Empowered 4 Day Meal Plan - 4 Calorie Levels - Same Recipes

*empowered

Thursday, February 11, 2010

4 Days - 4 Calorie Levels - Same Recipes Empowered Sample

Dear Fat Loss Friend,

Congratulations on the start of a new beginning! You either are already following one of my world famous and famously successful Nutrition Programs or you are a regular visitor to our site getting these 4 unique days of 4 very different calorie levels using the same recipes.

Why is this so amazing? Possibly surprising or confusing? Well simply put I am sharing with you one of the secrets to progressive fat loss and results. I am giving you a look at just how much or little each program changes from Level 1 Foundation to Level 2 Advanced Fat Loss to Advanced Lean Builder and Eventually to Level 3 - Elite or Contest Nutrition Programs.

Your schedule was created based on an average rest day. If it's not convenient, you can change it using these three simple rules of thumb:

- 1. You should have breakfast within a half-hour of waking up.
- 2. All meals (including snacks) should be spaced 3 to 5 hours apart.
- 3. You should have either a protein shake or one of your largest meals (lunch or dinner) after your workout.

Just like you can adjust *when* you eat, you can also adjust *what* you eat. If you really like a certain meal or snack, you can use it instead of another meal or snack, as long as they're the same portion size.

If you already have the "Done-For-You" Fast Fat Loss Meal Plans or a Personalized Nutrition Program, you can also swap out food items by referring to the substitution guides in the educational portion of your Program on page 36, in Appendix A.

Please note that the calorie counts in your 4 day sample meal plans are based on the macro-nutrient profile (protein, carb, or fat) of the ingredients in the recipes. For example, cheese contains fat, but the calories for cheese are calculated as if it is pure protein. This means the calories listed in your Program are lower than what you're actually consuming..

Included with every Personalized Nutrition Program is membership in our exclusive Members Area, where you'll find too much valuable information to list here, including private motivation audios and videos from myself, Patrick McGuire - Your Transformation Coach.

If you have any questions or comments, drop a comment using this link:

>> www.EmpoweredNutrition.com/4-sample-days-4-calorie-ratios-4-results

or visit your Members Area, which already has answers to many frequently asked questions.

Most importantly, have fun. You can and will achieve your goals!

Yours in health,

Patrick McGuire Your Empowered Nutrition Partners

I look forward to seeing your fat loss success story.

Empowered 4 Day Meal Plan - Foundation Fat Loss Meal Plan



Day: 1 Schedule: 7:30 am Breakfast 11:30 am Mid Meal Workout: Rest 2:30 pm Snack 5:30 pm Dinner 8:30 pm Snack Workout: Rest			
7:30 am Breakfast Meal Portions: P:3 C:3 F:3 1/2 link Soy sausage 1/2 cup Blueberries 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat	1.00 P 1.00 C 3.00 F 2.00 PC Calories: 273	Preparation Suggestions: Blueberry Yogurt Delight Prepare soy sausage links following package instructions. Stir fruit and nuts into yogurt, and serve with links on the side.	
11:30 am Mid Meal Meal Portions: P:4 C:4 F:4 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil	Item Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 364	Preparation Suggestions: Tuna & Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.	
2:30 pm Snack Meal Portions: P:2 C:2 F:2 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine	1.00 P 1.00 PC 2.00 F 1.00 C Calories: 182	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:30 pm Dinner Meal Portions: P:4 C:4 F:4 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless	1.00 P 1.00 C 2.00 C 1.00 C 4.00 F 3.00 P Calories: 364	Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!	
8:30 pm Snack Meal Portions: P:2 C:2 F:2 1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 12 Peanuts	Item Portions 1.00 PC 1.00 C 1.00 P 2.00 F Calories: 182	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.	
Total Daily Portions: Protein: 15 Carbohydrates: 15 Fat: 15 Calories: 1365 ** Remember to drink between 10 and 12 glasses of water per day. **			

