4.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese & Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC .50 C 2.00 C 1.00 C .29 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Dhal</p> <p>You'll also need a garlic clove and a small piece of ginger (dried can be substituted). Chop the onions, garlic, and ginger and fry. Add chopped tomato, curry powder (according to how hot you like it), 1 tsp tumeric powder, and if you've got em, some cumin and coriander. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p> <p>Then add 1-2 cups water, lentils, carrots, egg and spinach, then simmer. Season with salt and pepper, and enjoy!</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 1/3 cups Applesauce 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Applesauce & Peanuts</p> <p>Enjoy this quick snack.</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 55

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>4 Egg whites 6 Eggs, whole 1 cup Peaches, canned 2 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 6.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A simple breakfast. Enjoy fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 2.00 C 2.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! *Optional Supplements for Optimal Results: Creatine and BCAA's</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>42 grams Protein powder 2 cups Fruit juice</p>	<p>Item Portions 6.00 P 6.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F: 5</p> <p>4 oz Cheese, low or non fat 8 oz Tofu 3 slice Whole grain bread 2 Rice cakes 12 Peanuts 3 tsp Mayonnaise</p>	<p>Item Portions 4.00 P 4.00 P 6.00 C 2.00 C 2.00 F 3.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Triple Decker Tofu Sandwich</p> <p>Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. Add flavored rice cakes for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 1.00 C 1.00 C 5.00 F 6.00 C 4.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Soy Burgers and Potatoes</p> <p>Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the soy patties, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>4 oz Cheese, low or non fat 1 Apple 18 Peanuts 2 Rice cakes</p>	<p>Item Portions 4.00 P 2.00 C 3.00 F 2.00 C Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Cheese, Apples & Peanuts</p> <p>A quick snack to keep you going through the day!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

Empowered Nutrition - Advanced Lean Muscle Builder - 2999 Calories

Day: 56

<p>Breakfast - Meal Portions: P:8 C:8 F:5</p> <p>8 Eggs, whole 1 cup Peaches, canned 3 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 8.00 P 2.00 C 6.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Toasted egg sandwich with fruit. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 18 Peanuts</p>	<p>Item Portions 4.00 P 4.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Another great, on-the-go snack!</p>
<p>Mid Meal - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 2.00 C 1.00 C 1.00 C 4.00 C 5.00 F 8.00 P Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Ground Soy and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 capsules & Vitamin B</p>
<p>Snack - Meal Portions: P:6 C:6 F:0</p> <p>21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal</p>	<p>Item Portions 3.00 P 3.00 PC 2.00 C 1.00 C Calories: 384</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 8.00 P 1.00 C 1.00 C 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>TVP with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Multi Vitamin, Digestive Enzymes & Omega 3 capsules</p>
<p>Snack - Meal Portions: P:4 C:4 F:3</p> <p>14 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1/3 cup Oatmeal 1 tsp Olive or monounsaturated oil</p>	<p>Item Portions 2.00 P 2.00 PC 1.00 C 1.00 C 3.00 F Calories: 337</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>

