

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

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 www.empowerednutrition.net/critical-bench-nutrition.

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

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Day: 2

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Have a Protein Smoothie, be Empowered

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Day: 3

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 4

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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Day: 5

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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Day: 6

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

Check your Vitals + GROW www.empowerednutrition.net

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Day: 7

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 8

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 9

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 10

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

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Day: 11

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 12

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 13

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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Day: 14

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 15

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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

Take your vitamins. Be empowered.

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 16

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 17

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 18

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 19

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 20

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 21

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 22

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 23

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 24

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 25

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 26

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 27

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 28

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>6 oz Chicken breast, deli style 3 cups Beef and barley soup 2 Peppers (bell or cubanella) 4 slice Whole grain bread 5 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 29

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 30

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Total Daily Portions: Protein: 69 Carbohydrates: 69 Fat: 42 Calories: 5550
 ** Remember to drink between 10 and 12 glasses of water per day. **

3 steps for success today: Nutrition + Training + Supplements

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 31

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 1.50 C .75 C 1.50 C 2.00 C 5.00 F 2.00 PC</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 32

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 33

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 34

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 35

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 36

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 37

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 38

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 39

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 40

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanella) 1 1/2 cups Tomatoes 3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 41

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>18 oz Ground beef (< 10% fat) 3 1/3 tsp Olive or monounsaturated oil 4 cups Potato 3 Eggs, whole 1 1/2 tsp Barley</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 42

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>6 oz Chicken breast, deli style 3 cups Beef and barley soup 2 Peppers (bell or cubanella) 4 slice Whole grain bread 5 oz Cheddar cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 43

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 44

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 45

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 46

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 47

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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

Have you had your Protein Smoothie today?

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 48

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 49

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

+ energized + transformed + empowered +

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 50

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 51

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 52

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 53

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 54

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 55

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 56

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 57

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 58

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 1.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 59

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 60

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 61

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 62

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>8 Eggs, whole 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 Bananas 3 1/3 tsp Olive or monounsaturated oil 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 8.00 P 3.00 PC 6.00 C 6.00 C 10.00 F 4.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 63

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 64

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 65

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 66

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

Eight Fat www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 67

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 68

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 69

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Milk & Peanuts 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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 70

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 71

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 72

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered</p>	<p>Item Portions 4.00 P 4.00 P 8.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 73

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>6 Egg whites 6 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 10 tbsp Almonds, slivered 1 cup Fruit juice</p>	<p>Item Portions 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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 12.00 P 10.00 F 12.00 C 3.00 P 3.00 C Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

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

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

Enter the challenge and WIN! + www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 74

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 75

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 5.00 P 3.00 PC 3.00 C 5.00 F 2.00 C Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Check your Vitals + GROW www.empowerednutrition.net

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 76

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

3 steps for success today: Nutrition + Training + Supplements

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 77

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 78

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 1.00 C 5.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 3.00 PC 6.00 A 6.00 C 6.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A tasty and simple meal of soup. Enjoy! ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 79

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 80

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Applesauce 4 slice Whole grain bread 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 3.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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%)</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 81

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 4.00 P 6.00 A 1.00 C 8.00 C 5.00 P 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 4.00 P 4.00 PC 2.00 C 2.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!</p>

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

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

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Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 82

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>77 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 3 cups Oatmeal 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 11.00 P 4.00 PC 2.00 C 9.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 2.00 C 3.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 4.00 A 8.00 C 6.00 F 6.00 P 3.00 PC 2.00 P Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>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!</p>

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 83

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>12 Egg whites 49 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 6 slice Whole grain bread 10 tbsp Almonds, slivered</p>	<p>Item Portions 6.00 P 7.00 P 2.00 PC 1.00 C 12.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 5.00 P 3.00 PC 1.00 C 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>Snack - Meal Portions: P:8 C:12 F:0</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 8.00 P 12.00 C Calories: 656</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F: 10</p> <p>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</p>	<p>Item Portions 12.00 P 3.00 PC 4.00 C 8.00 C 6.00 F 4.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>15 oz Chicken breast, skinless 2 cups Mushrooms 2 cups Grapes 3 1/3 cups Rice 3 1/3 tsp Olive or monounsaturated oil</p>	<p>Item Portions 15.00 P 1.00 C 4.00 C 10.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>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</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole</p>	<p>Item Portions 4.00 P 4.00 PC 4.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>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.</p>

