

# POWERFUL proven RESULTS

## WWW.EMPOWEREDNUTRITION.COM

### Empowered Nutrition Ordering Form

Select the desired type of Personalized Nutrition Program you wish to order for your clients. All orders are reviewed and may be adjusted for health and insurance reasons due to your clients' body composition, goals and health and medical parameters. Note that Ultimate Programs are always 12 weeks.

#### Plan Type

- Foundation
- Advanced Fat Loss
- Advanced Lean Builder
- Advanced MacroMASS
- Elite
- Ultimate (12 weeks)

#### Plan Weeks

- 2 weeks
- 4 Weeks
- 6 Weeks
- 8 Weeks
- 10 Weeks
- 12 Weeks

Ordered by staff member: [ \_\_\_\_\_ ]

#### Program Descriptions:

**Foundation Fat Loss and Health** –the place to start for immediate hormonal optimization and fat loss

**Advanced Programs** – vary depending on your goals (fat loss, build, tone, GROW & body composition)

**Elite Programs** – final stages of already lean physique for contest or total beach body shape

**Ultimate Transformation Programs** – 12 week, 3 stage strategic battle plan for the fastest transformation possible

#### Client Information & Scheduling

Instructions: Simply enter your general information in the boxes provided. Select a primary goal based on what you'd most like to accomplish with your Personalized Nutrition Program, and then indicate your preference for how long you're willing to spend preparing food. Finally, indicate your level of knowledge about nutrition.

Full name: [ \_\_\_\_\_ ] Member number (optional): [ \_\_\_\_\_ ]

Email address: [ \_\_\_\_\_ ] Sex: Female / Male Age: [ \_\_\_\_\_ ]

Current weight (lbs): [ \_\_\_\_\_ ] lbs Goal weight (lbs): [ \_\_\_\_\_ ] lbs

Current Body Fat percentage\*: [ \_\_\_\_\_ ]% Goal Body Fat percentage: [ \_\_\_\_\_ ]%

#### Primary goal:

- Lose body fat
- Gain muscle & strength
- Improve endurance
- Improve general fitness
- Doctor prescribed

#### Food preparation levels:

- Casual/Moderate prep time
- Busy/Minimum prep time

#### Level of nutritional knowledge:

- Low
- Medium
- High

#### Client Schedule

Enter your schedule, start by choosing the time you wake up each day in the Wakeup Time column. Schedule your workout times, types, durations in the remaining columns.

Day	Wake Time	Workout Times-Identify am/pm		Durations	Workout Types
Monday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Tuesday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Wednesday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Thursday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Friday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Saturday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	
Sunday	am/pm	1st workout:	am/pm	mins	
		2nd workout:	am/pm	mins	

# POWERFUL Proven RESULTS

## Client Ingredient Selection

Instructions: Please select the ingredients you'd like to eat by checking the boxes. When you've finished your ingredient selections, click the Submit button at the bottom of the page to finish entering your information. Remember, the more ingredients you pick, the more variety you will have, because it allows our nutrition technicians to be more creative with the meals they create for you!

### Best Meats

- Select ALL Best Meats
- Beef, lean cuts
- Bison/buffalo Meat
- Chicken breast, deli-style
- Chicken breast, skinless
- Pheasant
- Quail
- Turkey bacon
- Turkey breast, deli-style
- Turkey breast, skinless
- Turkey, ground

### Fair Meats

- Select ALL Fair Meats
- Chicken drumstick
- Chicken, dark meat, skinless
- Corned beef
- Goose
- Ground beef (< 10% fat)
- Ham, deli-style
- Ham, lean
- Lamb, chop
- Lamb, ground (< 10% fat)
- Lamb, lean
- Pork chop
- Pork, lean
- Turkey, dark meat, skinless
- Veal
- Venison

### Fish

- Select ALL Fish
- Anchovies
- Bass, freshwater
- Bass, sea
- Bluefish
- Calamari
- Catfish
- Clams
- Cod
- Crab
- Crayfish
- Haddock
- Halibut
- Lobster
- Mackerel
- Mussels
- Oysters
- Salmon steak
- Salmon, canned
- Salmon, smoked
- Sardines, canned (not in oil)

