Hey Lean Muscle Builder:

I have never been more excited for you than I am now that you have the necessary tools for building serious lean muscle and I want to thank you for giving me the opportunity to tell you about the great advantages of the Lean Builder Meal Plans from Critical Bench & Empowered Nutrition. I'm convinced that my company is uniquely positioned to help increase the success of your goals. Here is what people are saying about our meal plans:

I have never been able to build such stacks of muscle so fast in my life. I am losing fat while gaining muscle. Jeff Smith, Real Estate Agent, Burlington, Ontario

I just wanted to let you know that I have gained 8 pounds of muscle and lost 18 pounds of fat in 8 weeks! John Jackson, University Student, Miami, Florida

As a police officer, I am constantly battling the balance of body fat and not knowing what to eat. I need to build lean muscle and lose body fat for my job and my life. These meal plans are awesome; I just lost 26 pounds of fat and gained 6 pounds of muscle in 12 weeks. Thank you, I have lots of guys from my squad ready to work with you. David Ellsworth, Officer, Halton Police, Ontario

As you discovered in my presentation, these Meal Plans offers you a number of beneficial features, including:

- ✓ Easy To Follow. Making Nutrition Easy To Do
- Simple Recipes. For Fast Effective Nutrition
- Delicious Recipes. Makes Muscle Building And Fat Loss Enjoyable... No More Bland Bodybuilder Diets
- It's All Done-For-You. No More Thinking, You Learn To Eat The Right Foods At The Right Times To Be Anabolic
- Simple Meal Swapping And Ingredient Substitutions. This Helps You To Easily Customize The Meal Plans
- Consistent Meal Times. Making You Anabolic 24/7 To Build The Muscle And Power You Want

I would very much like to discuss how you can put empowered nutrition Personalized Nutrition Programs to use in your lean muscle strategy. I will follow up and provide more powerful information to increase your results. Before then, you can learn more about my Personalized Nutrition Programs at <u>www.empowerednutrition.net/critical-bench-nutrition</u>.

Sincerely,

Mike Westerdal & Patrick McGuire

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Ground beef (&lt; 10% fat)</li> <li>5 oz Cheese, low or non fat</li> <li>1 cup Onions</li> <li>1/4 head Lettuce, iceberg</li> <li>2 Tomatoes</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>30 Peanuts</li> </ul>	10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>2 cups Mushrooms</li> <li>2 cups Grapes</li> <li>3 1/3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Day: 2	2
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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
49 grams Protein powder	Portions 7.00 P	A refreshing breakfast of yogurt, fruit, and nuts. For
4 cups Milk, low fat (1%)	4.00 PC	a variation, throw it all in a blender, except the
2 cups Yogurt, plain, low fat	4.00 PC	almonds, and enjoy as a smoothie!
1 cup Strawberries	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Oatmeal	6.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
21 Almonds, whole	7.00 F	1 gram Vit C, 400 i.u. Vit E
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	1230 Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes & Yogurt
2 cups Yogurt, plain, low fat	4.00 PC	Mix cottage cheese, yogurt, fruit and nuts. Add
2 cups frogurt, plain, low lat 2 cups Grapes	4.00 FC	sweetener if desired and enjoy!
30 Peanuts	4.00 C	sweetener ir desired and enjoy:
SU Teanuis	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
6 oz Chicken breast, deli style	4.00 P	A simple but tasty meal: soup and a cheese
3 cups Beef and barley soup	6.00 A	sandwich. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
5 oz Cheddar cheese, light/low fat	5.00 P	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes un
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
	Calories: 566	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Proportion Suggestions:
Diffice - Meal Fullions, F. 13 C. 13 F. 10	Portions	Preparation Suggestions:
18 oz Ground beef (< 10% fat)	12.00 P	Beef Patty Dinner
3 1/3 tsp Olive or monounsaturated oil	10.00 F	Prepare a MONSTER BEEF patty using an egg,
4 cups Potato	12.00 C	barley and your favorite spices a little BBQ goes a
3 Eggs, whole	3.00 P	long way. ***OPTIONAL/OPTIMAL
1 1/2 tbsp Barley	3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	Calories:	caps, Multi Vit/Mineral
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
12 grama Bratain nourdar	Portions	Protein Shake with Fruit
42 grams Protein powder	6.00 P	
2 cups Milk, low fat (1%) 3 cups Strawberries	2.00 PC 3.00 C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
o cupo ollamberries	3.00 C 3.00 C	blender is not available, set aside the fruit and shake
1 1/2 then Barlow	3.00 C 5.00 F	
1 1/2 tbsp Barley		up the remaining ingredients in a closed container to
1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil		I mix it all together then out the fruit on the olde
	Calories:	mix it all together, then eat the fruit on the side.
1 2/3 tsp Olive or monounsaturated oil	Calories: 647	mix it all together, then eat the fruit on the side. Enjoy! drates: 69 Fat: 42 Calories: 5550

Have a Protein Smoothie he Empowered

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647	A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Beef, lean cuts</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>18 Almonds, whole</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F	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
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647	

Day:	5
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>1 cup Onions</li> <li>1 cup Tomato, puree</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/2 cups Tomatoes</li> <li>3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%)	6.00 P 7.00 P 2.00 PC	French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered	1.00 C 12.00 C 10.00 F Calories: 1230	non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, Iow fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, skinless</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>2 tsp Olive or monounsaturated oil</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Total Daily Portions: Protein	69 Carboby	drates: 73 Fat: 40 Calories: 5640

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Day:	7	

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	Portions 3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Tuna, canned in water 2 Bananas 1 cup Fruit juice 3 whole Pita 15 Almonds, whole 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 12.00 P 6.00 C 3.00 C 6.00 C 5.00 F 5.00 F 3.00 P Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, Iow fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 13 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	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!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 1/2 cups Cereal, cold</li> <li>2 cups Strawberries</li> <li>2 tbsp Barley</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optim Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>4 cups Vegetable soup</li> <li>4 slice Whole grain bread</li> <li>18 Almonds, whole</li> <li>6 oz Cheddar cheese, light/low fat</li> <li>3 cups Milk, low fat (1%)</li> <li>14 grams Protein powder</li> </ul>	4.00 A 8.00 C 6.00 F 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>2 cups Mushrooms</li> <li>2 cups Grapes</li> <li>3 1/3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into container and take along to work or elsewhere.

Day:	9
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Beef, lean cuts</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>18 Almonds, whole</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tbsp Barley	12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	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!

Day:	10	)
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Ground beef (&lt; 10% fat)</li> <li>5 oz Cheese, low or non fat</li> <li>1 cup Onions</li> <li>1/4 head Lettuce, iceberg</li> <li>2 Tomatoes</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>30 Peanuts</li> </ul>	10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
Total Daily Portions: Protein	-	Irates: 73 Fat: 40 Calories: 5640

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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
77 grams Protein powder	Portions 11.00 P	A tasty, yet easy-to-prepare breakfast. Enjoy!
2 cups Yogurt, plain, low fat	4.00 PC	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Grapes	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
3 cups Oatmeal	9.00 C	1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	·······
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
6 oz Chicken breast, deli style	4.00 P	A simple but tasty meal: soup and a cheese
3 cups Beef and barley soup	6.00 A	sandwich. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
5 oz Cheddar cheese, light/low fat	5.00 P	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
25 grome Brotein neuder	Portions	Protein Shake
35 grams Protein powder 3 cups Milk, low fat (1%)	5.00 P 3.00 PC	Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
2 tbsp Barley	4.00 C	Add water to create desired consistency. Enjoy:
2/3 tsp Olive or monounsaturated oil	2.00 F	
	Calories:	
	566	
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 T C	pepper, and basil, if you like.
2 cups Celery	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Carrots	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
2 cups Pasta	8.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
42 grams Protein powder	Portions 6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 FC	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy!
Total Daily Portions: Broto	n 69 Carbohyo	Irates: 69 Fat: 42 Calories: 5550

Day:	12
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
<ul> <li>Snack - Meal Portions: P:8 C:8 F:5</li> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	<b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	French Toast Sticks
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (1%)	3.00 PC	Carbs
1/3 cup Applesauce	1.00 C	Put all ingredients in a blender over ice and blend to
2 tbsp Barley	4.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Nid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	A tasty and simple meal of soup. Enjoy!
4 cups Tomato vegetable soup	6.00 A	***OPTIONAL/ OPTIMAL SUPPLEMENTS:***
3 whole Pita	6.00 C	Digestive Enzymes, Omega 3 caps & Vitamin B
6 oz Cheddar cheese, light/low fat	6.00 P	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Pasta & Sauce
1/2 cup Onions	1.00 C	In a sauce pan saute onion until done. Add meat
1 cup Tomato sauce	2.00 C	and spices to onion mixture and simmer until meat is
2 1/2 cups Pasta	10.00 C	done. Add tomato sauce and reduce heat. Pour
3 1/3 tsp Olive or monounsaturated oil	10.00 F	over cooked pasta and serve.
5 oz Cheddar cheese, light/low fat	5.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Milk, low fat (1%)	2.00 PC	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
· · · · · · · · · · · · · · · · · · ·	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Milk & Peanuts
3 cups Milk, low fat (1%)	3.00 PC	A tall glass of milk and a handful of peanuts wiht a
1 Banana	3.00 C	banana and some protein. Straight up or blended,
30 Peanuts	5.00 F	it's just right. Enjoy!
1 tbsp Barley	2.00 C	, , , , ,
	Calories:	
	647	
		drates: 73 Fat: 40 Calories: 5640
** Remember to drink be	tween 10 and 1	2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Your favorite cereal mixed with fruit. Enjoy the eggs
3 cups Milk, low fat (1%)	3.00 PC	and cheese on the side. ***OPTIONAL/OPTIMAL
3 cups Cereal, cold	6.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 Bananas	6.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
	10.00 C	
3 1/3 tsp Olive or monounsaturated oil	4.00 P	
4 oz Cheddar cheese, light/low fat		
	Calories:	
	1230 Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
E of Chasse low or non fat	5.00 P	A nice, quick encels to esticify these erovingel
5 oz Cheese, low or non fat		A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
12 oz Tuna, canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Protein Shake
3 cups Milk, low fat (1%)	3.00 PC	Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
2 tbsp Barley	4.00 C	Add water to create desired consistency. Enjoy:
2/3 tsp Olive or monounsaturated oil	4.00 C	
2/3 tsp Olive of monourisaturated of	Calories:	
	566	
	ltem	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
15 oz Chicken breast, skinless	15.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 1/4 cups Corn, canned	5.00 C	degrees for about 20 minutes, or until there's no pinl
2 2/3 cups Rice	8.00 C	left inside the chicken breast). To boost the flavour,
3 1/3 tsp Olive or monounsaturated oil	10.00 F	add a dash of low-fat, low-sugar barbecue sauce. or
3 1/3 tsp Olive or monounsaturated oil	10.00 F Calories:	
3 1/3 tsp Olive or monounsaturated oil		coat with some crushed fresh herbs, salt and pepper
3 1/3 tsp Olive or monounsaturated oil	Calories:	coat with some crushed fresh herbs, salt and peppel Steam the vegetables and enjoy on the side.
3 1/3 tsp Olive or monounsaturated oil	Calories:	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
	Calories: 1230	coat with some crushed fresh herbs, salt and peppel Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Calories: 1230 Item Portions	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera Preparation Suggestions:
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder	Calories: 1230 Item Portions 4.00 P	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera <b>Preparation Suggestions:</b> Protein Smoothie
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat	Calories: 1230 Item Portions 4.00 P 4.00 PC	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend,
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned	Calories: 1230 Item Portions 4.00 P 4.00 PC 2.00 C	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera <b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal	Calories: 1230 Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera <b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned	Calories: 1230 Item Portions 4.00 PC 2.00 C 2.00 C 2.00 C 5.00 F	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera <b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal	Calories: 1230 Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C	coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera <b>Preparation Suggestions:</b> Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake

Day: 15		
Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!
		drates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **
		- 3.20000 01 110101 por day.

Take your vitamins Reemonwered

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Tuna, canned in water</li> <li>2 Bananas</li> <li>1 cup Fruit juice</li> <li>3 whole Pita</li> <li>15 Almonds, whole</li> <li>5 tsp Mayonnaise</li> <li>3 oz Cheddar cheese, light/low fat</li> </ul>	12.00 P 6.00 C 3.00 C 6.00 C 5.00 F 5.00 F 3.00 P Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	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!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tbsp Barley	Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
		drates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
Breaklast - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Your favorite cereal mixed with fruit. Enjoy the
49 grams Protein powder	7.00 P	cheese on the side. ***OPTIONAL/OPTIMAL
4 cups Milk, low fat (1%)	4.00 PC	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 1/2 cups Cereal, cold	5.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
2 cups Strawberries	2.00 C	
2 tbsp Barley	4.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Tuna. canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	omoga o capo a vitamin D
o oz oneddar onecoc, lightiow lat	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
40 sreme Dretein neuder	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shak
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	•
	566 Item	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
15 oz Chicken breast, skinless	15.00 P	Chicken with Grapes
2 cups Mushrooms	1.00 C	A simple grilled chicken breast with sauteed
2 cups Grapes	4.00 C	mushrooms over top and some fruit on the side.
3 1/3 cups Rice	10.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
3 1/3 tsp Olive or monounsaturated oil	10.00 F	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
12 grama Dratain nouvelar	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shak
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy!

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

Day:	19
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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	Portions 8.00 P 3.00 PC 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 12 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 2 cups Grapes 4 slice Whole grain bread 2 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	<b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

	14 0 100	
Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Your favorite cereal mixed with fruit. Enjoy the eggs
3 cups Milk, low fat (1%)	3.00 PC	and cheese on the side. ***OPTIONAL/OPTIMAL
3 cups Cereal, cold	6.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 Bananas	6.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
, <b>3</b>	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
10 menes Dratain recorden	Portions	
42 grams Protein powder	6.00 P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1%)	2.00 PC	Carbs
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend to
1 2/3 cups Oatmeal	5.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:8 C:12 F:0	Item	Preparation Suggestions:
	Portions	
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
	Item	Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Portions	Preparation Suggestions:
15 oz Ground beef (< 10% fat)	10.00 P	Cheeseburger
5 oz Cheese, low or non fat	5.00 P	Broil hamburger to preferred degree of doneness.
1 cup Onions	2.00 C	Place cheese on top and broil hamburger until
1/4 head Lettuce, iceberg	.13 C	cheese is melted. Put cheeseburger together with
2 Tomatoes	1.00 C	the tomato, lettuce and onion. Have the fruit and
2 cups Grapes	4.00 C	nuts for dessert. ***OPTIONAL/ OPTIMAL
4 slice Whole grain bread	8.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
1 2/3 tsp Olive or monounsaturated oil	5.00 F	caps & Vitamin B
30 Peanuts	5.00 F	
	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Beef Stroganoff
2 cups Milk, low fat (1%)	2.00 PC	Slice the beef and saute with the vegetables. Mix in
3 cups Yogurt, plain, low fat	6.00 PC	the yogurt when done, and season with salt, pepper,
3 cups Fogurt, plain, low fat 3 cups Beans, green or yellow	2.00 FC	and rosemary. Serve hot with a cold milk.
2 cups Mushrooms	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Onions	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
1/2 cup Pasta	2.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat	4.00 P	Grate the cheese and mix with the rest of the
Z CUDS YOOUT, DIAIN, IOW TAT	4.00 PC	ingredients for a quick snack that's easy to pop into a
	1 00 0	
1 1/3 cups Applesauce	4.00 C	container and take along to work or elsewhere.
	4.00 C 5.00 F Calories:	container and take along to work or elsewhere.