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

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

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Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5640 Calories

Day: 84

<p>Breakfast - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 7.00 P 4.00 PC 4.00 PC 1.00 C 6.00 C 7.00 F 3.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts</p>	<p>Item Portions 5.00 P 3.00 PC 4.00 C 1.00 C 5.00 F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>A nice, quick snack to satisfy those cravings!</p>
<p>Mid Meal - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>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</p>	<p>Preparation Suggestions:</p> <p>Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/ OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps & Vitamin B</p>
<p>Snack - Meal Portions: P:8 C:8 F: 2</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 2.00 F Calories: 566</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!</p>
<p>Dinner - Meal Portions: P:15 C:15 F:10</p> <p>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</p>	<p>Item Portions 15.00 P 2.00 C 5.00 C 8.00 C 10.00 F Calories: 1230</p>	<p>Preparation Suggestions:</p> <p>Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>Snack - Meal Portions: P:8 C:8 F:5</p> <p>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</p>	<p>Item Portions 6.00 P 2.00 PC 3.00 C 3.00 C 5.00 F Calories:</p>	<p>Preparation Suggestions:</p> <p>Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.</p>

Grocery List

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

Protein	Carbohydrates	Fats	Other
17 Eggs, whole	5 1/2 cups Cereal, cold	58 2/3 tsp Olive or monounsaturated oil	59 cups Milk, low fat (1%)
29 oz Cheddar cheese, light/low fat	6 Bananas	120 Peanuts	20 cups Yogurt, plain, low fat
1001 grams Protein powder	11 cups Strawberries	102 Almonds, whole	3 cups Beef and barley soup
45 oz Ground beef (< 10% fat)	13 cups Oatmeal	13 tsp Mayonnaise	4 cups Vegetable soup
31 oz Cheese, low or non fat	18 cups Fruit juice	25 tbsp Almonds, slivered	4 cups Tomato vegetable soup
57 oz Chicken breast, skinless	4 1/2 cups Onions	2 tsp Peanut butter, natural	
1 cup Cottage cheese, light/low fat	1/4 head Lettuce, iceberg		
6 oz Chicken breast, deli style	2 Tomatoes		
32 oz Beef, lean cuts	12 1/2 cups Grapes		
18 Egg whites	30 slice Whole grain bread		
12 oz Tuna, canned in water	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
36 oz Cheese, low or non fat	11 1/2 cups Cereal, cold	64 1/3 tsp Olive or monounsaturated oil	60 cups Milk, low fat (1%)
924 grams Protein powder	11 cups Strawberries	81 Almonds, whole	4 cups Vegetable soup
43 oz Cheddar cheese, light/low fat	15 tbsp Barley	15 tbsp Almonds, slivered	13 cups Yogurt, plain, low fat
60 oz Chicken breast, skinless	2 cups Peaches, canned	9 tsp Mayonnaise	3 cups Beef and barley soup
27 Eggs, whole	17 cups Fruit juice	120 Peanuts	8 cups Tomato vegetable soup
25 oz Beef, lean cuts	22 slice Whole grain bread		
45 oz Ground beef (< 10% fat)	6 cups Mushrooms		
6 oz Chicken breast, deli style	9 1/2 cups Grapes		
12 Egg whites	12 cups Rice		
12 oz Tuna, canned in water	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
12 Egg whites	17 cups Grapes	25 tbsp Almonds, slivered	59 cups Milk, low fat (1%)
31 Eggs, whole	12 cups Oatmeal	61 tsp Olive or monounsaturated oil	8 cups Tomato vegetable soup
882 grams Protein powder	20 cups Fruit juice	120 Peanuts	16 cups Yogurt, plain, low fat