Empowered 4 Day Meal Plan - Advanced Fat Loss Meal Plan



Day: 2 Schedule	Day: 2 Schedule: 2:30 pm Snack				
7:30 am Brea	akfast 5:30	pm Dinner			
11:30 am Mid Meal 8:30 pm Snack					
	Workout: Rest				
7:30 am Breakfast Meal Portions: P:5 C:2 F:3 2 links Soy sausage 1/2 cup Blueberries 3 tbsp Almonds, slivered 1/2 cup Yogurt, plain, low fat	1.00 P 1.00 C 3.00 F 1.00 PC Calories: 293	Preparation Suggestions: Blueberry Yogurt Delight Prepare soy sausage links following package instructions. Stir fruit and nuts into yogurt, and serve with links on the side.			
11:30 am Mid Meal Meal Portions: P:5 C:3 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil	1tem Portions 4.00 P 1.00 C 3.00 C 4.00 F Calories: 383	Preparation Suggestions: Tuna & Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped onion and celery.			
2:30 pm Snack Meal Portions: P:3 C:2 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine	1.00 P 1.00 PC 2.00 F 1.00 C Calories: 237	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!			
5:30 pm Dinner Meal Portions: P:5 C:3 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless	1.00 P 1.00 C 2.00 C 1.00 C 4.00 F 3.00 P Calories: 383	Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy!			
8:30 pm Snack Meal Portions: P:3 C:2 F:3 1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 12 Peanuts	Item Portions 1.00 PC 1.00 C 1.00 P 2.00 F Calories: 237	Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.			
Total Daily Portions: Protein: 21 Carbohydrates: 12 Fat: 19 Calories: 1533 ** Remember to drink between 10 and 12 glasses of water per day. **					

Empowered 4 Day Meal Plan - Advanced Lean Builder Meal Plan ** Empowered

Day: 3 Schedule: 2:30 pm Snack			
7:30 am Breakfast 5:30 pm Dinner			
11:30 am Mi	d Meal 8:30 <i>Norkout: Rest</i>	pm Snack	
7:30 am Breakfast Meal Portions: P:5 C:3 F:3	Item Portions	Preparation Suggestions:	
1/2 link Soy sausage	1.00 P	Blueberry Yogurt Delight	
1/2 cup Blueberries	1.00 C	Prepare soy sausage links following package	
3 tbsp Almonds, slivered	3.00 F	instructions. Stir fruit and nuts into yogurt,	
1 cup Yogurt, plain, low fat	2.00 PC	and serve with links on the side.	
	Calories:		
	329		
11:30 am Mid Meal Meal Portions: P:6 C:5 F:5	Item Portions	Preparation Suggestions:	
4 oz Tuna, canned in water	4.00 P	Tuna & Chickpea Salad	
1 Kiwi	1.00 C	Mix tuna with chickpeas, oil, a little salt,	
3/4 cup Chickpeas	3.00 C	pepper, dash of vinegar or pure lemon juice,	
1 1/3 tsp Olive or monounsaturated oil	4.00 F	and a couple of tablespoons of chopped	
	Calories:	onion and celery.	
2:30 pm Snack Meal Portions: P:4 C:2 F:2	483 Item Portions	Preparation Suggestions:	
7 grams Protein powder	1.00 P	Protein Shake	
1 cup Milk, low fat (1%)	1.00 PC	Put all ingredients in blender over ice and	
2/3 tsp Olive or monounsaturated oil	2.00 F	blend. Add water to create desired	
1/2 Tangerine	1.00 C	consistency. Enjoy!	
	Calories:		
	238		
5:30 pm Dinner Meal Portions: P:7 C:5 F:5	Item Portions	Preparation Suggestions:	
1/4 cup Cottage cheese, light/low fat	1.00 P	Turkey with Vegetables	
1 1/2 cups Brussels sprouts	1.00 C	Rub the poultry with a seasoning mix of salt,	
1 cup Onions	2.00 C	cayenne pepper, chili powder and a dash of	
2 cups Mushrooms	1.00 C	thyme, then grill or bake. Saute the	
1 1/3 tsp Olive or monounsaturated oil	4.00 F 3.00 P	vegetables, mix with cottage cheese and	
3 oz Turkey breast, skinless	Calories:	season to taste. Enjoy!	
	511		
8:30 pm Snack Meal Portions: P:3 C:2 F:2	Item Portions	Preparation Suggestions:	
1/2 cup Yogurt, plain, low fat	1.00 PC	Grate the cheese and mix with the remaining	
1/2 cup Grapes	1.00 C	ingredients for a uniquely enjoyable snack.	
1 oz Cheese, low or non fat	1.00 P		
12 Peanuts	2.00 F		
	Calories:		
	210		
Total Daily Portions: Protein: 25 Carbohydrates: 17 Fat: 17 Calories: 1771			
** Remember to drink between 10 and 12 glasses of water per day. **			