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 1/2 cups Cereal, cold</li> <li>2 cups Strawberries</li> <li>2 tbsp Barley</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Beef, lean cuts 3 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 18 Almonds, whole 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	22
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F	<b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories:	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	1230 Item	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Tuna, canned in water 2 Bananas 1 cup Fruit juice 3 whole Pita 15 Almonds, whole 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	12.00 P 6.00 C 3.00 C 6.00 C 5.00 F 5.00 F 3.00 P Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
49 grams Protein powder 4 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 2 cups Oatmeal 21 Almonds, whole 1 tsp Olive or monounsaturated oil	7.00 P 4.00 PC 4.00 PC 4.00 C 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

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

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
77 grams Protein powder	Portions 11.00 P	Yogurt and toast. Mix the protein powder and olive
2 cups Yogurt, plain, low fat	4.00 PC	oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL
1 cup Applesauce	3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
3 1/3 tsp Olive of monourisaturated of	Calories:	
	1230	
	Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	strice, quest ender te eatery these eratinger
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Maal Maal Dartiana, D 45 0 45 5 40	Item	Brannatian Orangetian
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
6 oz Chicken breast, deli style	4.00 P	A simple but tasty meal: soup and a cheese
3 cups Beef and barley soup	6.00 A	sandwich. ***OPTIONAL/OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
5 oz Cheddar cheese, light/low fat	5.00 P	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C 2.00 F	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	Calories:	have remaining ingredients on the side. Enjoy!
	566	
	ltem	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Pasta & Sauce
1/2 cup Onions	1.00 C	In a sauce pan saute onion until done. Add meat
1 cup Tomato sauce	2.00 C	and spices to onion mixture and simmer until meat is
2 1/2 cups Pasta	10.00 C	done. Add tomato sauce and reduce heat. Pour
3 1/3 tsp Olive or monounsaturated oil	10.00 F	over cooked pasta and serve.
5 oz Cheddar cheese, light/low fat	5.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Milk, low fat (1%)	2.00 PC	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
2/3 cup Oatmeal	2.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy! drates: 69 Fat: 42 Calories: 5550

Day: 2	26
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>2 cups Carrots</li> <li>1 1/4 cups Corn, canned</li> <li>2 2/3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
	: 69 Carbohyd	rates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **

Day:	28
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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
49 grams Protein powder 4 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries	Portions 7.00 P 4.00 PC 4.00 PC 1.00 C	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Oatmeal 21 Almonds, whole 1 tsp Olive or monounsaturated oil	6.00 C 7.00 F 3.00 F Calories: 1230	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10 6 oz Chicken breast, deli style 3 cups Beef and barley soup 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 5 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	Preparation Suggestions: A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes unti desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>7 oz Beef, lean cuts</li> <li>2 cups Milk, low fat (1%)</li> <li>3 cups Yogurt, plain, low fat</li> <li>3 cups Beans, green or yellow</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>1/2 cup Pasta</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, Iow fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories:	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
77 menes Destain a surdan	Portions	
77 grams Protein powder	11.00 P 4.00 PC	Yogurt and toast. Mix the protein powder and olive
2 cups Yogurt, plain, low fat		oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL
1 cup Applesauce	3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Cheese, Protein, Applesauce & Almonds
28 grams Protein powder	4.00 P	Mix protein powder with applesauce and top with
2 2/3 cups Applesauce	8.00 C	almonds. Eat cheese separately.
5 tbsp Almonds, slivered	5.00 F	amonus. La cheese separately.
o tosp Aintonus, silvered	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
12 oz Tuna, canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shake
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	566	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
18 oz Ground beef (< 10% fat)	12.00 P	Beef Patty Dinner
3 1/3 tsp Olive or monounsaturated oil	10.00 F	Prepare a MONSTER BEEF patty using an egg,
4 cups Potato	12.00 C	barley and your favorite spices a little BBQ goes a
3 Eggs, whole	3.00 P	long way. ***OPTIONAL/OPTIMAL
1 1/2 tbsp Barley	3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	Calories:	caps, Multi Vit/Mineral
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
28 grome Brotein neudor	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
Total Daily Dartiana, Drataing	647	Enjoy!
		drates: 69 Fat: 42 Calories: 5550 2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 Egg whites</li> <li>49 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>6 slice Whole grain bread</li> <li>10 tbsp Almonds, slivered</li> </ul>	6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230	French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat	5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions 6.00 P	French Toast Sticks
12 Egg whites		
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
JU FEALIULS		
	Calories: 647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
mid meai - meai Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Tuna, canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
10 sucres Dratain neurolan	Portions 6.00 P	Protein Shake with Fruit
42 grams Protein powder		
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shake
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	<b>J J J J J J J J J J</b>
	566 Item	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Pasta & Sauce
1/2 cup Onions	1.00 C	In a sauce pan saute onion until done. Add meat
1 cup Tomato sauce	2.00 C	and spices to onion mixture and simmer until meat is
2 1/2 cups Pasta	10.00 C	done. Add tomato sauce and reduce heat. Pour
3 1/3 tsp Olive or monounsaturated oil	10.00 F	over cooked pasta and serve.
5 oz Cheddar cheese, light/low fat	5.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Milk, low fat (1%)	2.00 PC	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
1 2/3 tsp Olive or monounsaturated oil	5.00 F Calories: 647	mix it all together, then eat the fruit on the side. Enjoy!

Day:	33
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 12 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 2 cups Grapes 4 slice Whole grain bread 2 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pinl 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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Preparation Suggestions: Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into container and take along to work or elsewhere.

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzyme Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optim Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 12 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 2 cups Grapes 4 slice Whole grain bread 2 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery an onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	Item Portions 8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	Preparation Suggestions: Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat i done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P	<b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Day:	35
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
49 grams Protein powder	7.00 P	A refreshing breakfast of yogurt, fruit, and nuts. For
4 cups Milk, low fat (1%)	4.00 PC	a variation, throw it all in a blender, except the
2 cups Yogurt, plain, low fat	4.00 PC	almonds, and enjoy as a smoothie!
1 cup Strawberries	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Oatmeal	6.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
21 Almonds, whole	7.00 F	1 gram Vit C, 400 i.u. Vit E
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
E of Chasse low or per fat		A pipe quick appels to esticify these area ingel
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
10 of Tung, conned in water	12.00 P	Tuna Sandwich
12 oz Tuna, canned in water		
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	1230 Item	
Snack - Meal Portions: P:8 C:8 F: 2	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
2/3 tsp Olive of monourisaturated on		nave remaining ingredients on the side. Enjoy!
	Calories: 566	
	ltem	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
7 oz Beef, lean cuts	7.00 P	Beef Stroganoff
2 cups Milk, low fat (1%)	2.00 PC	Slice the beef and saute with the vegetables. Mix in
3 cups Yogurt, plain, low fat	6.00 PC	the yogurt when done, and season with salt, pepper
		and rosemary. Serve hot with a cold milk.
3 cups Beans, green or yellow	2.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Mushrooms	1.00 C	
1 cup Onions	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
1/2 cup Pasta	2.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories: 1230	
	Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to