26 oz Cheddar cheese, light/low fat	13 cups Strawberries	78 Almonds, whole	
87 oz Chicken breast, skinless	12 whole Pita	18 tsp Mayonnaise	
1 cup Cottage cheese, light/low fat	10 cups Mushrooms	2 tsp Peanut butter, natural	
24 oz Tuna, canned in water	15 2/3 cups Rice		
33 oz Ground beef (< 10% fat)	10 Bananas		
35 oz Cheese, low or non fat	17 tbsp Barley		
19 oz Beef, lean cuts	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1106 grams Protein powder	8 cups Strawberries	132 Almonds, whole	58 cups Milk, low fat (1%)
27 oz Ground beef (< 10% fat)	19 1/3 cups Oatmeal	59 2/3 tsp Olive or monounsaturated oil	36 cups Yogurt, plain, low fat
19 oz Cheese, low or non fat	17 cups Fruit juice	180 Peanuts	8 cups Tomato vegetable soup
45 oz Chicken breast, skinless	5 1/2 cups Onions	5 tsp Mayonnaise	6 cups Beef and barley soup
2 cups Cottage cheese, light/low fat	1/4 head Lettuce, iceberg		4 cups Vegetable soup
12 oz Tuna, canned in water	2 Tomatoes		
36 oz Cheddar cheese, light/low fat	11 1/2 cups Grapes		
21 oz Beef, lean cuts	24 slice Whole grain bread		
12 oz Chicken breast, deli style	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
36 Egg whites	11 1/2 cups Grapes	45 tbsp Almonds, slivered	60 cups Milk, low fat (1%)
15 Eggs, whole	11 1/3 cups Oatmeal	50 tsp Olive or monounsaturated oil	4 cups Vegetable soup
966 grams Protein powder	21 cups Fruit juice	135 Almonds, whole	22 cups Yogurt, plain, low fat
25 oz Cheddar cheese, light/low fat	3 cups Peaches, canned	23 tsp Mayonnaise	
14 oz Beef, lean cuts	13 1/2 tbsp Barley	4 tsp Peanut butter, natural	
37 oz Cheese, low or non fat	32 slice Whole grain bread	90 Peanuts	
36 oz Tuna, canned in water	6 cups Beans, green or yellow		
57 oz Ground beef (< 10% fat)	4 cups Mushrooms		
54 oz Chicken breast, skinless	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
30 Egg whites	9 cups Strawberries	30 tbsp Almonds, slivered	60 cups Milk, low fat (1%)
826 grams Protein powder	32 slice Whole grain bread	60 2/3 tsp Olive or monounsaturated oil	4 cups Vegetable soup
34 oz Cheddar cheese, light/low fat	3 cups Peaches, canned	48 Almonds, whole	12 cups Yogurt, plain, low fat
99 oz Chicken breast, skinless	20 1/2 tbsp Barley	180 Peanuts	3 cups Beef and barley soup
24 oz Cheese, low or non fat	19 cups Fruit juice	18 tsp Mayonnaise	
2 cups Cottage cheese, light/low fat	2 cups Mushrooms		
24 oz Tuna, canned in water	15 1/2 cups Grapes		
33 Eggs, whole	14 2/3 cups Rice		
45 oz Ground beef (< 10% fat)	12 Bananas		
6 oz Chicken breast, deli style	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1022 grams Protein powder	11 cups Strawberries	120 Almonds, whole	54 cups Milk, low fat (1%)
25 oz Cheddar cheese, light/low fat	14 cups Oatmeal	52 tsp Olive or monounsaturated oil	21 cups Yogurt, plain, low fat
7 oz Beef, lean cuts	18 cups Fruit juice	35 tbsp Almonds, slivered	4 cups Vegetable soup
30 oz Cheese, low or non fat	36 slice Whole grain bread	120 Peanuts	6 cups Beef and barley soup
30 Egg whites	3 cups Beans, green or yellow	4 tsp Peanut butter, natural	4 cups Tomato vegetable soup
18 Eggs, whole	4 cups Mushrooms	9 tsp Mayonnaise	
12 oz Chicken breast, deli style	3 cups Onions		
42 oz Chicken breast, skinless	1/2 cup Pasta		
87 oz Ground beef (< 10% fat)	11 1/2 cups Grapes		
1 cup Cottage cheese, light/low fat	2 Apples		
12 oz Tuna, canned in water	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
30 oz Cheese, low or non fat	2 1/2 cups Cereal, cold	51 1/3 tsp Olive or monounsaturated oil	60 cups Milk, low fat (1%)