- Sashimi
- Scallops
- Shrimp
- Smelt
- Snapper
- Sole
- Swordfish
- Trout
- Tuna, canned in water
- Tuna, steak
- Whitefish

### Egg Protein

- Select ALL Egg Proteins
- Egg substitute
- Egg-whites
- Eggs, whole

### Vegetarian Protein Sources

- Select ALL Vege/Proteins
- Protein powder\*
- Soy burger
- Soy hot dog
- Soy sausage
- Soy, ground
- Textured Vegetable Protein
- Tofu

### Mixed Dairy

- Select ALL Mixed Dairy
- Cheddar cheese
- Cheese, low or non-fat
- Cottage cheese, low-fat
- Feta cheese
- Goat cheese
- Hard cheeses
- Milk
- Mozzarella cheese, skim
- Neufchatel cheese
- Ricotta cheese, skim
- Soy milk
- Yogurt, plain

### Mixed Protein-Carb Vegetables

- Select ALL Mixed PC Veg
- Beans, mixed, various
- Lentils
- Lima beans
- Soybeans
- Tempeh

### Fruit and Juice

- Select ALL Fruits and Juices
- Apples
- Applesauce
- Apricots
- Bananas
- Blackberries
- Blueberries
- Boysenberries
- Breadfruit
- Cantaloupes
- Cherries
- Cranberries
- Currants
- Dates
- Elderberries
- Figs
- Fruit cocktail
- Fruit juice
- Gooseberries
- Grapefruits
- Grapes
- Guava
- Honeydew melon
- Kiwis
- Kumquat
- Lemons
- Limes
- Mandarin orange, canned
- Mango
- Mulberries
- Nectarines
- Oranges
- Papaya
- Passion fruit
- Peaches
- Peaches, canned
- Pears
- Pineapple
- Plums
- Pomegranate
- Prickly pear
- Prunes
- Raisins
- Raspberries
- Strawberries
- Tangelos
- Tangerines
- Tomato juice
- V-8 juice
- Watermelon

# POWERFUL *Proven* RESULTS

## Vegetables

- Select ALL Vegetables
- Alfalfa sprouts
- Artichoke hearts
- Artichokes
- Asparagus
- Baked beans
- Bamboo shoots
- Bean sprouts
- Beans, black
- Beans, green or yellow
- Beets
- Bok Choy
- Broccoli
- Brussels sprouts
- Butternut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cherry tomatoes
- Chestnuts
- Chickpeas
- Collard greens
- Corn on the cob
- Corn, baby ears
- Corn, canned
- Cucumber
- Eggplant
- Endive
- Jalapeno peppers
- Kale
- Kidney beans
- Leeks
- Lettuce, iceberg
- Lettuce, romaine
- Mushrooms
- Okra
- Onions
- Parsnips
- Peas
- Peppers (bell or cubanelle)
- Pickles
- Potato
- Radishes
- Sauerkraut
- Scallions (green onions)
- Shallots
- Snow peas
- Spinach
- Squash
- Sweet potato
- Swiss chard

- Tomatoes
- Tomatoes, sun-dried
- Turnip
- Turnip greens
- Water chestnuts
- Watercress
- Zucchini

## Grains, breads and cereals

- Select ALL Grains, Breads...
- Bagels
- Barley
- Bran cereal, all varieties
- Bulgar wheat
- Cereal, cold
- Cereal, dry
- Corn tortillas
- Cornbread
- Couscous, dry
- Crackers
- English-muffins
- Flour tortillas
- Granola
- Grits, cooked
- Matzo
- Melba toast
- Millet, dry
- Noodles, egg
- Oatmeal
- Pasta
- Pita
- Popcorn
- Pretzels
- Rice
- Rice-cakes
- Rye bread
- Sourdough bread
- Taco-shells
- Whole grain bread