12       Egg whites 49 grams Protein powder 2 cups Mik, low fat (1%)       French Toast Sticks Cut bread into sticks and soak in beaten eggs with 7 cup Brawberries         6 slice Whole grain bread       10.00 C         10 tbsp Almonds, slivered       10.00 C         5 slice Whole grain bread       12.00 F         10 ups Parkins, slivered       12.00 C         Sargams Protein powder       2.00 P         35 grams Protein powder       1.00 C         3 cups Mik, low fat (1%)       3.00 P         1 cup Packhes, canned       2.00 P         1 2/2 tbsp Barley       3.00 P         1 2/3 tsp Olive or monounsaturated oil       5.00 P         5 grams Protein powder       8.00 P         4 cups Yegtable soup       8.00 P         4 cups Vegetable soup       8.00 P         4 cups Vegetable soup       4.00 C         4 cups Vegetable soup       4.00 C         4 slice Whole grain bread       8.00 C         13 Almonds, whole       6.00 P         6 oz Cheddar cheese, light/low fat       8.00 P         2 cups Vegetable soup       4.00 P         4 slice Whole grain bread       8.00 C         13 Almonds, whole       6.00 P         6 oz Cheddar cheese, light/low fat       8.00 C         14 grams Protein po	Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
49 grams       Protein powder       7.00 P         2 cups Mik, low fat (*%)       2.00 P       Cut bread into sticks and soak in bacten eggs with i cup Strawberries         6 slice Whole grain bread       10.00 F       12.00 C         10 tops Almonds, slivered       10.00 F       12.00 C         Snack - Meal Portions: P:8 C:8 F:5       Portions       Sigrams Protein powder       12.00 C         3 cups Mik, low fat (*%)       3.00 PC       2.00 C       Supper Link (sink the resh and protein powder. In anon-stick pan over medium heat cook breadsticks, and soak in strawberrie and slivered almonds, "**OPTIONAL/OPTIMAL Calories:         9 cups Mik, low fat (*%)       3.00 PC       Calories:       Perparation Suggestions:         9 cups Mik, low fat (*%)       3.00 PC       Calories:       Perparation Suggestions:         9 cups Fiuk juice       5.00 F       Portions       Portions         6 drams Protein powder       1.00 C       Portions       Portions         6 drams Protein powder       1.00 C       Portions       Portions         6 drams Protein powder       1.00 C       Portions       Portions         4 cups Furit juice       Calories:       Portions       Portions         4 cups Vegetable soup       4.00 A       8.00 C       Supperment Recommendation: 1 gram Vit C, Creatine & BCAA's	12 Eag whites		French Toast Sticks
2 cups Milk, low fat (1%)       1.2 cup milk (drink the rest) and protein powder: In: 1/2 cup milk (drink the rest) and protein powder: In: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk sile and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) and protein powder in: 1/2 cup milk (drink the rest) in: 1/2 cup milk (drink the rest) in: 1/2 cup milk (drink the rest) in: 1/2 cup milk (drink the res			
1 cup Strawberries       1.00 C       non-stick pan over medium heat cook breadsticks, cook breadstinc breadsticks, cook breadstick, cook bread			
6 slice Whole grain bread       12.00 C       turning often until done. Toy with sliced strawberrie         10 bsp Almonds, slivered       12.00 C       slivered almonds. ***OPTIONAL/OPTIMAL         Snack - Meal Portions: P:8 C:8 F:5       Item       Preparation Suggestions:         35 grams Protein powder       5.00 P       Stoop Mik, low fat (1%)       3.00 PC         1 2/2 tsp Bairley       3.00 PC       Calories:       647         1 2/2 tsp Bairley       3.00 PC       Calories:       647         Snack - Meal Portions: P:8 C:12 F:0       Tem       Preparation Suggestions:       Portions         S drams Protein powder       8.00 P       Portions       POST - Protein Shake + Energy Sustaining Growth         6 drams       Calories:       647       Preparation Suggestions:       Post - Protein Shake         9 cups Fruit juice       12.00 C       Put all ingredients in blender over ice and blend. We calories:       Fortions         6 core check archeese, light/low fat       6.00 P       Portions       Preparation Suggestions:       Post - Protein Shake         4 cups Vegetable soup       4.00 A       8.00 P       Proteins       A tasty and simple meal of soup with cheese and a simple meal of soup with cheeses and a sisupe dimemet facorophy the leftovers. Shakes </td <td></td> <td></td> <td></td>			
10 tbsp Almonds, silvered       10.00 F       and silvered almonds. "*OPTIONAL/OPTIMAL Calories:       and silvered almonds. "*OPTIONAL/OPTIMAL Calories:         Snack - Meal Portions: P:8 C:8 F:5       Perperation Suggestions:       Preparation Suggestions:         36 grams Protein powder       5.00 P       Parbane         1 /2 bsp Barley       3.00 C       Preparation Suggestions:         1 /2 bsp Barley       3.00 C       Preparation Suggestions:         56 grams Protein powder       6.00 F       Preparation Suggestions:         56 grams Protein powder       6.00 F       Preparation Suggestions:         56 grams Protein powder       8.00 F       Preparation Suggestions:         90ST - Protein Shake       Postions         8.00 F       Preparation Suggestions:       PoST - Protein Shake         90ST - Protein Shake       Postions         92 (ups Vegetable soup       4 (ups Vegetable soup       4 00 A         4 slee Whole grain bread       8.00 F       Ratey and simple meal of soup with cheese and a since dordar cheese, light/low fat       6.00 F         3 cups Milk, low fat (1%)       3.00 PC       2.00 P       Calories:         12 dups Grapes       1.00 C       F       A tasty and simple meal of soup with cheese and a since do bread to scoop up the leftowers. Shakes         18 Almonds, whole       6.00 F<			
Calories: SuPPLEMENTS:*** Digestive Enzymes, Omega 3 (caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth S.00 P 3.00 PC 1.2/3 tsp Olive or monounsaturated oil 1.2/3 tsp Olive or monounsaturated oil 5.00 F 2.00 C 1.2/3 tsp Olive or monounsaturated oil 5.00 F Calories: 647 Preparation Suggestions: POST - Protein Shake POST - Protein Shake Preparation Suggestions: POST - Protein Shake POST			and clivered almonde. ***OPTIONAL (OPTIMAL
1230     caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E       Snack - Meal Portions: P:8 C:8 F:5     Preparation Suggestions:       35 grams Protein powder     5.00 P       3 cups Milk, low fat (1%)     3.00 PC       1 /2 tbs parley     3.00 PC       1 /2 tbs parley     3.00 PC       2 for preparation Suggestions:     PRE - Protein Shake + Energy Sustaining Growth       2 not preparation Suggestions:     Preparation Suggestions:       56 grams Protein powder     5.00 P       4 cups Fruit juice     Preparation Suggestions:       656     Portions       667     Preparation Suggestions:       90ST - Protein Shake     Pereparation Suggestions:       666     POST - Protein Shake       8.00 P     POST - Protein Shake       90ST - Protein Shake     Preparation Suggestions:       1/2 tbs play     Preparation Suggestions:       4 cups Vegetable soup     4.00 A       4 slice Whole grain bread     8.00 P       16 armonds, whole     6.00 P       17 supp Milk, low fat (1%)     3.00 PC       12 supp Milk, low fat (1%)     3.00 PC       13 cups Milk, low fat (1%)     3.00 PC       14 grams Protein powder     1.00 C       15 oz Chicken breast, skinless     1.00 C       2 cups Milk, low fat (1%)     3.00 PC       1	To tosp Almonus, silvered		
Snack - Meal Portions: P:8 C:8 F:5     Item Portions 5.00 P     Preparation Suggestions:       35 grams Protein powder 3 cupp Kilk, low fat (1%)     3.00 PC       1 cup Peaches, canned     2.00 C       1 2/3 tsp Olive or monounsaturated oil     3.00 PC       Snack - Meal Portions: P:8 C:12 F:0     5.00 F       56 grams Protein powder     647       4 cups Fruit juice     12.00 C       4 cups Vegetable soup     12.00 C       4 silce Whole grain bread     8.00 C       1 size of bread to scoop up the leftovers. Shakes       1 for Qrapes     1.00 F       2 cups Milk, low fat (1%)     3.00 PC       3 cups Milk, low fat (1%)     3.00 PC       3 cups Milk, low fat (1%)     1.00 C       3 cups Milk, low fat (1%)     1.00 C       3 cups Milk, low fat (1%)     1.00 C       1 So C Chicken breast, skinless     1.00 C       2 cups Grapes     1.00 C       1 So C Chicken breast, skinless     1.00			
35 grams Protein powder       5.00 P       PRE - Protein Shake + Energy Sustaining Growth         3 cups Mik, low fat (1%)       3.00 PC         1 1/2 tbsp Barley       2.00 C         1 2/3 tsp Olive or monounsaturated oil       5.00 P         Snack - Meal Portions: P:8 C:12 F:0       Freparation Suggestions:         56 grams Protein powder       8.00 P         4 cups Fruit juice       12.00 C         4 cups Fruit juice       Portions         4 cups Vegetable soup       4.00 A         4 cups Vegetable soup       4.00 A         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         18 Almonds, whole       6.00 P         12 argams Protein powder       6.00 P         2 cups Vegetable soup       4.00 A         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         18 Almonds, whole       6.00 P         12 orgo Mik, low fat (1%)       3.00 PC         2 cups Vegetable soup       4.00 A         4 silce Whole grain bread       8.00 P         2 cups Vegetable soup       4.00 A         4 silce Whole grain bread       8.00 P         2 cups Kilk, low fat (1%)       3.00 PC         13 cups Ri			
3 cips Milk, low fat (1%)       3.00 PC       Carbs         1 cup Peaches, canned       2.00 C       3.00 PC         1 /2 itsp Dlive or monounsaturated oil       0.00 C       5.00 F         Snack - Meal Portions: P:8 C:12 F:0       Filter       Preparation Suggestions:         56 grams Protein powder       8.00 P       Put all ingredients in blender over ice and blend. We recommend using a hipd glycemic juice like grape         4 cups Fruit juice       12.00 C       Pottions:         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 d zups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 d zups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 d zups Vegetable soup       4.00 A         3 cups Milk, low fat (1%)       3.00 PC         2 cups Milk, low fat (1%)       3.00 PC         1 d zams Protein powder       2.00 P         2 cups Kine breast, skinless       1.00 C         2 cups Rice breast, skinless       1.00 C         2 cups Rice breast, skinless       1.00 C         2 cups Rice breast, skinless       1.00 C         3 l 3 cups Rice       1.00 C         3 l 3 cups Rice breast, skinless	Shack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
1 cup Peaches, canned       2.00 C       Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!         1 2/3 tsp Olive or monounsaturated oil       3.00 C       647         Snack - Meal Portions: P:8 C:12 F:0       Free and the portions:       Preparation Suggestions:         56 grams Protein powder       8.00 P       Post Instact         4 cups Fruit juice       12.00 C       Post Instact         656       recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F:10       Item Portions:         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 4 grams Protein powder       6.00 F         1 4 grams Protein powder       2.00 P         2 cups Mik, low fat (1%)       3.00 PC         1 4 grams Protein powder       10.00 F         2 cups Grapes       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp	35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
1 cup Peaches, canned       2.00 C       Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!         1 2/3 tsp Olive or monounsaturated oil       3.00 C       647         Snack - Meal Portions: P:8 C:12 F:0       Free and the portions:       Preparation Suggestions:         56 grams Protein powder       8.00 P       Post Instact         4 cups Fruit juice       12.00 C       Post Instact         656       recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F:10       Item Portions:         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 4 grams Protein powder       6.00 F         1 4 grams Protein powder       2.00 P         2 cups Mik, low fat (1%)       3.00 PC         1 4 grams Protein powder       10.00 F         2 cups Grapes       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 1/3 tsp		3.00 PC	
1 1/2 tbsp Barley       3.00 C       desired consistency. Enjoy!         1 2/3 tsp Olive or monounsaturated oil       3.00 C       feering consistency. Enjoy!         Snack - Meal Portions: P:8 C:12 F:0       Them Portions       Preparation Suggestions:         56 grams Protein powder       8.00 P       PUt all ingredients in blender over ice and blend. We commend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions       Preparation Suggestions:         4 cups Vegetable soup       4.00 A       8.00 C         4 slice Whole grain bread       8.00 C       slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/OPTIMAL         3 cups Milk, low fat (1%)       3.00 PC       2.00 P         14 grams Protein powder       2.00 P         15 oz Chicken breast, skinless       15.00 P         2 cups Rice       1.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         2 soups Milk, low fat (1%)       3.00 PC         3 cups Rilk, low fat (1%)       3.00 PC         3 cups Rice       1.00 C         3 locups Rice       1.00 C         3 locups Rice       1.00 C         3 locups Rice       5.00 P         <			Put all ingredients in a blender over ice and blend to
1 2/3 tsp Olive or monounsaturated oil       5.00 F         Calories:       647         Snack - Meal Portions: P:8 C:12 F:0       Item         56 grams Protein powder       4 cups Fruit juice         4 cups Fruit juice       12.3 tsp Olive or monounsaturated oil         66 discussion       8.00 P         1 cups Vegetable soup       8.00 P         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         1 8 Almonds, whole       6.00 P         6 oz Cheddar cheese, light/low fat       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         14 grams Protein powder       2.00 P         14 grams Protein powder       2.00 P         2 cups Milk, low fat (1%)       3.00 PC         3 trap Grive or monounsaturated oil       15.00 P         15 oz Chicken breast, skinless       15.00 P         2 cups Grapes       1.00 C         3 lr3 tsp Olive or monounsaturated oil       10.00 F         3 cups Milk, low fat (1%)       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         3 trap Grapes       5.00 P         3 trap Grapes       1.00 C         3 trap Grapes       3.00 PC         3 trap Grapes       3.00 PC		3.00 C	
Calories: 647         Snack - Meal Portions: P:8 C:12 F:0         56 grams Protein powder 4 cups Fruit juice       Preparation Suggestions: POST - Protein Shake         4 cups Fruit juice       POST - Protein Shake         9 Contrast       Portions         666       Portions         656       Post all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optime Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item 4 slice Whole grain bread       Preparation Suggestions: A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. "**OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 cups Milk, low fat (1%)         14 grams Protein powder       2.00 P Calories: 1230         Dinner - Meal Portions: P:15 C:15 F:10       Item 2 cups Rice         0 inner - Meal Portions: P:15 C:15 F:10       Portions 15 oz Chicken breast, skinless         2 cups Rice       1.00 C 3 1/3 cups Rice         3 1/3 tsp Olive or monounsaturated oil       10.00 C 10.00 C 3 cups Milk, low fat (1%)         3 cups Milk, low fat (1%)       3.00 PC 3 cups Milk, low fat (1%)         3 cups Milk, low fat (1%)       3.00 PC 3 cups Milk, low fat (1%)         3 cups Milk, low fat (1%)       3.00 PC 3 cups Milk, low fat (1%)         3 cups Milk, low fat (1%)		5.00 F	
Snack - Meal Portions: P:8 C:12 F:0       Item Portions       Preparation Suggestions:         56 grams Protein powder       4 cups Fruit juice       POST - Protein Shake         4 cups Fruit juice       12.00 C       Post - Protein Shake         656       12.00 C       Calories:       656         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions       Preparation Suggestions:       Proparation Suggestions:         4 cups Vegetable soup       4.00 C       4.00 C       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         3 cups Milk, low fat (1%)       3.00 PC 2.00 P       2.00 P         14 grams Protein powder       1.00 C       Nore C         5 oz Chicken breast, skinless 2 cups Mushrooms       15.00 P       A tasty and simple meat of soup with sauteed makes it go down nice. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         3 1/3 cups Rice       10.00 C       10.00 C         3 1/3 cups Rice       10.00 C       10.00 C         3 forgers       12.00 C       10.00 C         3 sigrams Protein powder       5.00 P         3 cups Milk, low fat (1%)       3.00 PC         3 tris polive or monounsaturated oil       10.00		Calories:	
Shack - Meal Portions: P:8 C:12 F:0       Portions         56 grams Protein powder       8.00 P         4 cups Fruit juice       POST - Protein Shake         90 Struct       Potions         8.00 P       Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 P         18 Almonds, whole       6.00 F         6 oz Cheddar cheese, light/low fat       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         14 grams Protein powder       2.00 P         15 oz Chicken breast, skinless       15.00 P         2 cups Mushrooms       1.00 C         3 t/3 cups Rice       1.00 C         3 t/3 cups Rice       1.00 C         3 trags Protein powder       2.00 P         3 sigrams Protein powder       2.00 P         3 trags Rik, low fat (1%)       1.00 C         14 grams Portein powder       10.00 C         2 cups Kushrooms       2.00 P         3 trags rapes       4.00 C         3 trags police or monounsaturated oil       <		647	
S6 grams Protein powder       8.00 P       POST - Protein Shake         4 cups Fruit juice       POST - Protein Shake         4 cups Fruit juice       Post - Protein Shake         9 Calories:       Post - Protein Shake         656       Put all ingredients in blender over ice and blend. We recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions         4 suice Whole grain bread       8.00 C         5 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%)       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         14 grams Protein powder       6.00 F         2 cups Mushrooms       7.00 P         2 cups Grapes       4.00 C         3 1/3 cups Rice       10.00 C         3 1/3 cups Rice       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         2 sups Milk, low fat (1%)       3.00 C         3 sergams Protein powder       5.00 P         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 cups Milk, low fat (1%)       3.00 C         3 ups Milk, low fat (1%)       3.00 C         3 ups Milk, low fat (1%)       1.00 F         2 cups Grapes       4.00 C         3 ups Milk, low fat (1%)       3.00 C </td <td>Snack - Meal Portions: P:8 C:12 F:0</td> <td></td> <td>Preparation Suggestions:</td>	Snack - Meal Portions: P:8 C:12 F:0		Preparation Suggestions:
