

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.



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

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

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

Day: 4		Schedule:		2:30 pm Snack
		7:30 am Breakfast	5:30 pm Dinner	
		11:30 am Mid Meal	8:30 pm Snack	
<i>Workout: Rest</i>				
7:30 am Breakfast Meal Portions: P:5 C:1 F:4	Item Portions	1.00 P	Preparation Suggestions:	
1/2 link Soy sausage	1.00 C	3.00 F	Blueberry Yogurt Delight	
1/2 cup Blueberries	2.00 PC	Calories:	Prepare soy sausage links following package instructions. Stir fruit and nuts into yogurt, and serve with links on the side.	
3 tbsp Almonds, slivered	284			
1 cup Yogurt, plain, low fat				
11:30 am Mid Meal Meal Portions: P:5 C:2 F:5	Item Portions	4.00 P	Preparation Suggestions:	
4 oz Tuna, canned in water	1.00 C	3.00 C	Tuna & Chickpea Salad	
1 Kiwi	4.00 F	Calories:	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.	
3/4 cup Chickpeas	347			
1 1/3 tsp Olive or monounsaturated oil				
2:30 pm Snack Meal Portions: P:3 C:1 F:3	Item Portions	1.00 P	Preparation Suggestions:	
7 grams Protein powder	1.00 PC	2.00 F	Protein Shake	
1 cup Milk, low fat (1%)	1.00 C	Calories:	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
2/3 tsp Olive or monounsaturated oil	201			
1/2 Tangerine				
5:30 pm Dinner Meal Portions: P:6 C:2 F:5	Item Portions	1.00 P	Preparation Suggestions:	
1/4 cup Cottage cheese, light/low fat	1.00 C	2.00 C	Turkey with Vegetables	
1 1/2 cups Brussels sprouts	1.00 C	4.00 F	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!	
1 cup Onions	3.00 P	Calories:		
2 cups Mushrooms	375			
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	Item Portions	1.00 PC	Preparation Suggestions:	
1/2 cup Yogurt, plain, low fat	1.00 C	2.00 F	Grate the cheese and mix with the remaining ingredients for a uniquely enjoyable snack.	
1/2 cup Grapes	1.00 P	Calories:		
1 oz Cheese, low or non fat	201			
12 Peanuts				
Total Daily Portions: Protein: 22 Carbohydrates: 7 Fat: 20 Calories: 1408				
<i>** Remember to drink between 10 and 12 glasses of water per day. **</i>				
Notes:				

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