## Soups, sauces and spreads

- Select ALL soups...
- BBQ Sauce
- Beef and barley soup
- Beef and vegetable soup
- Chicken noodle soup
- Chicken vegetable soup
- Chili, canned
- Egg drop soup
- Guacamole
- Hummus
- Ketchup
- Lentil soup

- Minestrone soup
- Pea soup
- Salsa
- Tomato sauce
- Tomato-vegetable soup
- Vegetable soup
- Won ton soup

## Fats - Best Choices

- Select ALL Fats - Best
- Almond butter
- Almonds, slivered
- Almonds, whole
- Avocado
- Cashews
- Coconut oil
- Hemp seed oil
- Low fat salad dressings
- Macadamia-nuts
- Olive or monounsaturated oil\*
- Olives
- Peanut butter, natural
- Peanut oil
- Peanuts
- Pistachio-nuts
- Pumpkin seed oil
- Safflower oil
- Sesame oil
- Sunflower oil
- Tahini

## Fats - Fair Choices

- Select ALL Fats-Fair
- Butter
- Cream (half & half)
- Cream cheese
- Cream cheese, light
- Mayonnaise
- Pecans
- Pumpkin seeds
- Sour cream
- Sunflower butter
- Sunflower seeds
- Walnuts

*\*Protein powder and unsaturated oils* are required to ensure a correct macronutrient ratio using healthy, affordable sources of protein and fat.

**Additional information & notes:** Please add notes (concerns, special requests, etc.) here. **Note entered by:** \_\_\_\_\_

## Empowered Nutrition Program Descriptions

### Foundation Nutrition [level 1]

**MSRP\$199**

Returns you to a healthy body composition, teaches you not just the right foods to eat, but how much with proper timing and ideal hormonal ratios to achieve your goals. Men can achieve an ideal healthy body fat of 15%. While women will attain 22% body fat with foundation nutrition programs. Portions, calories, macro nutrients and micronutrients are calculated based on the client's lean body mass, primary goals and activity level. The primary goal could be specific to fat loss or to gain muscle, increase health, weight and strength. This program is the evolution of the world-famous 40 - 30 - 30 program and truly balanced nutrition.

### Advanced Nutrition [level 2]

**MSRP\$199**

Advanced Nutrition Programs are designed to take males from 15% down to 10% body fat, and females from 22% down to 17% body fat.

**Advanced Fat Loss Programs** will help you achieve your primary goal of losing body fat while maintaining lean muscle mass and regaining that sexy athletic appearance. These programs will continue to stoke the fire and keep the metabolism revving for ongoing results in a lean lifestyle.

**Advanced Lean Builder Programs** are also designed to take males from 15% down to 10% body fat and females from 22% to 17% body fat, while increasing lean body mass and increasing the metabolism to maintain a lean sexy body. These programs are designed for those with primary goals to gain muscle strength and weight.

**Advanced Performance Programs** are also designed to take males from 15% down to 10% body fat and females from 22% to 17% body fat, while increasing lean body mass and metabolism to maintain a lean sexy body. These programs are designed for those with primary goals to increase athletic performance for sports such as running, dual and triathlons and similar taxing events greater than 45 minutes for optimal performance.

### Elite Nutrition [level 3]

**MSRP\$199**

Elite Nutrition Programs are designed for that extremely lean athletic body. Many would consider this a best body, beach body, physique modeling or competition nutrition program. Elite Nutrition Programs are typically short-term (4 week) programs geared towards chiseling the body fat to less than 10% for males and less than 17% for females. A degree of body fat and we will return once a normal meal plan is resumed.

### MASS Nutrition Programs

**MSRP\$199**

Designed for Hard Gainers and Explosive Athletes to increase calories and lean tissue without gaining fat. This is an ideal program for endurance and power athletes to sustain ideal levels of protein, carbs and fat without all the necessary body fat increases. Following this Macrobiotic Nutrition Program you will yield massive gains in power and strength output while increasing endurance and muscle tone and gaining new lean pounds of muscle.

### ULTIMATE YOU Transformation Programs

**MSRP\$399**

All of the above programs in one strategic **3 stage 12 week progressive program** professionally bound in one educational manual with real thump value.