4 cups Fruit juice       12.00 C         4 cups Fruit juice       12.00 C         4 cups Vegetable soup       656         4 slice Whole grain bread       12.00 C         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 F         18 Almonds, whole       6.00 F         6 oz Cheddar cheese, light/low fat       8.00 PC         3 cups Milk, low fat (1%)       3.00 PC         14 grams Protein powder       2.00 P         2 cups Mushrooms       15.00 P         2 cups Grapes       10.00 C         3 // 3 cups Rice       10.00 C         3 // 3 cups Rice       10.00 C         3 // 3 cups Milk, low fat (1%)       10.00 F         2 cups Mushrooms       10.00 C         3 // 3 cups Rice       10.00 F         2 nups Milk, low fat (1%)       3.00 PC         3 // 3 cups Rice       10.00 F         2 nups Milk, low fat (1%)       3.00 PC         3 // 3 cups Rice       3.00 PC         3 // 3 cups Milk, low fat (1%)       3.00 PC         3 // 3 cups Milk, low fat (1%)       3.00 PC         3 // 3 cups Milk, low fat (1%)       3.00 PC         3 // 3 cups Milk, low fat (1%)       3.00 PC         3 // 3 cups Milk, low	56 gromo Drotoin nouvdor		
Calories:       656       recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! "Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item 4.00 A       Preparation Suggestions:         4 cups Vegetable soup       4.00 A       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes         18 Almonds, whole       6.00 F       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes         6 oz Cheddar cheese, light/low fat       3.00 PC       2.00 P         3 cups Milk, low fat (1%)       2.00 P       2.00 P         14 grams Protein powder       2.00 P         2 cups Mushrooms       1.00 C       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.         1 /3 cups Rice       1.00 C       10.00 F         3 //3 cups Rice       10.00 F       Calories:         1 //3 tsp Olive or monounsaturated oil       10.00 F       Werparation Suggestions:         3 cups Milk, low fat (1%)       3.00 PC       1230         1 Banana       5.00 P       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC       1230         1 banana       3.00 PC       1230         1 banana       3.00 PC       3.00 PC <td></td> <td></td> <td></td>			
656       juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions       Preparation Suggestions:         4 cups Vegetable soup 4 slice Whole grain bread       8.00 C       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SupPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%)       3.00 PC 2.00 P Calories:       SupPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Rice       15.00 P 1.00 C       Item Portions         15 oz Chicken breast, skinless 2 cups Rice       1.00 C 1.00 C       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera         31/3 tsp Olive or monounsaturated oil       10.00 C 1.00 C       Preparation Suggestions: mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera         35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 3 cups Milk, low fat (1%)       3.00 PC 3.00 PC 2.00 C Calories:       A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!         1 bsp B	4 cups Fruit juice		
Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions       Preparation Suggestions:         4 cups Vegetable soup 4 slice Whole grain bread       4.00 A       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%)       3.00 PC 2.00 P       2.00 P         14 grams Protein powder       2.00 P       Calories: 1230         Dinner - Meal Portions: P:15 C:15 F:10       Item Portions 15 oz Chicken breast, skinless       Preparation Suggestions: Chicken with Grapes         2 cups Grapes       4.00 C       Note C         3 1/3 cups Rice       10.00 C       ***OPTIONAL/OPTIMAL SUPPLEMENTS:***         3 1/3 tsp Olive or monounsaturated oil       10.00 C       ***OPTIONAL/OPTIMAL SUPPLEMENTS:***         35 grams Protein powder       5.00 P       A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!         30 Peanuts       5.00 P       Calories: 647			
Creatine & BCAA's         Mid Meal - Meal Portions: P:15 C:15 F: 10       Item         4 cups Vegetable soup       4.00 A         4 slice Whole grain bread       8.00 C         18 Almonds, whole       6.00 F         6 oz Cheddar cheese, light/low fat       6.00 F         3 cups Milk, low fat (1%)       3.00 PC         2 cups Milk, low fat (1%)       3.00 PC         14 grams Protein powder       2.00 P         Calories:       1230         Dinner - Meal Portions: P:15 C:15 F:10       Preparation Suggestions:         0 cups Mushrooms       1.00 C         2 cups Grapes       4.00 C         3 1/3 cups Rice       1.00 C         3 1/3 cups Rice       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         3 cups Milk, low fat (1%)       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         3 1/3 tsp Olive or monounsaturated oil       10.00 C         1230       Tereparation Suggestions:         Scups Milk, low fat (1%)       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC         3 cups Rice       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 C         3 cups Milk, low fat (1%)       3.00 PC		000	
Mid Meal - Meal Portions: P:15 C:15 F: 10       Item Portions       Preparation Suggestions:         4 cups Vegetable soup       4.00 A       A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes         18 Almonds, whole       6.00 F       a slice of bread to scoop up the leftovers. Shakes         6 oz Cheddar cheese, light/low fat       3.00 PC       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC       2.00 P         14 grams Protein powder       2.00 P       Calories:         1230       1230       caps & Vitamin B         Dinner - Meal Portions: P:15 C:15 F:10       Item Portions       Preparation Suggestions:         15 oz Chicken breast, skinless       1.00 C       Chicken with Grapes         2 cups Grapes       1.00 C       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.         3 1/3 cups Rice       10.00 F       10.00 F         3 cups Milk, low fat (1%)       3.00 PC       3.00 PC         3 cups Milk, low fat (1%)       3.00 PC       3.00 PC         3 cups Milk, low fat (1%)       3.00 C       3.00 C         3 for grams Protein powder       2.00 C       1.00 C         3 cups Milk, low fat (1%)       3.00 PC       A simple grilled chicken breast with sauteed mushrooms over top and some fruit o			
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powderA taty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin BDinner - Meal Portions: P:15 C:15 F:10 2 cups Mushrooms 2 cups GrapesItem 1.00 C 1.00 CPreparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***3 1/3 cups Rice 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil1.00 C 10.00 F Calories: 1230Preparation Suggestions: Mult Vit/MineraSnack - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%) 1 Banana 30 PeanutsNeal Portions: P:8 C:8 F:5 5.00 PPreparation Suggestions: Milk & Peanuts 3.00 PC 2.00 C Calories: 1230Snack - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%) 1 banana 30 PeanutsNeal Portions: P:8 C:8 F:5 5.00 PPreparation Suggestions: Milk & Peanuts 3.00 PC 3.00 PC 4.11 glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy! 1 tbsp BarleyStraic Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640	Mid Meal - Meal Portions: P:15 C:15 F: 10		
4 slice Whole grain bread 18 Almonds, whole       8.00 C       slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***0PTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         5 cups Milk, low fat (1%) 14 grams Protein powder       3.00 PC 2.00 P       Supplements Calories: 1230       Supplements Supplements         Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Mushrooms       Item Portions 15.00 P       Preparation Suggestions: 0.00 C         13 r/3 cups Rice 3 1/3 cups Rice 3 1/3 cups Rice 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil       10.00 C       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***         Snack - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tsp Barley       Item Portions 5.00 P       Preparation Suggestions: Nilk & Peanuts 3.00 C         A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!       Milk & Peanuts A tall glass of milk and a handful up or blended, it's just right. Enjoy!         Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
18 Almonds, whole       6.00 F       makes it go down nice. ***OPTIONAL/ OPTIMAL         6 oz Cheddar cheese, light/low fat       3.00 PC       2.00 P         14 grams Protein powder       2.00 P       caps & Vitamin B         Preparation Suggestions:         15 oz Chicken breast, skinless       1.00 C         2 cups Mushrooms       1.00 C         2 cups Grapes       1.00 C         3 1/3 cups Rice       1.00 C         3 1/3 cups Rice       1.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         Snack - Meal Portions: P:8 C:8 F:5       Item         35 grams Protein powder       2.00 P         3 1/3 tsp Olive or monounsaturated oil       10.00 F         Snack - Meal Portions: P:8 C:8 F:5       Item         3 0.00 PC       18 anana         30 O Pe       3.00 C         30 Peanuts       5.00 F         1 banana       3.00 C         30 Peanuts       5.00 F         1 tbsp Barley       2.00 C         Calories:       647			
6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder       6.00 P 3.00 PC 2.00 P Calories: 1230       SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B         Dinner - Meal Portions: P:15 C:15 F:10       Item Portions       Preparation Suggestions: Chicken breast, skinless         15 oz Chicken breast, skinless       15.00 P 2 cups Mushrooms       Non C 4.00 C         2 cups Grapes       10.00 C 3 1/3 cups Rice       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***         3 n/3 cups Milk, low fat (1%)       10.00 F 2 cups Milk, low fat (1%)       Networks and the same fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***         3 frams Protein powder       5.00 P 3 cups Milk, low fat (1%)       Networks and the same fruit on the side. ***OPTIONS         3 frams Protein powder       5.00 P 3.00 PC       Nilk & Peanuts         3 no C 30 Peanuts       3.00 PC 2.00 C       A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!         1 banana       647       Sou PC       A tall Calories: 73 Fat: 40 Calories: 5640			slice of bread to scoop up the leftovers. Shakes
3 cups Milk, low fat (1%)       3.00 PC       caps & Vitamin B         14 grams Protein powder       2.00 P       Calories:         1230       1230       Preparation Suggestions:         Dinner - Meal Portions: P:15 C:15 F:10       Item       Portions         15 oz Chicken breast, skinless       15.00 P       Chicken with Grapes         2 cups Grapes       10.00 C       A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.         3 1/3 cups Rice       10.00 C       ***OPTIONAL/OPTIMAL SUPPLEMENTS***         3 1/3 tsp Olive or monounsaturated oil       10.00 F       Digestive Enzymes, Omega 3 caps, Multi Vit/Minera         Snack - Meal Portions: P:8 C:8 F:5       Item       Preparation Suggestions:         3 cups Milk, low fat (1%)       5.00 P       Milk & Peanuts         3 soup Smilk, low fat (1%)       3.00 PC       A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!         1 tbsp Barley       2.00 C       Calories: G47			
14 grams Protein powder       2.00 P Calories: 1230         Dinner - Meal Portions: P:15 C:15 F:10       Item Portions         15 oz Chicken breast, skinless       15.00 P         2 cups Mushrooms       1.00 C         3 1/3 cups Rice       1.00 C         3 1/3 cups Rice       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 C         Snack - Meal Portions: P:8 C:8 F:5       Item Portions         35 grams Protein powder       5.00 P         3 cups Milk, low fat (1%)       3.00 PC         1 Banana       3.00 C         30 Peanuts       5.00 F         1 bsp Barley       2.00 C         Calories:       647         Total Daily Portions: Protein: 69       Carbohydrates: 73 Fat: 40 Calories: 5640			
Calories: 1230Dinner - Meal Portions: P:15 C:15 F:10Item PortionsPreparation Suggestions:15 oz Chicken breast, skinless 2 cups Mushrooms15.00 PChicken with Grapes2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil1.00 CA simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.3 1/3 tsp Olive or monounsaturated oil10.00 FDigestive Enzymes, Omega 3 caps, Multi Vit/Minera Calories: 1230Snack - Meal Portions: P:8 C:8 F:5Item 9 Ortions 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp BarleyPreparation Suggestions: Milk & Peanuts 3.00 PC 5.00 F 2.00 C Calories: 647Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!Total Daily Portions: Protein: 69Carbohydrates: 73 Fat: 40 Calories: 5640			caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10Item PortionsPreparation Suggestions:15 oz Chicken breast, skinless15.00 PChicken with Grapes2 cups Mushrooms1.00 CA simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.3 1/3 cups Rice10.00 Cmushrooms over top and some fruit on the side.3 1/3 tsp Olive or monounsaturated oil10.00 C***OPTIONAL/OPTIMAL SUPPLEMENTS:***Digestive Enzymes, Omega 3 caps, Multi Vit/Minera Calories: 1230Digestive Enzymes, Omega 3 caps, Multi Vit/MineraSnack - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%)Item 3.00 PCPreparation Suggestions: Milk & Peanuts3 dige peanuts5.00 PA tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!1 banana 30 Peanuts5.00 C Calories: 647Straight up or blended, it's just right. Enjoy!1 tal Daily Portions: Protein: 69Carbohydrates: 73 Fat: 40 Calories: 5640	14 grams Protein powder		
Dinner - Meal Portions: P:15 C:15 F:10Item PortionsPreparation Suggestions:15 oz Chicken breast, skinless15.00 PChicken with Grapes2 cups Mushrooms1.00 CA simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.3 1/3 cups Rice10.00 C***OPTIONAL/OPTIMAL SUPPLEMENTS:***3 1/3 tsp Olive or monounsaturated oil10.00 FCalories: 1230Snack - Meal Portions: P:8 C:8 F:5Item Portions35 grams Protein powder5.00 PMilk & Peanuts3 cups Milk, low fat (1%)3.00 PCA tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!1 tbsp Barley2.00 CCalories: 647			
Dinner - Meal Portions: P:15 C:15 F:10       Preparation Suggestions:         15 oz Chicken breast, skinless       15.00 P         2 cups Mushrooms       1.00 C         3 1/3 cups Rice       10.00 C         3 1/3 tsp Olive or monounsaturated oil       10.00 F         Digestive Enzymes, Omega 3 caps, Multi Vit/Minera         Calories:       1230         Snack - Meal Portions: P:8 C:8 F:5       Item         3 5 grams Protein powder       5.00 P         3 cups Milk, low fat (1%)       3.00 PC         1 Banana       3.00 C         30 Peanuts       5.00 F         1 tbsp Barley       2.00 C         Calories:       647			
15 oz Chicken breast, skinless15.00 PChicken with Grapes2 cups Mushrooms1.00 CA simple grilled chicken breast with sauteed2 cups Grapes4.00 Cmushrooms over top and some fruit on the side.3 1/3 cups Rice10.00 C***OPTIONAL/OPTIMAL SUPPLEMENTS:***3 1/3 tsp Olive or monounsaturated oil10.00 FDigestive Enzymes, Omega 3 caps, Multi Vit/MineraSnack - Meal Portions: P:8 C:8 F:5Item PortionsPreparation Suggestions:35 grams Protein powder5.00 PA tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!1 bsp Barley2.00 C Calories: 647Calories: 73 Fat: 40 Calories: 5640	Dinner - Meal Portions: P:15 C:15 F:10		Preparation Suggestions:
2 cups Mushrooms1.00 CA simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side.2 cups Grapes4.00 Cmushrooms over top and some fruit on the side.3 1/3 cups Rice10.00 C***OPTIONAL/OPTIMAL SUPPLEMENTS:***3 1/3 tsp Olive or monounsaturated oil10.00 FDigestive Enzymes, Omega 3 caps, Multi Vit/MineraSnack - Meal Portions: P:8 C:8 F:535 grams Protein powder5.00 PMilk & Peanuts3 cups Milk, low fat (1%)3.00 PCA tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!1 tbsp Barley2.00 C Calories: 647Calories: 73 Fat: 40 Calories: 5640	15 oz Chicken breast, skinless		Chicken with Grapes
2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil4.00 C 10.00 C 10.00 F Calories: 1230mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/MineraSnack - Meal Portions: P:8 C:8 F:5 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp BarleyItem Portions 5.00 P 3.00 PCPreparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!Total Daily Portions: Protein: 69Carbohydrates: 73 Fat: 40 Calories: 5640			
3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil10.00 C 10.00 F Calories: 1230***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/MineraSnack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp BarleyItem Portions 3.00 PC 2.00 C Calories: 647Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!Total Daily Portions: Protein: 69Carbohydrates: 73 Fat: 40 Calories: 5640	1		
3 1/3 tsp Olive or monounsaturated oil       10.00 F       Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral         Snack - Meal Portions: P:8 C:8 F:5       1230       Preparation Suggestions:         35 grams Protein powder       5.00 P       Milk & Peanuts         3 cups Milk, low fat (1%)       3.00 PC       A tall glass of milk and a handful of peanuts wiht a         1 Banana       3.00 C       banana and some protein. Straight up or blended, it's just right. Enjoy!         1 tbsp Barley       2.00 C       Calories:         647       Total Daily Portions: Protein: 69       Carbohydrates: 73			
Calories: 1230Snack - Meal Portions: P:8 C:8 F:5Item Portions 5.00 PPreparation Suggestions:35 grams Protein powder 3 cups Milk, low fat (1%)5.00 PMilk & Peanuts1 Banana 30 Peanuts3.00 PCA tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!1 tbsp Barley2.00 C Calories: 647Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
1230Snack - Meal Portions: P:8 C:8 F:5Item Portions 35 grams Protein powderPreparation Suggestions: Milk & Peanuts35 grams Protein powder5.00 PMilk & Peanuts3 cups Milk, low fat (1%)3.00 PCA tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!1 bsp Barley2.00 C Calories: 647Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			- · · · · · · · · · · · · · · · · · · ·
Shack - Meal Portions: P:8 C:8 F:5Portions35 grams Protein powder5.00 P3 cups Milk, low fat (1%)3.00 PC1 Banana3.00 C30 Peanuts5.00 F1 tbsp Barley2.00 CCalories:647Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
35 grams Protein powder       5.00 P       Milk & Peanuts         3 cups Milk, low fat (1%)       3.00 PC       A tall glass of milk and a handful of peanuts wiht a         1 Banana       3.00 PC       A tall glass of milk and a handful of peanuts wiht a         30 Peanuts       5.00 F       it's just right. Enjoy!         1 tbsp Barley       2.00 C       Calories:         647       647	Snack - Meal Portions: P:8 C:8 F:5		Preparation Suggestions:
3 cups Milk, low fat (1%)       3.00 PC         1 Banana       3.00 C         30 Peanuts       5.00 F         1 tbsp Barley       2.00 C         Calories:       647    Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
1 Banana       3.00 C       banana and some protein. Straight up or blended,         30 Peanuts       5.00 F       it's just right. Enjoy!         1 tbsp Barley       2.00 C       Calories:         647       647			
30 Peanuts       5.00 F       it's just right. Enjoy!         1 tbsp Barley       2.00 C         Calories:       647    Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
1 tbsp Barley       2.00 C         Calories:       647         Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
Calories: 647 Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			it's just right. Enjoy!
647 Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640	1 tbsp Barley		
Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640			
	Total Daily Portions: Protein	-	drates: 73 Fat: 40 Calories: 5640