Total Daily Portions: Protein: 38 Carbohydrates: 38 Fat: 21 Calories: 2999

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

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

Grocery List

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

Protein	Carbohydrates	Fats	Other
5 1/4 cups Cottage cheese, light/low fat	6 cups Bran cereal, all varieties	33 2/3 tsp Olive or monounsaturated oil	8 1/2 cups Yogurt, plain, low fat
441 grams Protein powder	13 cups Strawberries	10 tbsp Almonds, slivered	14 cups Milk, low fat (1%)
16 oz Cheese, low or non fat	6 tbsp Barley	102 Peanuts	1 cup Won ton soup
52 oz Tofu	3 1/3 cups Oatmeal	8 tsp Mayonnaise	1 cup Egg drop soup
2 3/4 cups Neufchatel cheese, light/low fat	8 2/3 cups Fruit juice	9 Almonds, whole	2 cups Chili, canned
31 Eggs, whole	10 1/2 slice Whole grain bread		
1 cup Goat cheese, light/low fat	4 Rice cakes		
8 oz Textured Vegetable Protein	1 1/2 cups Cabbage		
12 oz Feta cheese, light/low fat	8 cups Mushrooms		
7 oz Cheddar cheese, light/low fat	1 cup Zucchini		
16 oz Soy, ground	2 cups Bean sprouts		
4 links Soy sausage	6 1/2 Peppers (bell or cubanelle)		
2 patty Soy burger	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
511 grams Protein powder	3 2/3 cups Mandarin orange, canned	38 2/3 tsp Olive or monounsaturated oil	1 1/2 cups Won ton soup
10 oz Feta cheese, light/low fat	7 2/3 cups Oatmeal	114 Peanuts	16 cups Milk, low fat (1%)
24 oz Soy, ground	11 cups Strawberries	3 tbsp Almonds, slivered	5 1/2 cups Yogurt, plain, low fat
26 oz Cheese, low or non fat	11 1/3 cups Fruit juice	3 tsp Mayonnaise	1 cup Lentils
26 Eggs, whole	7 1/2 whole Pita	9 Almonds, whole	
8 oz Textured Vegetable Protein	1 cup Chickpeas		
12 Egg whites	1/4 cup Kidney beans		
46 oz Tofu	3 1/4 cups Onions		
1 1/2 cups Neufchatel cheese, light/low fat	6 cups Tomatoes		
3 1/2 cups Cottage cheese, light/low fat	3 1/2 cups Pasta		
1 1/2 cups Egg substitute	2 2/3 cups Applesauce		
1/2 cup Goat cheese, light/low fat	1 1/2 cups Cucumber		
2 patty Soy burger	2 Tomatoes		
4 oz Cheddar cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
511 grams Protein powder	2 2/3 cups Mandarin orange, canned	39 1/3 tsp Olive or monounsaturated oil	4 cups Won ton soup
18 oz Feta cheese, light/low fat	8 cups Oatmeal	18 Almonds, whole	14 cups Milk, low fat (1%)
28 oz Tofu	4 1/2 tbsp Barley	3 tbsp Almonds, slivered	8 cups Yogurt, plain, low fat
24 oz Soy, ground	11 cups Strawberries	72 Peanuts	1 cup Lentils
4 links Soy sausage	10 2/3 cups Fruit juice		
25 Eggs, whole	8 whole Pita		
12 oz Cheese, low or non fat	6 1/2 cups Onions		
1 1/2 cups Egg substitute	5 1/2 Peppers (bell or cubanelle)		
1/2 cup Goat cheese, light/low fat	2 cups Salsa		
12 Egg whites	1 1/2 cups Tomato, puree		
3 1/2 cups Cottage cheese, light/low fat	6 cups Celery		
1 1/2 cups Neufchatel cheese, light/low fat	4 1/2 cups Pasta		
2 patty Soy burger	2 cups Blueberries		
4 oz Cheddar cheese, light/low fat	2 1/3 cups Applesauce		
8 oz Textured Vegetable Protein	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
434 grams Protein powder	2 2/3 cups Mandarin orange, canned	39 1/3 tsp Olive or monounsaturated oil	4 1/2 cups Yogurt, plain, low fat
3 cups Egg substitute	4 2/3 cups Oatmeal	138 Peanuts	16 cups Milk, low fat (1%)
1 cup Goat cheese, light/low fat	4 1/2 tbsp Barley	3 tsp Mayonnaise	1 1/2 cups Won ton soup
2 patty Soy burger	9 cups Strawberries		1 cup Lentils
4 oz Cheddar cheese, light/low fat	11 1/3 cups Fruit juice		
30 oz Cheese, low or non fat	14 slice Whole grain bread		
26 Eggs, whole	8 Peppers (bell or cubanelle)		
5 3/4 cups Cottage cheese, light/low fat	1/4 cup Baked beans		