1015 grams Protein powder	10 cups Strawberries	150 Peanuts	6 cups Beef and barley soup
48 oz Ground beef (< 10% fat)	19 tbsp Barley	50 tbsp Almonds, slivered	20 cups Yogurt, plain, low fat
21 Eggs, whole	12 1/3 cups Oatmeal	4 tsp Peanut butter, natural	4 cups Vegetable soup
30 Egg whites	19 cups Fruit juice	87 Almonds, whole	
12 oz Chicken breast, deli style	6 cups Onions	8 tsp Mayonnaise	
16 oz Cheddar cheese, light/low fat	1/2 head Lettuce, iceberg		
39 oz Beef, lean cuts	4 Tomatoes		
57 oz Chicken breast, skinless	19 cups Grapes		
1 cup Cottage cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
987 grams Protein powder	11 1/3 cups Applesauce	64 2/3 tsp Olive or monounsaturated oil	22 cups Yogurt, plain, low fat
32 oz Cheddar cheese, light/low fat	36 slice Whole grain bread	132 Almonds, whole	51 cups Milk, low fat (1%)
42 oz Ground beef (< 10% fat)	9 tbsp Barley	15 tbsp Almonds, slivered	8 cups Vegetable soup
43 oz Cheese, low or non fat	17 cups Fruit juice	13 tsp Mayonnaise	
12 oz Tuna, canned in water	7 1/2 cups Onions	2 tsp Peanut butter, natural	
70 oz Beef, lean cuts	1 cup Tomato sauce	60 Peanuts	
24 Eggs, whole	9 cups Pasta		
30 oz Chicken breast, skinless	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1092 grams Protein powder	10 1/2 cups Grapes	56 2/3 tsp Olive or monounsaturated oil	21 cups Yogurt, plain, low fat
38 oz Cheddar cheese, light/low fat	22 cups Oatmeal	120 Almonds, whole	69 cups Milk, low fat (1%)
54 oz Ground beef (< 10% fat)	14 cups Strawberries	25 tbsp Almonds, slivered	4 cups Vegetable soup
25 oz Cheese, low or non fat	17 cups Fruit juice	12 tsp Mayonnaise	8 cups Tomato vegetable soup
57 oz Beef, lean cuts	26 slice Whole grain bread	90 Peanuts	3 cups Beef and barley soup
18 Egg whites	4 1/2 cups Onions	2 tsp Peanut butter, natural	
6 oz Chicken breast, deli style	3 cups Tomato sauce		
12 oz Chicken breast, skinless	12 cups Pasta		
9 Eggs, whole	2 1/2 cups Cereal, cold		
1 cup Cottage cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
29 oz Cheese, low or non fat	5 cups Cereal, cold	60 tsp Olive or monounsaturated oil	59 cups Milk, low fat (1%)
1085 grams Protein powder	16 cups Strawberries	120 Peanuts	18 cups Yogurt, plain, low fat
45 oz Ground beef (< 10% fat)	13 tbsp Barley	99 Almonds, whole	4 cups Tomato vegetable soup
11 oz Cheddar cheese, light/low fat	15 2/3 cups Oatmeal	25 tbsp Almonds, slivered	
18 Egg whites	17 cups Fruit juice	20 tsp Mayonnaise	
62 oz Beef, lean cuts	5 1/2 cups Onions	2 tsp Peanut butter, natural	
69 oz Chicken breast, skinless	1/4 head Lettuce, iceberg		
9 Eggs, whole	2 Tomatoes		
2 cups Cottage cheese, light/low fat	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		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1106 grams Protein powder	11 1/2 cups Grapes	65 tsp Olive or monounsaturated oil	19 cups Yogurt, plain, low fat
33 oz Cheddar cheese, light/low fat	11 1/3 cups Oatmeal	90 Peanuts	59 cups Milk, low fat (1%)
72 oz Chicken breast, skinless	12 cups Strawberries	90 Almonds, whole	4 cups Tomato vegetable soup
33 oz Cheese, low or non fat	16 cups Fruit juice	2 tsp Peanut butter, natural	6 cups Beef and barley soup
12 oz Chicken breast, deli style	3 whole Pita	10 tbsp Almonds, slivered	8 cups Vegetable soup
38 oz Beef, lean cuts	2 1/2 cups Onions	8 tsp Mayonnaise	
12 oz Ground beef (< 10% fat)	3 cups Tomato, puree		
1 cup Cottage cheese, light/low fat	17 Peppers (bell or cubanelle)		
12 Egg whites	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		
	1 1/4 cups Corn, canned		