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories:	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	1230 Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Preparation Suggestions: Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Tuna, canned in water 2 Bananas 1 cup Fruit juice 3 whole Pita 15 Almonds, whole 5 tsp Mayonnaise 3 oz Cheddar cheese, light/low fat	Item Portions 12.00 P 6.00 C 3.00 C 6.00 C 5.00 F 5.00 F 3.00 P Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

		I
Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
8 Eggs, whole	Portions 8.00 P	Your favorite cereal mixed with fruit. Enjoy the eggs
3 cups Milk, low fat (1%)	3.00 PC	and cheese on the side. ***OPTIONAL/OPTIMAL
3 cups Cereal, cold	6.00 FC	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 Bananas	6.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 C	
4 oz Cheddar cheese, light/low fat	4.00 P	
4 02 Cheddar cheese, light/low lat	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Proposation Suggestions:
Shack - Meal Portions: P:6 C:6 F:5	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (1%)	3.00 PC	Carbs
1 cup Peaches, canned	2.00 C	Put all ingredients in a blender over ice and blend to
1 1/2 tbsp Barley	3.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories:	
	647	
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
	000	Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item	Preparation Suggestions:
12 oz Chickon broast skiploss	Portions 12.00 P	Chicken Salad Sandwich
12 oz Chicken breast, skinless 3 cups Milk, low fat (1%)	3.00 PC	
2 cups Grapes	4.00 C	Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste.
4 slice Whole grain bread	4.00 C 8.00 C	***OPTIONAL/ OPTIMAL SUPPLEMENTS:***
2 tsp Olive or monounsaturated oil	6.00 C	Digestive Enzymes, Omega 3 caps & Vitamin B
4 tsp Mayonnaise	4.00 F	Digestive Enzymes, Omega 5 caps & Vitamin B
4 tsp Mayonnaise	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Brongration Suggestions
Dinner - Mear Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat)	8.00 P	Pasta & Sauce
1/2 cup Onions	1.00 C	In a sauce pan saute onion until done. Add meat
1 cup Tomato sauce	2.00 C	and spices to onion mixture and simmer until meat is
2 1/2 cups Pasta	10.00 C	done. Add tomato sauce and reduce heat. Pour
3 1/3 tsp Olive or monounsaturated oil	10.00 F	over cooked pasta and serve.
5 oz Cheddar cheese, light/low fat	5.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Milk, low fat (1%)	2.00 PC	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
5 oz Cheese, low or non fat	Portions 5.00 P	Sliced vegetables, rice cakes with olive oil, yogurt,
3 cups Celery	1.50 C	protein powder and balsamic vinegar dip. Feel free
3 cups Cucumber	.75 C	to reduce the quantity of vegetables if you'd like.
3 Peppers (bell or cubanelle)	1.50 C	Enjoy!
2 Rice cakes	2.00 C	
2 NUC UARCO	2.00 C 5.00 F	
1.2/3 ten Olive or monounesturated ail		
1 2/3 tsp Olive or monounsaturated oil		
1 cup Yogurt, plain, low fat	2.00 PC	

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whitee	6.00 P	French Toast Sticks
12 Egg whites		
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
,	3.00 PC	A flice, quick shack to satisfy those cravings!
3 cups Milk, low fat (1%)		
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Tuna, canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	
	3.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice		For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories: 1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
·	Calories:	
	566	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
15 oz Chickon broget ekinlege	Portions 15.00 P	Chicken Cacciatore
15 oz Chicken breast, skinless	2.00 C	
1 cup Onions		Chop the vegetables and mix with the tomato puree
1 cup Tomato, puree	2.00 C	then cover the chicken with this mixture and bake.
2 Peppers (bell or cubanelle)	1.00 C	Enjoy! ***OPTIONAL/OPTIMAL
1 1/2 cups Tomatoes	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
3 cups Rice	9.00 C	caps, Multi Vit/Mineral
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories: 1230	
	Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Shake with Fruit
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Strawberries	1.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

Day:	41	
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, skinless</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>2 tsp Olive or monounsaturated oil</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tbsp Barley	Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
<ul> <li>Snack - Meal Portions: P:8 C:8 F:5</li> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	<b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

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

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	Portions 3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10 6 oz Chicken breast, deli style 3 cups Beef and barley soup 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 5 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	<b>Preparation Suggestions:</b> A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

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

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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, deli style</li> <li>3 cups Beef and barley soup</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>5 oz Cheddar cheese, light/low fat</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	45
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>18 oz Ground beef (&lt; 10% fat)</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 cups Potato</li> <li>3 Eggs, whole</li> <li>1 1/2 tbsp Barley</li> </ul>	12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
	n: 69 Carbohyd	Irates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **
Meal plans work. Personalized Nutrition Delivers Po	owerful Proven nutrition	Results. http://empowerednutrition.com/critical-bench

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries	6.00 P 7.00 P 2.00 PC 1.00 C	French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread 10 tbsp Almonds, slivered	12.00 C 10.00 F Calories: 1230	turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, deli style</li> <li>3 cups Beef and barley soup</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>5 oz Cheddar cheese, light/low fat</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, Iow fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	6.00 P 2.00 PC 3.00 C 2.00 F Calories: 566	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>18 oz Ground beef (&lt; 10% fat)</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 cups Potato</li> <li>3 Eggs, whole</li> <li>1 1/2 tbsp Barley</li> </ul>	12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories:	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! drates: 69 Fat: 42 Calories: 5550 2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, skinless</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>2 tsp Olive or monounsaturated oil</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>2 cups Mushrooms</li> <li>2 cups Grapes</li> <li>3 1/3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%)	Item Portions 5.00 P 3.00 PC	Preparation Suggestions: Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a
1 Banana 30 Peanuts 1 tbsp Barley	3.00 C 5.00 F 2.00 C Calories:	banana and some protein. Straight up or blended, it's just right. Enjoy!
Total Daily Portions: Protein	647 n: 69 Carbohyo	drates: 73 Fat: 40 Calories: 5640

Have you had your Protein Smoothie today?

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>4 oz Cheese, low or non fat</li> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 1/2 cups Cereal, cold</li> <li>2 cups Strawberries</li> <li>2 tbsp Barley</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>35 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>1/3 cup Applesauce</li> <li>2 tbsp Barley</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Ground beef (&lt; 10% fat)</li> <li>5 oz Cheese, low or non fat</li> <li>1 cup Onions</li> <li>1/4 head Lettuce, iceberg</li> <li>2 Tomatoes</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>30 Peanuts</li> </ul>	10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>18 oz Ground beef (&lt; 10% fat)</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 cups Potato</li> <li>3 Eggs, whole</li> <li>1 1/2 tbsp Barley</li> </ul>	12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640 \*\* Remember to drink between 10 and 12 alasses of water per day. \*\*

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	French Toast Sticks
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Cottage cheese light/low fat	4.00 P	Cottage Cheese, Grapes & Yogurt
1 cup Cottage cheese, light/low fat	4.00 PC	
2 cups Yogurt, plain, low fat		Mix cottage cheese, yogurt, fruit and nuts. Add
2 cups Grapes	4.00 C	sweetener if desired and enjoy!
30 Peanuts	5.00 F	
	Calories:	
	647 Item	
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Tuna, canned in water	12.00 P	Tuna Sandwich
2 Bananas	6.00 C	Mix tuna and mayonnaise, salt and pepper to taste.
1 cup Fruit juice	3.00 C	For some added crunch add a handful of chopped
3 whole Pita	6.00 C	lettuce, celery or bean sprouts. ***OPTIONAL/
15 Almonds, whole	5.00 F	OPTIMAL SUPPLEMENTS:*** Digestive Enzymes,
5 tsp Mayonnaise	5.00 F	Omega 3 caps & Vitamin B
3 oz Cheddar cheese, light/low fat	3.00 P	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
40 success Destain a success	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
	Calories:	
	566 Item	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
18 oz Ground beef (< 10% fat)	12.00 P	Beef Patty Dinner
3 1/3 tsp Olive or monounsaturated oil	10.00 F	Prepare a MONSTER BEEF patty using an egg,
4 cups Potato	12.00 C	barley and your favorite spices a little BBQ goes a
3 Eggs, whole	3.00 P	long way. ***OPTIONAL/OPTIMAL
1 1/2 tbsp Barley	3.00 F 3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
i i/2 lusp dalley	Calories:	
	1230	caps, Multi Vit/Mineral
Speek Meel Deviewer D.0 C.0 F.F	Item	Proposation Suggestions:
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
28 grams Protein powder	4.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
2/3 cup Oatmeal	2.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
•	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy!

+ energized + transformed + empowered +

Breakfast - Meal Portions: P:15 C:15 F:10 4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tbsp Barley	Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

Total Daily Portions: Protein: 69 Carbohydrates: 73 Fat: 40 Calories: 5640

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	French Toast Sticks
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
To tosp Ainonds, silvered	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Cheese, Protein, Applesauce & Almonds
28 grams Protein powder	4.00 P	Mix protein powder with applesauce and top with
2 2/3 cups Applesauce	8.00 C	almonds. Eat cheese separately.
5 tbsp Almonds, slivered	5.00 F	
	Calories:	
	647 Item	
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
6 oz Chicken breast, deli style	4.00 P	A simple but tasty meal: soup and a cheese
3 cups Beef and barley soup	6.00 A	sandwich. ***OPTIONAL/OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
5 oz Cheddar cheese, light/low fat	5.00 P	1
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shake
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	566 Item	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 C	pepper, and basil, if you like.
2 cups Celery	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Carrots	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
2 cups Pasta	8.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
28 grams Protein powder	4.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
2/3 cup Oatmeal	2.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy! drates: 69 Fat: 42 Calories: 5550

Day:	52
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 12 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 2 cups Grapes 4 slice Whole grain bread 2 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

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

Day: 53		
Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	Portions 3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10 6 oz Chicken breast, deli style 3 cups Beef and barley soup 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 5 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	Preparation Suggestions: A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:

6.00 P

2.00 PC

3.00 C

3.00 C

5.00 F

Calories:

647

Total Daily Portions: Protein: 69 Carbohydrates: 69 Fat: 42 Calories: 5550

Enjoy!

Protein Shake with Fruit

Put all ingredients in a blender over ice and blend,

blender is not available, set aside the fruit and shake

up the remaining ingredients in a closed container to

adding water to create desired consistency. If a

mix it all together, then eat the fruit on the side.

42 grams Protein powder

2 cups Milk, low fat (1%)

1 2/3 tsp Olive or monounsaturated oil

3 cups Strawberries

1 1/2 tbsp Barley

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

Day:	55
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, Iow or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 7.00 P 2.00 PC 6.00 PC 2.00 C 1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	Preparation Suggestions: Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Beef, lean cuts 3 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 18 Almonds, whole 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 69 Carbohydrates: 69 Fat: 42 Calories: 5550

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Tuna, canned in water</li> <li>2 Bananas</li> <li>1 cup Fruit juice</li> <li>3 whole Pita</li> <li>15 Almonds, whole</li> <li>5 tsp Mayonnaise</li> <li>3 oz Cheddar cheese, light/low fat</li> </ul>	12.00 P 6.00 C 3.00 C 6.00 C 5.00 F 5.00 F 3.00 P Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake with Fruit Blend all ingredients together and add ice cubes unt desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>13 oz Beef, lean cuts</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Tomato, puree</li> <li>2 cups Celery</li> <li>2 cups Carrots</li> <li>2 cups Pasta</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647	Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Total Daily Portions: Protein: 69 Carbohydrates: 69 Fat: 42 Calories: 5550

Day:	59
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold	8.00 P 3.00 PC 6.00 C	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3
<ul> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	6.00 C 10.00 F 4.00 P Calories: 1230	caps, Multi Vit/Mineral, 1 gram Vit Ċ, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
7 oz Beef, lean cuts 2 cups Milk, low fat (1%) 3 cups Yogurt, plain, low fat 3 cups Beans, green or yellow	7.00 P 2.00 PC 6.00 PC 2.00 C	Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot with a cold milk.
2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 3 1/3 tsp Olive or monounsaturated oil	1.00 C 2.00 C 2.00 C 10.00 F Calories: 1230	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Day: (	60
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>8 Eggs, whole</li> <li>3 cups Milk, low fat (1%)</li> <li>3 cups Cereal, cold</li> <li>2 Bananas</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 oz Cheddar cheese, light/low fat</li> </ul>	8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Beef, lean cuts 3 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 18 Almonds, whole 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 13 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil	Item Portions 13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	Preparation Suggestions: Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	61
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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Ground beef (&lt; 10% fat)</li> <li>5 oz Cheese, low or non fat</li> <li>1 cup Onions</li> <li>1/4 head Lettuce, iceberg</li> <li>2 Tomatoes</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>30 Peanuts</li> </ul>	10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>13 oz Beef, lean cuts</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Tomato, puree</li> <li>2 cups Celery</li> <li>2 cups Carrots</li> <li>2 cups Pasta</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Day:	62
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	14 -	
Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
8 Eggs, whole	8.00 P	Your favorite cereal mixed with fruit. Enjoy the eggs
3 cups Milk, low fat (1%)	3.00 PC	and cheese on the side. ***OPTIONAL/OPTIMAL
3 cups Cereal, cold	6.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 Bananas	6.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
4 oz Cheddar cheese, light/low fat	4.00 P	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1%)	2.00 PC	Carbs
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend to
1 2/3 cups Oatmeal	5.00 C 5.00 F	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	Calories:	
	647	
Speek Meel Dertiener D.0 C.40 F.0	Item	Proposation Suggestions
Snack - Meal Portions: P:8 C:12 F:0	Portions	Preparation Suggestions:
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item	Preparation Suggestions:
15 of Cround heaf ( 100/ fat)	Portions 10.00 P	Chappaburgar
15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat	5.00 P	Cheeseburger
1 cup Onions	5.00 P 2.00 C	Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until
1/4 head Lettuce, iceberg	.13 C	cheese is melted. Put cheeseburger together with
2 Tomatoes	1.00 C	the tomato, lettuce and onion. Have the fruit and
2 cups Grapes	4.00 C	nuts for dessert. ***OPTIONAL/ OPTIMAL
4 slice Whole grain bread	8.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
1 2/3 tsp Olive or monounsaturated oil	5.00 F	caps & Vitamin B
30 Peanuts	5.00 F	
	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
15 oz Chicken breast, skinless	15.00 P	Chicken Cacciatore
1 cup Onions	2.00 C	Chop the vegetables and mix with the tomato puree,
1 cup Tomato, puree	2.00 C	then cover the chicken with this mixture and bake.
2 Peppers (bell or cubanelle)	1.00 C	Enjoy! ***OPTIONAL/OPTIMAL
1 1/2 cups Tomatoes	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
3 cups Rice	9.00 C	caps, Multi Vit/Mineral
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories: 1230	
	Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Mix yogurt and oatmeal together, topping with nuts.
2 cups Yogurt, plain, low fat	4.00 PC	Enjoy cheese on the side or grate and mix together.
1 1/3 cups Oatmeal	4.00 C	
	5.00 F	
15 Almonds, whole	5.00 F Calories:	

Day:	63
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Beef, lean cuts</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>18 Almonds, whole</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	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!

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

Day: (	64
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
Total Daily Portions: Protein	: 69 Carbohy	drates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Beef, lean cuts</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Mushrooms</li> <li>1 cup Onions</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>18 Almonds, whole</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leat of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, Iow fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647	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!