16 oz Soy, ground	2 cups Potato		
14 oz Feta cheese, light/low fat	4 cups Applesauce		
42 oz Tofu	3 cups Mushrooms		
12 Egg whites	5 1/4 cups Onions		
1 cup Neufchatel cheese, light/low fat	1/2 cup Jalapeno peppers		
8 oz Textured Vegetable Protein	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
546 grams Protein powder	7 1/2 tbsp Barley	16 tbsp Almonds, slivered	23 cups Milk, low fat (1%)
10 oz Cheddar cheese, light/low fat	8 cups Bran cereal, all varieties	33 2/3 tsp Olive or monounsaturated oil	10 cups Yogurt, plain, low fat
2 patty Soy burger	13 cups Strawberries	84 Peanuts	4 cups Chili, canned
22 oz Cheese, low or non fat	8 cups Fruit juice	9 Almonds, whole	1 cup Egg drop soup
3 1/2 cups Cottage cheese, light/low fat	8 Peppers (bell or cubanelle)	3 tsp Mayonnaise	
2 1/4 cups Neufchatel cheese, light/low fat	1/4 cup Baked beans		
52 oz Tofu	2 cups Potato		
16 Eggs, whole	1 1/3 cups Applesauce		
24 oz Soy, ground	1 1/3 cups Fruit cocktail		
10 oz Feta cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
8 3/4 cups Cottage cheese, light/low fat	7 1/2 cups Bran cereal, all varieties	36 1/3 tsp Olive or monounsaturated oil	10 cups Yogurt, plain, low fat
434 grams Protein powder	18 cups Strawberries	7 tbsp Almonds, slivered	11 cups Milk, low fat (1%)
1 1/2 cups Egg substitute	6 1/2 tbsp Barley	18 Almonds, whole	2 cups Chili, canned
1 1/2 cups Goat cheese, light/low fat	8 cups Fruit juice	96 Peanuts	
2 patty Soy burger	6 slice Whole grain bread	5 tsp Mayonnaise	
4 oz Cheddar cheese, light/low fat	8 Peppers (bell or cubanelle)		
24 oz Soy, ground	1/4 cup Baked beans		
4 links Soy sausage	2 cups Potato		
6 oz Feta cheese, light/low fat	4 cups Onions		
60 oz Tofu	2 cups Tomato, puree		
2 cups Neufchatel cheese, light/low fat	10 cups Celery		
20 Eggs, whole	2 1/2 cups Pasta		
8 oz Cheese, low or non fat	2 cups Peaches, canned		
8 oz Textured Vegetable Protein	6 1/3 cups Oatmeal		
4 Egg whites	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
32 Eggs, whole	2 cups Peaches, canned	37 1/3 tsp Olive or monounsaturated oil	16 cups Milk, low fat (1%)
448 grams Protein powder	8 1/2 slice Whole grain bread	114 Peanuts	6 1/2 cups Yogurt, plain, low fat
1 3/4 cups Neufchatel cheese, light/low fat	15 cups Strawberries	7 tbsp Almonds, slivered	1 cup Egg drop soup
52 oz Tofu	4 tbsp Barley	9 Almonds, whole	2 cups Chili, canned
12 oz Cheese, low or non fat	8 cups Fruit juice		
6 cups Cottage cheese, light/low fat	1 Banana		
24 oz Soy, ground	7 cups Mushrooms		
2 patty Soy burger	6 1/2 cups Onions		
4 oz Cheddar cheese, light/low fat	12 cups Tomatoes		
10 oz Feta cheese, light/low fat	5 2/3 cups Rice		
4 links Soy sausage	1 Apple		
16 oz Textured Vegetable Protein	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
38 Eggs, whole	4 cups Peaches, canned	34 tsp Olive or monounsaturated oil	2 cups Won ton soup
504 grams Protein powder	15 1/2 slice Whole grain bread	132 Peanuts	2 cups Lentils
16 oz Feta cheese, light/low fat	5 tbsp Barley	8 tbsp Almonds, slivered	3 1/2 cups Yogurt, plain, low fat
20 Egg whites	11 cups Strawberries	11 tsp Mayonnaise	10 cups Milk, low fat (1%)
30 oz Cheese, low or non fat	10 2/3 cups Fruit juice		
1 1/2 cups Neufchatel cheese, light/low fat	7 1/2 whole Pita		
52 oz Tofu	3 Tomatoes		
7 oz Cheddar cheese, light/low fat	5 1/2 cups Onions		
2 cups Cottage cheese, light/low fat	2 cups Carrots		
1 cup Goat cheese, light/low fat	2 cups Spinach		
2 patty Soy burger	4 cups Applesauce		
8 oz Soy, ground	8 cups Mushrooms		
8 oz Textured Vegetable Protein	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		