Empowered 4 Day Meal Plan - Elite Fat Loss Meal Plan



7:30 am Breakfast Meal Portions: P:5 C:1 F:4 Item Portions Preparation Suggestions: 1/2 link Soy sausage 1/2 cup Blueberries 1.00 P 1/2 cup Blueberries 1.00 P 1.00 C 2.00 PC Calories: 284 11:30 am Mid Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 Kiwi 1/3 tsp Olive or monounsaturated oil 1/3 tsp Olive or monounsaturated oil 1/2 Tangerine 1.00 P 2.30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1/8) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 1.00 P 2.30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 1/2 cup Sussels sprouts 1 1	Day: 4 Schedule: 2:30 pm Snack				
7:30 am Breakfast Meal Portions: P:5 C:1 F:4 1/2 link Soy sausage 1/2 cup Blueberries 3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 11:30 am Mid Meal Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 1 2 cup Sussels sprouts 1 1/3 tsp Olive or monounsaturated oil 1 1/3 tsp Olive or monounsaturated oil 1 2 cup Sussels sprouts 1 1/2 cup Brussels sprouts 1 1/2 cup Brussels sprouts 1 1/2 cup Sussels sprouts 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1 1/2 cup Grapes 1 2 cup Sussels sprouts 1 1/2 cup Grapes 1 2 cup Sussels sprouts 1 1/2 cup Grapes 1 2 cup Cheese, low or non fat 1 2 cup Grapes 1 2 cup Sussels sprouts 1 2 cup Cheese, low or non fat 1 2 cup Grapes 1 2 cup Cheese, low or non fat 1 2 Cup Grapes 1 2 cup Feanuts 1 2 cup Sussels sprous Feas C:2 F:5 1	7:30 am Breakfast 5:30 pm Dinner				
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1/2 link Soy sausage 1/2 cup Blueberries 3 thsp Almonds, slivered 1 cup Yogurt, plain, low fat 11:30 am Mid Meal Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Snack Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cup Brussels sprouts 1 1/3 tsp Olive or monounsaturated oil 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 1/2 cup Yogurt Delight 1 no C Calories: 284 Preparation Suggestions: Tuna & Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped or oin and celery. Preparation Suggestions: Tuna & Chickpea Salad Mix tuna with chickpeas, oil, a little salt, pepper, dash of vinegar or pure lemon juice, and a couple of tablespoons of chopped or oin and celery. Preparation Suggestions: 1.00 P 1.00 PC 2.00 F 1.00 C Calories: 2.01 Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chill powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 1/2 Peanuts 1/2 Cup Grapes 1 oz Cheese, low or non fat 1/2 Peanuts 1/2 Cup Grapes 1 oz Cheese, low or non fat 1/2 Peanuts			Preparation Suggestions:		
3 tbsp Almonds, slivered 1 cup Yogurt, plain, low fat 11:30 am Mid Meal Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/3 tsp Olive or monounsaturated oil 2 cups Mushrooms 2 cups Mushrooms 2 cups Mushrooms 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1/2 Peanuts 1 cup Vogurt, plain, low fat 1 cup Ortions: P:6 C:2 F:5 1/4 cup Cottage cheese, low or non fat 1/2 Peanuts 1 cup Yogurt, plain, low fat 1 cup Yogurt, plain, low fat 1 cup Ortions: P:3 C:1 F:3 1/2 cup Grapes 1 cup Yogurt, plain, low fat 1 cup Ortions: P:6 C:2 F:5 1/2 cup Grapes 1 cup Yogurt, plain, low fat 1 cup Portions: P:5 C:2 F:5 1/4 cup Cottage cheese, low or non fat 1/2 Peanuts 1 cup Yogurt, plain, low fat 1 cup Yogurt,	1/2 link Soy sausage	1.00 P			
1 cup Yogurt, plain, low fat 2.00 PC Calories: 284 11:30 am Mid Meal Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil 2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 l/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 1/2 Peanuts 1 cup Yogurt, plain, low fat 2.00 PC Calories: 2.00 C C			Prepare soy sausage links following package		
Calories: 284					
11:30 am Mid Meal Meal Portions: P:5 C:2 F:5 4 oz Tuna, canned in water 1 Kiwi 3/4 cup Chickpeas 1 1/3 tsp Olive or monounsaturated oil 2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 1 cup Grapes 1 cup Cheese, low or non fat 1/2 cup Grapes 1 cup Cheese, low or non fat 1/2 Peanuts 1 12 Peanuts 1 cup Cottage cheese, low or non fat 1 2 Peanuts 1 cup Cheese, low or non fat 1 cup Cheese, or non cup lem of the low of this tun with chickpea	1 cup Yogurt, plain, low fat		and serve with links on the side.		