	Day:	66
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	French Toast Sticks
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries	1.00 C	non-stick pan over medium heat cook breadsticks,
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries
10 tbsp Almonds, slivered	10.00 F	and slivered almonds. ***OPTIONAL/OPTIMAL
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
05 mana Dastain a sudan	Portions	
35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (1%)	3.00 PC	Carbs
1 cup Peaches, canned	2.00 C	Put all ingredients in a blender over ice and blend to
1 1/2 tbsp Barley	3.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:8 C:12 F:0	Item	Preparation Suggestions:
JHAUN - MICALE OLUUIIS, F.O.G. 12 F.U	Portions	
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%)	3.00 PC	A tasty and simple meal of soup. Enjoy!
4 cups Tomato vegetable soup	6.00 A	***OPTIONAL/ OPTIMAL SUPPLEMENTS:***
3 whole Pita	6.00 C	Digestive Enzymes, Omega 3 caps & Vitamin B
6 oz Cheddar cheese, light/low fat	6.00 P	Digestive Enzymes, Omega 5 caps & Vitamin D
1 1/3 tsp Olive or monounsaturated oil	4.00 F	
	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
7 oz Beef, lean cuts	7.00 P	Beef Stroganoff
2 cups Milk, low fat (1%)	2.00 PC	Slice the beef and saute with the vegetables. Mix in
3 cups Yogurt, plain, low fat	6.00 PC	the yogurt when done, and season with salt, pepper
3 cups Beans, green or yellow	2.00 C	and rosemary. Serve hot with a cold milk.
2 cups Mushrooms	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Onions	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
1/2 cup Pasta	2.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat	4.00 P	Grate the cheese and mix with the rest of the
2 cups Yogurt, plain, low fat	4.00 PC	ingredients for a quick snack that's easy to pop into
1 1/3 cups Applesauce	4.00 PC	container and take along to work or elsewhere.
15 Almonds, whole	5.00 F	
	Calories:	
	647	
	n: 69 Carbohyo	drates: 73 Fat: 40 Calories: 5640
		2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647	A nice, quick snack to satisfy those cravings!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, deli style</li> <li>3 cups Beef and barley soup</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>5 oz Cheddar cheese, light/low fat</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>13 oz Beef, lean cuts</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Tomato, puree</li> <li>2 cups Celery</li> <li>2 cups Carrots</li> <li>2 cups Pasta</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>28 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Peaches, canned</li> <li>2/3 cup Oatmeal</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	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! drates: 69 Fat: 42 Calories: 5550

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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>49 grams Protein powder</li> <li>4 cups Milk, low fat (1%)</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Strawberries</li> <li>2 cups Oatmeal</li> <li>21 Almonds, whole</li> <li>1 tsp Olive or monounsaturated oil</li> </ul>	7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230	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! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	<b>Preparation Suggestions:</b> POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
<ul> <li>12 oz Chicken breast, skinless</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>4 slice Whole grain bread</li> <li>2 tsp Olive or monounsaturated oil</li> <li>4 tsp Mayonnaise</li> </ul>	12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>18 oz Ground beef (&lt; 10% fat)</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> <li>4 cups Potato</li> <li>3 Eggs, whole</li> <li>1 1/2 tbsp Barley</li> </ul>	12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.
	n: 69 Carbohyo	drates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **

nutrition

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	Portions           3.00 P           6.00 P           3.00 PC           4.00 C           5.00 C           10.00 F           3.00 C           Calories:           1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder	Item Portions 8.00 P	Preparation Suggestions: POST - Protein Shake
4 cups Fruit juice	12.00 C Calories: 656	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	Preparation Suggestions: A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
13 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil	13.00 P 2.00 PC 2.00 C 1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647	<b>Preparation Suggestions:</b> Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!

tal Daily Portions: Protein: 69 Carbonydrates: 73 Fat: 40 Calories: 564 \*\* Remember to drink between 10 and 12 classes of water per day. \*\*

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
77 grams Protein powder	Portions 11.00 P	A tasty, yet easy-to-prepare breakfast. Enjoy!
2 cups Yogurt, plain, low fat	4.00 PC	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Grapes	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
3 cups Oatmeal	9.00 C	1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes & Yogurt
2 cups Yogurt, plain, low fat	4.00 PC	Mix cottage cheese, yogurt, fruit and nuts. Add
2 cups Grapes	4.00 C	sweetener if desired and enjoy!
30 Peanuts	5.00 F	
	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Beef, lean cuts	12.00 P	Roast Beef Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Use leftover roast beef or purchase lean sliced beef
2 cups Mushrooms	1.00 C	from the deli counter. Add a slice of onion and a leaf
1 cup Onions	2.00 C	of lettuce for flavor. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
18 Almonds, whole	6.00 F	
4 tsp Mayonnaise	4.00 F	
	Calories: 1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
10 grana Bratain navydar	Portions 6.00 P	Protein Shake with Fruit
42 grams Protein powder 2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shake
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	566	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
12 or Cround boof $( < 100/ \text{ fot})$	Portions 8.00 P	Pasta & Sauce
12 oz Ground beef (< 10% fat) 1/2 cup Onions		In a sauce pan saute onion until done. Add meat
1 cup Tomato sauce	1.00 C 2.00 C	and spices to onion mixture and simmer until meat is
2 1/2 cups Pasta	10.00 C	done. Add tomato sauce and reduce heat. Pour
3 1/3 tsp Olive or monounsaturated oil	10.00 F	over cooked pasta and serve.
5 oz Cheddar cheese, light/low fat	5.00 P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Milk, low fat (1%)	2.00 PC	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories: 647	mix it all together, then eat the fruit on the side. Enjoy!

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

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories: 1230	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 15 oz Ground beef (< 10% fat) 5 oz Cheese, low or non fat 1 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 2 cups Grapes 4 slice Whole grain bread 1 2/3 tsp Olive or monounsaturated oil 30 Peanuts	Item Portions 10.00 P 5.00 P 2.00 C .13 C 1.00 C 4.00 C 8.00 C 5.00 F 5.00 F Calories: 1230	Preparation Suggestions: Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories:	Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>12 Egg whites</li> <li>49 grams Protein powder</li> <li>2 cups Milk, low fat (1%)</li> <li>1 cup Strawberries</li> <li>6 slice Whole grain bread</li> <li>10 tbsp Almonds, slivered</li> </ul>	Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230	French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647	Preparation Suggestions: Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.
Mid Meal - Meal Portions: P:15 C:15 F:10 12 oz Beef, lean cuts 3 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 2 Peppers (bell or cubanelle) 4 slice Whole grain bread 18 Almonds, whole 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 1.00 C 2.00 C 1.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: 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. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil	Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

Day:	73
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	Item Portions	Preparation Suggestions:
<ul> <li>6 Egg whites</li> <li>6 Eggs, whole</li> <li>21 grams Protein powder</li> <li>3 cups Milk, low fat (1%)</li> <li>2 cups Grapes</li> <li>1 2/3 cups Oatmeal</li> <li>10 tbsp Almonds, slivered</li> <li>1 cup Fruit juice</li> </ul>	3.00 P 6.00 P 3.00 PC 4.00 C 5.00 C 10.00 F 3.00 C Calories: 1230	This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. *Optional/Optimal Supplements: Digestive Enzymes Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	Preparation Suggestions: PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0 56 grams Protein powder 4 cups Fruit juice	Item Portions 8.00 P 12.00 C Calories: 656	Preparation Suggestions: POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10 12 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 2 cups Grapes 4 slice Whole grain bread 2 tsp Olive or monounsaturated oil 4 tsp Mayonnaise	Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230	Preparation Suggestions: Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10 18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tbsp Barley	Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat	Item Portions 4.00 P 4.00 PC 4.00 C	<b>Preparation Suggestions:</b> Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.

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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Your favorite cereal mixed with fruit. Enjoy the
49 grams Protein powder	7.00 P	cheese on the side. ***OPTIONAL/OPTIMAL
4 cups Milk, low fat (1%)	4.00 PC	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
2 1/2 cups Cereal, cold	5.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
2 cups Strawberries	2.00 C	
2 tbsp Barley	4.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	Freparation Suggestions.
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes & Yogurt
2 cups Yogurt, plain, low fat	4.00 PC	Mix cottage cheese, yogurt, fruit and nuts. Add
2 cups Grapes	4.00 C	sweetener if desired and enjoy!
30 Peanuts	5.00 F	· · · · · · · · · · · · · · · · · · ·
	Calories:	
	647	
	Item	
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Beef, lean cuts	12.00 P	Roast Beef Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Use leftover roast beef or purchase lean sliced beef
2 cups Mushrooms	1.00 C	from the deli counter. Add a slice of onion and a leaf
1 cup Onions	2.00 C	of lettuce for flavor. ***OPTIONAL/ OPTIMAL
	1.00 C	
2 Peppers (bell or cubanelle)		SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
18 Almonds, whole	6.00 F	
4 tsp Mayonnaise	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
40 sucres Brotain nourder		Dratain Chalco with Envit
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
1 1/2 tbsp Barley	3.00 C	adding water to create desired consistency. If a
1 Banana	3.00 C	blender is not available, set aside the fruit and shake
2 tsp Peanut butter, natural	2.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	566	Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 C	pepper, and basil, if you like.
2 cups Celery	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Carrots	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
2 cups Pasta	8.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
Ullaun - INICAL FULLULIS. F.O U.O F.J	Portions	
28 grams Protein powder	4.00 P	Protein Smoothie
2 cups Yogurt, plain, low fat	4.00 PC	Put all ingredients in a blender over ice and blend,
1 cup Peaches, canned	2.00 C	adding water to create desired consistency. If a
2/3 cup Oatmeal	2.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	0.001	
	Calories:	mix it all together, then eat the fruit on the side.

Day:	75
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
77 grams Protein powder	11.00 P	A tasty, yet easy-to-prepare breakfast. Enjoy!
2 cups Yogurt, plain, low fat	4.00 PC	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Grapes	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
3 cups Oatmeal	9.00 C	1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories: 1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1%)	2.00 PC	Carbs
1 cup Strawberries	1.00 C	Put all ingredients in a blender over ice and blend to
1 2/3 cups Oatmeal	5.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:8 C:12 F:0	Item	Preparation Suggestions:
56 grams Protein powder	Portions 8.00 P	POST - Protein Shake
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
12 oz Chicken breast, skinless	12.00 P	Chicken Salad Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Make a basic chicken salad adding a little celery and
2 cups Grapes	4.00 C	onion if desired, and salt and pepper to taste.
4 slice Whole grain bread 2 tsp Olive or monounsaturated oil	8.00 C 6.00 F	***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
4 tsp Mayonnaise	4.00 F	Digestive Enzymes, Omega 3 caps & vitamin B
+ top mayonnaise	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 C	pepper, and basil, if you like.
2 cups Celery	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Carrots	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
2 cups Pasta	8.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230 Item	Demonstration Operation
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	Milk & Peanuts
3 cups Milk, low fat (1%)	3.00 PC	A tall glass of milk and a handful of peanuts wiht a
1 Banana 30 Peanuts	3.00 C 5.00 F	banana and some protein. Straight up or blended, it's just right. Enjoy!
1 tbsp Barley	2.00 F	n ə juər nym. Enjuy!
	Calories:	
	647	
		drates: 73 Fat: 40 Calories: 5640
Remember to drink be	etween 10 and 1.	2 glasses of water per day. **

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optimal Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
15 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 2 2/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole	4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.
		drates: 73 Fat: 40 Calories: 5640 2 glasses of water per day. **
3 steps for success to	day: Nutrition -	+ Training + Supplements

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
77 grams Protein powder	11.00 P	Yogurt and toast. Mix the protein powder and olive
2 cups Yogurt, plain, low fat	4.00 PC	oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL
1 cup Applesauce	3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
1 cup Cottage cheese, light/low fat	4.00 P	Cottage Cheese, Grapes & Yogurt
2 cups Yogurt, plain, low fat	4.00 PC	Mix cottage cheese, yogurt, fruit and nuts. Add
2 cups Grapes	4.00 C	sweetener if desired and enjoy!
30 Peanuts	5.00 F	sweetener ir desired and enjoy:
30 1 eanus	Calories:	
	647	
Mid Meal - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
12 oz Beef, lean cuts	12.00 P	Roast Beef Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Use leftover roast beef or purchase lean sliced beef
2 cups Mushrooms	1.00 C	from the deli counter. Add a slice of onion and a leaf
1 cup Onions	2.00 C	of lettuce for flavor. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
18 Almonds, whole	6.00 F	
4 tsp Mayonnaise	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
2/3 tsp Olive of monounsaturated oli		
	Calories: 566	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
	Portions	
15 oz Chicken breast, skinless	15.00 P	Chicken Cacciatore
1 cup Onions	2.00 C	Chop the vegetables and mix with the tomato puree,
1 cup Tomato, puree	2.00 C	then cover the chicken with this mixture and bake.
2 Peppers (bell or cubanelle)	1.00 C	Enjoy! ***OPTIONAL/OPTIMAL
1 1/2 cups Tomatoes	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
3 cups Rice	9.00 C	caps, Multi Vit/Mineral
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
12 grama Dratain nouvelar	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	Enjoy!

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

Day:	78
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Grapes</li> <li>3 cups Oatmeal</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230	A tasty, yet easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5 42 grams Protein powder	Item Portions 6.00 P	<b>Preparation Suggestions:</b> PRE - Protein Shake + Energy Sustaining Growth
2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive or monounsaturated oil	2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647	Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
3 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 3 whole Pita 6 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil	3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230	A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>15 oz Chicken breast, skinless</li> <li>1 cup Onions</li> <li>1 cup Tomato, puree</li> <li>2 Peppers (bell or cubanelle)</li> <li>1 1/2 cups Tomatoes</li> <li>3 cups Rice</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	15.00 P 2.00 C 2.00 C 1.00 C 1.00 C 9.00 C 10.00 F Calories: 1230	Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
77 grams Protein powder	Portions 11.00 P	Yogurt and toast. Mix the protein powder and olive
2 cups Yogurt, plain, low fat	4.00 PC	oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL
1 cup Applesauce	4.00 PC 3.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
	10.00 C	
3 1/3 tsp Olive or monounsaturated oil	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	A flice, quick shack to satisfy those cravings:
2 Apples	4.00 C	
1/2 oz Cereal, dry	4.00 C	
30 Peanuts	5.00 F	
SU Fealluis		
	Calories: 647	
	ltem	
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
6 oz Chicken broast dali styla	4.00 P	A simple but tasty meal: soup and a cheese
<ul><li>6 oz Chicken breast, deli style</li><li>3 cups Beef and barley soup</li></ul>	4.00 P 6.00 A	sandwich. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 A	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
5 oz Cheddar cheese, light/low fat	5.00 C	Caps & Vitalini D
1 1/3 tsp Olive or monounsaturated oil	4.00 F Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item Portions	Preparation Suggestions:
25 grama Drotain nouvdar	5.00 P	Protein Shake
35 grams Protein powder	3.00 PC	
3 cups Milk, low fat (1%)		Put all ingredients in blender over ice and blend.
1 cup Strawberries	1.00 C	Add water to create desired consistency. Enjoy!
2 tbsp Barley	4.00 C 2.00 F	
2/3 tsp Olive or monounsaturated oil	Calories:	
	566	
	Item	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 FC	pepper, and basil, if you like.
2 cups Celery	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Carrots	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
2 cups Pasta	8.00 C	
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230	
	Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 C	up the remaining ingredients in a closed container to
	Calories:	mix it all together, then eat the fruit on the side.
	647	
Total Daily Dartiana Drata	-	Enjoy! drates: 69 Fat: 42 Calories: 5550
LOTAL DAILY PORTIONS' PROTEI		TALES DA FAL 47 CALOUES 2000

Day:	80
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Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>77 grams Protein powder</li> <li>2 cups Yogurt, plain, low fat</li> <li>1 cup Applesauce</li> <li>4 slice Whole grain bread</li> <li>3 1/3 tsp Olive or monounsaturated oil</li> </ul>	11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230	Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive or monounsaturated oil	5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
Snack - Meal Portions: P:8 C:12 F:0	Item Portions	Preparation Suggestions:
56 grams Protein powder 4 cups Fruit juice	8.00 P 12.00 C Calories: 656	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! *Optional/Optima Supplement Recommendation: 1 gram Vit C, Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup 4 slice Whole grain bread 18 Almonds, whole 6 oz Cheddar cheese, light/low fat 3 cups Milk, low fat (1%) 14 grams Protein powder	4.00 A 8.00 C 6.00 F 3.00 PC 2.00 P Calories: 1230	A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. Shakes makes it go down nice. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Dinner - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 2 1/2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil 5 oz Cheddar cheese, light/low fat 2 cups Milk, low fat (1%)	8.00 P 1.00 C 2.00 C 10.00 C 10.00 F 5.00 P 2.00 PC Calories: 1230	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. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
<ul> <li>5 oz Cheese, low or non fat</li> <li>3 cups Celery</li> <li>3 cups Cucumber</li> <li>3 Peppers (bell or cubanelle)</li> <li>2 Rice cakes</li> <li>1 2/3 tsp Olive or monounsaturated oil</li> <li>1 cup Yogurt, plain, low fat</li> <li>7 grams Protein powder</li> </ul>	5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC 1.00 P Calories: 647	Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!

Breakfast - Meal Portions: P:15 C:15 F:10	Item	Proposition Suggestions:
4 oz Cheese, low or non fat 49 grams Protein powder 4 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 3 1/3 tsp Olive or monounsaturated oil	Portions 4.00 P 7.00 P 4.00 PC 5.00 C 2.00 C 4.00 C 10.00 F Calories:	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	1230 Item	Preparation Suggestions:
1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647	Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!
Mid Meal - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
<ul> <li>6 oz Chicken breast, deli style</li> <li>3 cups Beef and barley soup</li> <li>2 Peppers (bell or cubanelle)</li> <li>4 slice Whole grain bread</li> <li>5 oz Cheddar cheese, light/low fat</li> <li>1 1/3 tsp Olive or monounsaturated oil</li> </ul>	4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230	A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B
Snack - Meal Portions: P:8 C:8 F: 2 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!
Dinner - Meal Portions: P:15 C:15 F:10 15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil	Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230	Preparation Suggestions: Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item Portions	Preparation Suggestions:
28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive or monounsaturated oil	4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647	Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shak up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!

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Day:	82
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	16	
Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
77 grams Protein powder	11.00 P	A tasty, yet easy-to-prepare breakfast. Enjoy!
2 cups Yogurt, plain, low fat	4.00 PC	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Grapes	2.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,
3 cups Oatmeal	9.00 C	1 gram Vit C, 400 i.u. Vit E
3 1/3 tsp Olive or monounsaturated oil	10.00 F	
	Calories:	
	1230 Item	
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (1%)	3.00 PC	Carbs
1 cup Peaches, canned	2.00 C	Put all ingredients in a blender over ice and blend to
1 1/2 tbsp Barley	3.00 C	desired consistency. Enjoy!
1 2/3 tsp Olive or monounsaturated oil	5.00 F	
	Calories: 647	
Snack - Meal Portions: P:8 C:12 F:0	Item	Preparation Suggestions:
	Portions	
56 grams Protein powder	8.00 P 12.00 C	POST - Protein Shake
4 cups Fruit juice	Calories:	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optimal
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
4 cups Vegetable soup	4.00 A	A tasty and simple meal of soup with cheese and a
4 slice Whole grain bread	8.00 C	slice of bread to scoop up the leftovers. Shakes
18 Almonds, whole	6.00 F	makes it go down nice. ***OPTIONAL/ OPTIMAL
6 oz Cheddar cheese, light/low fat	6.00 P	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
3 cups Milk, low fat (1%)	3.00 PC	caps & Vitamin B
14 grams Protein powder	2.00 P Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Proportion Suggestions:
Dinner - Mear Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
13 oz Beef, lean cuts	13.00 P	Steaks with Vegetables
2 cups Milk, low fat (1%)	2.00 PC	Vou can season your vegetables with a little salt
		You can season your vegetables with a little salt,
1 cup Tomato, puree	2.00 C	pepper, and basil, if you like.
1 cup Tomato, puree 2 cups Celery	1.00 C	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Tomato, puree 2 cups Celery 2 cups Carrots	1.00 C 2.00 C	pepper, and basil, if you like.
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta	1.00 C	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Tomato, puree 2 cups Celery 2 cups Carrots	1.00 C 2.00 C 8.00 C 10.00 F Calories:	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:8 C:8 F:5	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Celery	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral <b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil Snack - Meal Portions: P:8 C:8 F:5 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C	<ul> <li>pepper, and basil, if you like.</li> <li>***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</li> <li>Preparation Suggestions:</li> <li>Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like.</li> </ul>
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil <b>Snack - Meal Portions: P:8 C:8 F:5</b> 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle)	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C 1.50 C	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral <b>Preparation Suggestions:</b> Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil <b>Snack - Meal Portions: P:8 C:8 F:5</b> 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C	<ul> <li>pepper, and basil, if you like.</li> <li>***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</li> <li>Preparation Suggestions:</li> <li>Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like.</li> </ul>
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil <b>Snack - Meal Portions: P:8 C:8 F:5</b> 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral Preparation Suggestions: Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like.
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil <b>Snack - Meal Portions: P:8 C:8 F:5</b> 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil 1 cup Yogurt, plain, low fat	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC	pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral Preparation Suggestions: Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like.
1 cup Tomato, puree 2 cups Celery 2 cups Carrots 2 cups Pasta 3 1/3 tsp Olive or monounsaturated oil <b>Snack - Meal Portions: P:8 C:8 F:5</b> 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive or monounsaturated oil	1.00 C 2.00 C 8.00 C 10.00 F Calories: 1230 Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F	<ul> <li>pepper, and basil, if you like.</li> <li>***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</li> <li>Preparation Suggestions:</li> <li>Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like.</li> </ul>

Breakfast - Meal Portions: P:15 C:15 F:10	Item Portions	Preparation Suggestions:
12 Egg whites	6.00 P	French Toast Sticks
49 grams Protein powder	7.00 P	Cut bread into sticks and soak in beaten eggs with
2 cups Milk, low fat (1%)	2.00 PC	1/2 cup milk (drink the rest) and protein powder. In a
1 cup Strawberries		non-stick pan over medium heat cook breadsticks,
	1.00 C	
6 slice Whole grain bread	12.00 C	turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL
10 tbsp Almonds, slivered	10.00 F	
	Calories:	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
	1230 Item	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E
Snack - Meal Portions: P:8 C:8 F:5	Portions	Preparation Suggestions:
35 grams Protein powder	5.00 P	PRE - Protein Shake + Energy Sustaining Growth
3 cups Milk, low fat (1%)	3.00 PC	Carbs
1/3 cup Applesauce	1.00 C	Put all ingredients in a blender over ice and blend to
2 tbsp Barley	4.00 C	desired consistency. Enjoy!
	4.00 C	
1 2/3 tsp Olive or monounsaturated oil		
	Calories: 647	
Snack - Meal Portions: P:8 C:12 F:0	Item	Preparation Suggestions:
	Portions	
56 grams Protein powder	8.00 P	POST - Protein Shake
4 cups Fruit juice	12.00 C	Put all ingredients in blender over ice and blend. We
	Calories:	recommend using a high glycemic juice like grape
	656	juice for max recuperation. Enjoy! *Optional/Optima
		Supplement Recommendation: 1 gram Vit C,
		Creatine & BCAA's
Mid Meal - Meal Portions: P:15 C:15 F: 10	Item Portions	Preparation Suggestions:
12 oz Chicken breast, skinless	12.00 P	Chicken Salad Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Make a basic chicken salad adding a little celery and
2 cups Grapes	4.00 C	onion if desired, and salt and pepper to taste.
4 slice Whole grain bread	8.00 C	***OPTIONAL/ OPTIMAL SUPPLEMENTS:***
2 tsp Olive or monounsaturated oil	6.00 C	
	4.00 F	Digestive Enzymes, Omega 3 caps & Vitamin B
4 tsp Mayonnaise	Calories:	
	1230	
Dinner - Meal Portions: P:15 C:15 F:10	Item	Properties Custostieses
Dinner - Mear Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
15 oz Chicken breast, skinless	15.00 P	Chicken with Grapes
2 cups Mushrooms	1.00 C	A simple grilled chicken breast with sauteed
2 cups Grapes	4.00 C	mushrooms over top and some fruit on the side.
3 1/3 cups Rice	10.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
3 1/3 tsp Olive or monounsaturated oil	10.00 F	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
	Calories:	- · · · · · · · · · · · · · · · · · · ·
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	
4 oz Cheese, low or non fat	4.00 P	Grate the cheese and mix with the rest of the
2 cups Yogurt, plain, low fat	4.00 PC	ingredients for a quick snack that's easy to pop into
1 1/3 cups Applesauce	4.00 C	container and take along to work or elsewhere.
15 Almonds, whole	5.00 F	
	Calories:	
Total Daily Portions: Protein	647 n: 69 Carbohvo	l drates: 73 Fat: 40 Calories: 5640
		2 glasses of water per day. **
Powerful Proven R	esults @ www.	empowerednutrition.net

Day: 84
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Breakfast - Meal Portions: P:15 C:15 F:10	Item	Preparation Suggestions:
49 grams Protein powder	Portions 7.00 P	A refreshing breakfast of yogurt, fruit, and nuts. For
	4.00 PC	
4 cups Milk, low fat (1%)		a variation, throw it all in a blender, except the
2 cups Yogurt, plain, low fat	4.00 PC	almonds, and enjoy as a smoothie!
1 cup Strawberries	1.00 C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***
2 cups Oatmeal	6.00 C	Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
21 Almonds, whole	7.00 F	1 gram Vit C, 400 i.u. Vit E
1 tsp Olive or monounsaturated oil	3.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
	Portions	r reparation ouggestions.
5 oz Cheese, low or non fat	5.00 P	A nice, quick snack to satisfy those cravings!
3 cups Milk, low fat (1%)	3.00 PC	
2 Apples	4.00 C	
1/2 oz Cereal, dry	1.00 C	
30 Peanuts	5.00 F	
	Calories:	
	647	
	Item	
Mid Meal - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
12 oz Beef. lean cuts	12.00 P	Roast Beef Sandwich
3 cups Milk, low fat (1%)	3.00 PC	Use leftover roast beef or purchase lean sliced beef
	1.00 C	from the deli counter. Add a slice of onion and a lea
2 cups Mushrooms		
1 cup Onions	2.00 C	of lettuce for flavor. ***OPTIONAL/ OPTIMAL
2 Peppers (bell or cubanelle)	1.00 C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3
4 slice Whole grain bread	8.00 C	caps & Vitamin B
18 Almonds, whole	6.00 F	
4 tsp Mayonnaise	4.00 F	
	Calories:	
	1230	
Snack - Meal Portions: P:8 C:8 F: 2	Item	Preparation Suggestions:
	Portions	
42 grams Protein powder	6.00 P	Protein Shake with Fruit
2 cups Milk, low fat (1%)	2.00 PC	Blend all ingredients together and add ice cubes unt
1 1/2 cups Grapes	3.00 C	desired consistency is reached. If a blender is not
1 cup Oatmeal	3.00 C	available mix protein powder with cold water and
2/3 tsp Olive or monounsaturated oil	2.00 F	have remaining ingredients on the side. Enjoy!
	Calories:	
	566	
	Item	
Dinner - Meal Portions: P:15 C:15 F:10	Portions	Preparation Suggestions:
15 oz Chicken breast, skinless	15.00 P	Chicken with Vegetables
2 cups Carrots	2.00 C	Grill or bake the chicken (if baking, do so at 350
1 1/4 cups Corn, canned	2.00 C 5.00 C	degrees for about 20 minutes, or until there's no pin
2 2/3 cups Rice	8.00 C	left inside the chicken breast). To boost the flavour,
3 1/3 tsp Olive or monounsaturated oil	10.00 F	add a dash of low-fat, low-sugar barbecue sauce, or
	Calories:	coat with some crushed fresh herbs, salt and peppe
	1230	Steam the vegetables and enjoy on the side.
		***OPTIONAL/OPTIMAL SUPPLEMENTS:***
		Digestive Enzymes, Omega 3 caps, Multi Vit/Minera
Snack - Meal Portions: P:8 C:8 F:5	Item	Preparation Suggestions:
12 grama Bratain nourdar	Portions	Protein Shake with Fruit
42 grams Protein powder	6.00 P	
2 cups Milk, low fat (1%)	2.00 PC	Put all ingredients in a blender over ice and blend,
3 cups Strawberries	3.00 C	adding water to create desired consistency. If a
1 1/2 tbsp Barley	3.00 C	blender is not available, set aside the fruit and shake
1 2/3 tsp Olive or monounsaturated oil	5.00 F	up the remaining ingredients in a closed container to

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

#### Protein

17 Eggs, whole 29 oz Cheddar cheese, light/low fat 1001 grams Protein powder 45 oz Ground beef (< 10% fat) 31 oz Cheese, low or non fat 57 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 6 oz Chicken breast, deli style 32 oz Beef, lean cuts 18 Egg whites 12 oz Tuna, canned in water

#### 5 1/2 cups Cereal, cold 6 Bananas 11 cups Strawberries 13 cups Oatmeal 18 cups Fruit juice 4 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 12 1/2 cups Grapes 30 slice Whole grain bread 6 cups Mushrooms 9 cups Rice 9 Peppers (bell or cubanelle) 4 cups Potato 14 1/2 tbsp Barley 2 cups Peaches, canned 3 cups Beans, green or yellow 5 cups Pasta 2 Apples 1/2 oz Cereal, dry 4 cups Carrots 1 1/4 cups Corn, canned 5 1/3 cups Applesauce 6 whole Pita 2 cups Tomato, puree 1 1/2 cups Tomatoes 5 cups Celery 3 cups Cucumber 2 Rice cakes 1 cup Tomato sauce

Carbohydrates

## Fats

58 2/3 tsp Olive or monounsaturated oil 120 Peanuts 102 Almonds, whole 13 tsp Mayonnaise 25 tbsp Almonds, slivered 2 tsp Peanut butter, natural

### Other

59 cups Milk, low fat (1%) 20 cups Yogurt, plain, low fat 3 cups Beef and barley soup 4 cups Vegetable soup 4 cups Tomato vegetable soup

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

#### Protein

36 oz Cheese, low or non fat 924 grams Protein powder 43 oz Cheddar cheese, light/low fat 60 oz Chicken breast, skinless 27 Eggs, whole 25 oz Beef, lean cuts 45 oz Ground beef (< 10% fat) 6 oz Chicken breast, deli style 12 Egg whites 12 oz Tuna, canned in water