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1 Kiwi 3/4 cup Chickpeas (1 1/3 tsp Olive or monounsaturated oil 2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 1 1.00 P 1.00					
3.40 cp Chickpeas 1 1/3 tsp Olive or monounsaturated oil 2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Grapes 1 oz Cheese, low or non fat 1 2 Peanuts 3.00 C 4.00 F Calories: 2347 Item Portions 1.00 PC 1.00 PC 1.00 PC Calories: 201 Preparation Suggestions: 1.00 Pc 1.00 C Calories: 201 Preparation Suggestions: 1.00 Preparation Suggestions: 1.00 Preparation Suggestions: 1.00 C 1.00 PC 1.	· ·		Mix tune with chickness, cil. a little celt		
1 1/3 tsp Olive or monounsaturated oil 2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Grapes 1 oz Cheese, low or non fat 1/2 Peanuts 4.00 F Calories: 347 Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy! Preparation Suggestions: 1.00 P 1.00 C Calories: 2.00 C 1.00 C			nepper dash of vinegar or pure lemon juice		
2:30 pm Snack Meal Portions: P:3 C:1 F:3 7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 7 grams Protein powder 1 .00 P 2.00 F 1.00 C Calories: 201 1tem Portions 1.00 P 1.00 C Calories: 201 1tem Portions 1.00 P 1.00 C Calories: 301 1tem Portions 1.00 P 1.00 C Calories: 375 1tem Portions 1.00 P 1.00 C 1.00					
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7 grams Protein powder 1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Grapes 1 oz Cheese, low or non fat 1 2 Peanuts 1 cup Milk, low fat (1%) 2.00 F 1.00 C 2.00 F 1.00 C Calories: 2.01 1 ltem Portions 1 ltem Portions 1 num Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy! Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy! Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! Preparation Suggestions: 1.00 C 1.00 C 1.00 C 1.00 C 2.00 F 1.00 C 2.00 F 1.00 C 2.00 F 1.00 C 2.00 F			omen and colory.		
1 cup Milk, low fat (1%) 2/3 tsp Olive or monounsaturated oil 1/2 Tangerine 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 8:30 pm Snack Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1 oz Cheese, low or non fat 1 oz Cheese, low or non fat 1 oz Calories: 2.00 F 1.00 C 2.00 F 1.00 C 2.00 C 1.00 C 1.00 C 4.00 F 3.00 P Calories: 375 Item Portions 1.00 C 4.00 F 3.00 P Calories: 375 Item Portions 1.00 C 1.00 C 4.00 F 3.00 P Calories: 375 Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! Preparation Suggestions: Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack. 1.00 PC 2.00 F Calories: 2.00 C 1.00 C	2:30 pm Snack Meal Portions: P:3 C:1 F:3	Item Portions	Preparation Suggestions:		
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1/2 Tangerine 1.00 C Calories: 201 5:30 pm Dinner Meal Portions: P:6 C:2 F:5 1/4 cup Cottage cheese, light/low fat 1 1/2 cups Brussels sprouts 1 cup Onions 2 cups Mushrooms 1 1/3 tsp Olive or monounsaturated oil 3 oz Turkey breast, skinless 1.00 C 2 cups Meal Portions: P:3 C:1 F:3 1/2 cup Yogurt, plain, low fat 1/2 cup Grapes 1 oz Cheese, low or non fat 1 Peanuts 1 consistency. Enjoy! consistency. Enjoy! Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! Preparation Suggestions: Turkey with Vegetables Rub the poultry with a seasoning mix of salt, cayenne pepper, chili powder and a dash of thyme, then grill or bake. Saute the vegetables, mix with cottage cheese and season to taste. Enjoy! Preparation Suggestions: 1.00 C 1.00 PC 1.					
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TOTAL DAILY FORMULE FLORENCE / CALCULATION CAROLLES (AUX					

Total Daily Portions: Protein: 22 Carbohydrates: 7 Fat: 20 Calories: 1408

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



Grocery List

Total items required to meet meal requirements from day 1 to day 4

Protein	Carbohydrates	Fats	Other
3 1/2 links Soy sausage 16 oz Tuna, canned in water 28 grams Protein powder 1 cup Cottage cheese, light/low fat 12 oz Turkey breast, skinless 4 oz Cheese, low or non fat	2 cups Blueberries 4 Kiwis 3 cups Chickpeas 2 Tangerines 6 cups Brussels sprouts 4 cups Onions 8 cups Mushrooms 2 cups Grapes	12 tbsp Almonds, slivered 13 1/3 tsp Olive or monounsaturated oil 48 Peanuts	5 1/2 cups Yogurt, plain, low fat 4 cups Milk, low fat (1%)