### Carbohydrates

11 1/2 cups Cereal, cold 11 cups Strawberries 15 tbsp Barley 2 cups Peaches, canned 17 cups Fruit juice 22 slice Whole grain bread 6 cups Mushrooms 9 1/2 cups Grapes 12 cups Rice 5 2/3 cups Applesauce 9 Bananas 2 1/2 cups Onions 7 Peppers (bell or cubanelle) 11 cups Oatmeal 4 cups Potato 1/4 head Lettuce, iceberg 2 Tomatoes 4 Apples 1 oz Cereal, dry 1 cup Tomato, puree 5 cups Celery 6 cups Carrots 4 1/2 cups Pasta 9 whole Pita 2 1/2 cups Corn, canned 3 cups Cucumber 2 Rice cakes 1 cup Tomato sauce

#### Fats

64 1/3 tsp Olive or monounsaturated oil 81 Almonds, whole 15 tbsp Almonds, slivered 9 tsp Mayonnaise 120 Peanuts

#### Other

60 cups Milk, low fat (1%) 4 cups Vegetable soup 13 cups Yogurt, plain, low fat 3 cups Beef and barley soup 8 cups Tomato vegetable soup

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

#### Protein

12 Egg whites 31 Eggs, whole 882 grams Protein powder 26 oz Cheddar cheese, light/low fat 87 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat 24 oz Tuna, canned in water 33 oz Ground beef (< 10% fat) 35 oz Cheese, low or non fat 19 oz Beef, lean cuts

### Carbohydrates

17 cups Grapes 12 cups Oatmeal 20 cups Fruit juice 13 cups Strawberries 12 whole Pita 10 cups Mushrooms 15 2/3 cups Rice 10 Bananas 17 tbsp Barley 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Peaches, canned 4 cups Potato 5 2/3 cups Applesauce 11 cups Cereal, cold 2 Apples 1/2 oz Cereal, dry 12 slice Whole grain bread 3 cups Celery 3 cups Cucumber 7 Peppers (bell or cubanelle) 2 Rice cakes 4 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 3 cups Beans, green or yellow 1/2 cup Pasta 1 cup Tomato, puree 1 1/2 cups Tomatoes

#### Fats

25 tbsp Almonds, slivered 61 tsp Olive or monounsaturated oil 120 Peanuts 78 Almonds, whole 18 tsp Mayonnaise 2 tsp Peanut butter, natural

#### Other

59 cups Milk, low fat (1%) 8 cups Tomato vegetable soup 16 cups Yogurt, plain, low fat

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

#### Protein

1106 grams Protein powder 27 oz Ground beef (< 10% fat) 19 oz Cheese, low or non fat 45 oz Chicken breast, skinless 2 cups Cottage cheese, light/low fat 12 oz Tuna, canned in water 36 oz Cheddar cheese, light/low fat 21 oz Beef, lean cuts 12 oz Chicken breast. deli style

8 cups Strawberries 19 1/3 cups Oatmeal 17 cups Fruit juice 5 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 11 1/2 cups Grapes 24 slice Whole grain bread 1 cup Tomato, puree 9 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 8 1/3 cups Rice 3 cups Celery 3 cups Cucumber 2 Rice cakes 2 1/3 cups Applesauce 4 Bananas 9 whole Pita 9 cups Beans, green or yellow 6 cups Mushrooms 4 cups Pasta 8 1/2 tbsp Barley 2 cups Peaches, canned 2 Apples 1/2 oz Cereal, dry 1 cup Tomato sauce 4 cups Carrots 2 1/2 cups Corn, canned

Carbohydrates

Fats

132 Almonds, whole 59 2/3 tsp Olive or monounsaturated oil 180 Peanuts 5 tsp Mayonnaise Other

58 cups Milk, low fat (1%) 36 cups Yogurt, plain, low fat 8 cups Tomato vegetable soup 6 cups Beef and barley soup 4 cups Vegetable soup

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

#### Protein

36 Egg whites 15 Eggs, whole 966 grams Protein powder 25 oz Cheddar cheese, light/low fat 14 oz Beef, lean cuts 37 oz Cheese, low or non fat 36 oz Tuna, canned in water 57 oz Ground beef (< 10% fat) 54 oz Chicken breast, skinless

### Carbohydrates

11 1/2 cups Grapes 11 1/3 cups Oatmeal 21 cups Fruit juice 3 cups Peaches, canned 13 1/2 tbsp Barley 32 slice Whole grain bread 6 cups Beans, green or yellow 4 cups Mushrooms 5 cups Onions 6 cups Pasta 5 cups Applesauce 8 Bananas 9 whole Pita 4 cups Potato 10 cups Strawberries 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Tomato, puree 8 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 5 2/3 cups Rice 6 cups Celery 6 cups Cucumber 4 Rice cakes 4 Apples 1 oz Cereal, dry 2 cups Tomato sauce 2 cups Carrots 1 1/4 cups Corn, canned

45 tbsp Almonds, slivered 50 tsp Olive or monounsaturated oil 135 Almonds, whole 23 tsp Mayonnaise 4 tsp Peanut butter, natural 90 Peanuts

Fats

#### Other

60 cups Milk, low fat (1%) 4 cups Vegetable soup 22 cups Yogurt, plain, low fat

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

#### Protein

30 Egg whites 826 grams Protein powder 34 oz Cheddar cheese, light/low fat 99 oz Chicken breast, skinless 24 oz Cheese. low or non fat 2 cups Cottage cheese, light/low fat 24 oz Tuna, canned in water 33 Eggs, whole 45 oz Ground beef (< 10% fat) 6 oz Chicken breast, deli style

## Carbohydrates 9 cups Strawberries 32 slice Whole grain bread 3 cups Peaches, canned 20 1/2 tbsp Barley 19 cups Fruit juice

2 cups Mushrooms 15 1/2 cups Grapes 14 2/3 cups Rice 12 Bananas 11 1/2 cups Cereal, cold 6 whole Pita 4 cups Carrots 2 1/2 cups Corn, canned 3 1/2 cups Onions 1 cup Tomato sauce 2 1/2 cups Pasta 6 cups Celery 6 cups Cucumber 12 Peppers (bell or cubanelle) 4 Rice cakes 2 Apples 1/2 oz Cereal, dry 2 2/3 cups Oatmeal 2 cups Tomato, puree 3 cups Tomatoes 1/4 head Lettuce, iceberg 2 Tomatoes 1/3 cup Applesauce 4 cups Potato

#### Fats

30 tbsp Almonds, slivered 60 2/3 tsp Olive or monounsaturated oil 48 Almonds, whole 180 Peanuts 18 tsp Mayonnaise Other

60 cups Milk, low fat (1%) 4 cups Vegetable soup 12 cups Yogurt, plain, low fat 3 cups Beef and barley soup

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

#### Protein

1022 grams Protein powder 25 oz Cheddar cheese. light/low fat 7 oz Beef, lean cuts 30 oz Cheese, low or non fat 30 Egg whites 18 Eggs, whole 12 oz Chicken breast, deli style 42 oz Chicken breast, skinless 87 oz Ground beef (< 10% fat) 1 cup Cottage cheese, light/low fat 12 oz Tuna, canned in water

### Carbohydrates

11 cups Strawberries 14 cups Oatmeal 18 cups Fruit juice 36 slice Whole grain bread 3 cups Beans, green or yellow 4 cups Mushrooms 3 cups Onions 1/2 cup Pasta 11 1/2 cups Grapes 2 Apples 1/2 oz Cereal, dry 6 Peppers (bell or cubanelle) 17 1/2 tbsp Barley 5 Bananas 1 cup Tomato, puree 1 1/2 cups Tomatoes 6 1/3 cups Rice 5 2/3 cups Applesauce 6 whole Pita 16 cups Potato 2 cups Peaches, canned 2 1/2 cups Cereal, cold 1/4 head Lettuce, iceberg 2 Tomatoes

#### Fats

120 Almonds, whole 52 tsp Olive or monounsaturated oil 35 tbsp Almonds, slivered 120 Peanuts 4 tsp Peanut butter, natural 9 tsp Mayonnaise

#### Other

54 cups Milk, low fat (1%) 21 cups Yogurt, plain, low fat 4 cups Vegetable soup 6 cups Beef and barley soup 4 cups Tomato vegetable soup

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

#### Protein

30 oz Cheese, low or non fat 1015 grams Protein powder 48 oz Ground beef (< 10% fat) 21 Eggs, whole 30 Egg whites 12 oz Chicken breast, deli style 16 oz Cheddar cheese, light/low fat 39 oz Beef, lean cuts 57 oz Chicken breast, skinless 1 cup Cottage cheese, light/low fat

## Carbohydrates

2 1/2 cups Cereal, cold 10 cups Strawberries 19 tbsp Barley 12 1/3 cups Oatmeal 19 cups Fruit juice 6 cups Onions 1/2 head Lettuce, iceberg 4 Tomatoes 19 cups Grapes 34 slice Whole grain bread 4 cups Potato 4 Bananas 8 2/3 cups Applesauce 8 Peppers (bell or cubanelle) 2 cups Tomato, puree 2 cups Celery 2 cups Carrots 3 cups Pasta 2 cups Peaches, canned 6 cups Beans, green or yellow 10 cups Mushrooms 1 1/2 cups Tomatoes 9 2/3 cups Rice

#### Fats

51 1/3 tsp Olive or monounsaturated oil 150 Peanuts 50 tbsp Almonds, slivered 4 tsp Peanut butter, natural 87 Almonds, whole 8 tsp Mayonnaise Other

60 cups Milk, low fat (1%) 6 cups Beef and barley soup 20 cups Yogurt, plain, low fat 4 cups Vegetable soup

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

#### Protein

987 grams Protein powder 32 oz Cheddar cheese, light/low fat 42 oz Ground beef (< 10% fat) 43 oz Cheese, low or non fat 12 oz Tuna, canned in water 70 oz Beef, lean cuts 24 Eggs, whole 30 oz Chicken breast, skinless

### Carbohydrates

11 1/3 cups Applesauce 36 slice Whole grain bread 9 tbsp Barley 17 cups Fruit juice 7 1/2 cups Onions 1 cup Tomato sauce 9 cups Pasta 9 cups Celery 3 cups Cucumber 11 Peppers (bell or cubanelle) 2 Rice cakes 11 1/2 cups Cereal, cold 7 cups Strawberries 9 Bananas 3 whole Pita 5 1/2 cups Grapes 11 1/3 cups Oatmeal 5 cups Tomato, puree 6 cups Carrots 3 cups Beans, green or yellow 6 cups Mushrooms 2 cups Peaches, canned 1/2 head Lettuce, iceberg 4 Tomatoes 3 cups Tomatoes 6 cups Rice

64 2/3 tsp Olive or monounsaturated oil 132 Almonds, whole 15 tbsp Almonds, slivered 13 tsp Mayonnaise 2 tsp Peanut butter, natural

60 Peanuts

Fats

#### Other

22 cups Yogurt, plain, low fat 51 cups Milk, low fat (1%) 8 cups Vegetable soup

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

#### Protein

1092 grams Protein powder 38 oz Cheddar cheese, light/low fat 54 oz Ground beef (< 10% fat) 25 oz Cheese, low or non fat 57 oz Beef, lean cuts 18 Egg whites 6 oz Chicken breast, deli style 12 oz Chicken breast, skinless 9 Eggs, whole 1 cup Cottage cheese, light/low fat

### Carbohydrates

10 1/2 cups Grapes 22 cups Oatmeal 14 cups Strawberries 17 cups Fruit juice 26 slice Whole grain bread 4 1/2 cups Onions 3 cups Tomato sauce 12 cups Pasta 2 1/2 cups Cereal, cold 12 1/2 tbsp Barley 4 cups Applesauce 6 cups Mushrooms 6 Peppers (bell or cubanelle) 2 cups Peaches, canned 6 whole Pita 3 cups Beans, green or yellow 2 Apples 1/2 oz Cereal, dry 2 cups Tomato, puree 4 cups Celery 4 cups Carrots 4 cups Potato 2 Bananas

#### Fats

56 2/3 tsp Olive or monounsaturated oil 120 Almonds, whole 25 tbsp Almonds, slivered 12 tsp Mayonnaise 90 Peanuts 2 tsp Peanut butter, natural

#### Other

21 cups Yogurt, plain, low fat 69 cups Milk, low fat (1%) 4 cups Vegetable soup 8 cups Tomato vegetable soup 3 cups Beef and barley soup

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

#### Protein

29 oz Cheese, low or non fat 1085 grams Protein powder 45 oz Ground beef (< 10% fat) 11 oz Cheddar cheese, light/low fat 18 Egg whites 62 oz Beef, lean cuts 69 oz Chicken breast, skinless 9 Eggs, whole 2 cups Cottage cheese, light/low fat

### Carbohydrates

5 cups Cereal, cold 16 cups Strawberries 13 tbsp Barley 15 2/3 cups Oatmeal 17 cups Fruit juice 5 1/2 cups Onions 1/4 head Lettuce, iceberg 2 Tomatoes 14 1/2 cups Grapes 38 slice Whole grain bread 1 cup Tomato sauce 6 1/2 cups Pasta 6 cups Applesauce 6 cups Mushrooms 8 Peppers (bell or cubanelle) 8 cups Carrots 2 1/2 cups Corn, canned 8 1/3 cups Rice 4 cups Potato 2 Bananas 3 cups Tomato, puree 4 cups Celery 1 cup Peaches, canned 3 whole Pita 1 1/2 cups Tomatoes

#### Fats

60 tsp Olive or monounsaturated oil 120 Peanuts 99 Almonds, whole 25 tbsp Almonds, slivered 20 tsp Mayonnaise 2 tsp Peanut butter, natural

#### Other

59 cups Milk, low fat (1%) 18 cups Yogurt, plain, low fat 4 cups Tomato vegetable soup

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

#### Protein

1106 grams Protein powder 33 oz Cheddar cheese, light/low fat 72 oz Chicken breast, skinless 33 oz Cheese, low or non fat 12 oz Chicken breast, deli style 38 oz Beef, lean cuts 12 oz Ground beef (< 10% fat) 1 cup Cottage cheese, light/low fat 12 Egg whites

11 1/2 cups Grapes 11 1/3 cups Oatmeal 12 cups Strawberries 16 cups Fruit juice 3 whole Pita 2 1/2 cups Onions 3 cups Tomato, puree 17 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 12 1/3 cups Rice 13 cups Celery 9 cups Cucumber 6 Rice cakes 4 cups Applesauce 38 slice Whole grain bread 4 Apples 1 oz Cereal, dry 14 tbsp Barley 6 cups Carrots 6 1/2 cups Pasta 1 cup Tomato sauce 2 1/2 cups Cereal, cold 1 Banana 6 cups Mushrooms 2 cups Peaches, canned

Carbohydrates

1 1/4 cups Corn, canned

### Fats

65 tsp Olive or monounsaturated oil 90 Peanuts 90 Almonds, whole 2 tsp Peanut butter, natural 10 tbsp Almonds, slivered 8 tsp Mayonnaise

#### Other

19 cups Yogurt, plain, low fat 59 cups Milk, low fat (1%) 4 cups Tomato vegetable soup 6 cups Beef and barley soup 8 cups Vegetable soup