

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 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](http://www.empowerednutrition.net/critical-bench-nutrition).

Sincerely,

Mike Westerdal & Patrick McGuire

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

**Day: 1**

<p><b>6:00 am Breakfast *</b></p> <p>1 1/4 cups Cottage cheese, light/low fat                  2 cups Bran cereal, all varieties                  1 cup Strawberries                  1 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 35g P 45g C 9g F Calories: 401</p>	<p><b>Preparation Suggestions:</b></p> <p>A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.                  ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****                  Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules</p>
<p><b>9:00 am Snack*</b></p> <p>28 grams Protein powder                  2 cups Strawberries                  2/3 tsp Olive, Flax, Hemp or Salmon Oils                  2/3 cup Oatmeal</p>	<p>Item Portions 28g P 36g C 6g F Calories: 310</p>	<p><b>Preparation Suggestions:</b></p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs                  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****                  Creatine and BCAA's</p>
<p><b>11:00 am Snack*</b></p> <p>42 grams Protein powder                  2 cups Fruit juice</p>	<p>Item Portions 42g P 54g C 0g F Calories: 384</p>	<p><b>Preparation Suggestions:</b></p> <p>POST - Protein Shake                  Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>1:00 pm Mid Meal*</b></p> <p>2 oz Cheese, low or non fat                  3 oz Turkey breast, deli style                  2 slice Whole grain bread                  12 Peanuts                  2 tsp Mayonnaise</p>	<p>Item Portions 28g P 36g C 12g F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Triple Decker Deli Meat Sandwich                  Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour.                  ***OPTIONAL/OPTIMAL SUPPLEMENTS:***                  Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner*</b></p> <p>4 oz Chicken breast, skinless                  1/3 cup Applesauce                  1/3 cup Fruit cocktail                  2/3 cup Rice                  1 1/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 28g P 36g C 12g F Calories: 364</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken with fruit and applesauce on the side. **                  ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****                  Multi Vitamin, Digestive Enzymes &amp; Omega 3 capsules</p>
<p><b>8:00 pm Snack*</b></p> <p>2 oz Cheese, low or non fat                  2/3 cup Applesauce                  12 Peanuts</p>	<p>Item Portions 14g P 18g C 6g F Calories: 182</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheese, Applesauce &amp; Peanuts                  Enjoy this quick snack.</p>

**Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005**

\*\* Remember to drink between 3-4 litres of water per day. \*\*

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 2</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 3</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 4</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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<b>Day: 5</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 6</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 7</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>1:00 pm Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>7:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 8</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

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## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 9</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 10</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 11</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 12</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 13</b>	<b>Schedule:</b> 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<b>8:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.	
<b>10:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 14</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>1:00 pm Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 15</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 16</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsps Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 17</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 18</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 19</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 20</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 21</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>1:00 pm Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 22</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 23</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 24</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 25</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 26</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 27</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 28</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>1:00 pm Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 29</b>		<b>Schedule:</b>		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
<b>6:00 am Breakfast *</b>		Item	<b>Preparation Suggestions:</b>		
1 1/4 cups Cottage cheese, light/low fat		Portions	A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy.		
2 cups Bran cereal, all varieties		35g P	***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1 cup Strawberries		45g C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules		
1 tsp Olive, Flax, Hemp or Salmon Oils		9g F			
		Calories: 401			
<b>9:00 am Snack*</b>		Item	Item Portions		
14 grams Protein powder		Portions	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2/3 tsp Olive, Flax, Hemp or Salmon Oils		28g P	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 cup Strawberries		36g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1/2 tbsp Barley		6g F	Creatine and BCAA's		
2 cups Milk, low fat (1%)		Calories: 310			
<b>11:00 am Snack*</b>		Item	Item Portions		
2 cups Fruit juice		Portions	POST - Protein Shake		
42 grams Protein powder		42g P	Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		54g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's		
		0g F			
		Calories: 384			
<b>1:00 pm Mid Meal*</b>		Item	Item Portions		
1 cup Milk, low fat (1%)		Portions	A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that!		
1/2 cup Yogurt, plain, low fat		28g P	***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
1 1/3 cups Beef and vegetable soup		36g C	Digestive Enzymes, Omega 3 caps, Vitamin B		
2/3 tsp Olive, Flax, Hemp or Salmon Oils		12g F			
		Calories: 364			
<b>5:00 pm Dinner*</b>		Item	Item Portions		
4 oz Chicken breast, skinless		Portions	Chicken with fruit and applesauce on the side. **		
1/3 cup Applesauce		28g P	***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1/3 cup Fruit cocktail		36g C	Multi Vitamin, Digestive Enzymes & Omega 3 capsules		
2/3 cup Rice		12g F			
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 364			
<b>8:00 pm Snack*</b>		Item	Item Portions		
2 oz Cheese, low or non fat		Portions	Cheese, Applesauce & Peanuts		
2/3 cup Applesauce		14g P	Enjoy this quick snack.		
12 Peanuts		18g C			
		6g F			
		Calories: 182			
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 30</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 31</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 32</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 33</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 34</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 35</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>1:00 pm Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 36</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 37</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 38</b>		<b>Schedule:</b>		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
<b>6:00 am Breakfast *</b>		Item	<b>Preparation Suggestions:</b>		
2 Egg whites		Portions	A simple breakfast. Enjoy fruit on the side.		
4 Eggs, whole		35g P	** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1 cup Peaches, canned		45g C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin		
1 cup Oatmeal		9g F	C, 400 IU Vitamin E, Omega 3 capsules		
1 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
		401			
<b>9:00 am Snack*</b>		Item	Item Portions		
28 grams Protein powder		Portions	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Strawberries		28g P	Carbs		
2/3 tsp Olive, Flax, Hemp or Salmon Oils		36g C	Put all ingredients in a blender over ice and blend to		
2/3 cup Oatmeal		6g F	desired consistency. Enjoy!		
		Calories:	** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
		310	Creatine and BCAA's		
<b>11:00 am Snack*</b>		Item	Item Portions		
42 grams Protein powder		Portions	POST - Protein Shake		
2 cups Fruit juice		42g P	Put all ingredients in blender over ice. We		
		54g C	recommend using a high glycemic juice like grape		
		0g F	juice for max recuperation. Enjoy!		
		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1		
		384	gram Vit C, Creatine & BCAA's		
<b>1:00 pm Mid Meal*</b>		Item	Item Portions		
4 oz Tuna, canned in water		Portions	Tuna and Vegetable Salad		
1/2 cup Celery		28g P	Roughly chop the vegetables and mix with olive oil, a		
1/2 cup Cucumber		36g C	dash of balsamic vinegar and salt, pepper and		
1/2 Pepper (bell or cubanelle)		12g F	thyme. Put the tuna on top (dashing with a little		
1/2 cup Tomatoes		Calories:	lemon juice if you want) and start eating! Enjoy the		
1/2 cup Grapes		364	fruit for dessert.		
1 whole Pita			***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			Digestive Enzymes, Omega 3 caps, Vitamin B		
12 Peanuts					
<b>5:00 pm Dinner*</b>		Item	Item Portions		
4 oz Chicken breast, skinless		Portions	Grilled Chicken with Seasoned Beans		
1/4 cup Beans, green or yellow		28g P	Let beans and vegetables marinate in olive oil,		
1/4 cup Beans, black		36g C	balsamic vinegar and seasoning for at least a couple		
1/3 cup Chickpeas		12g F	hours. Grill the chicken, rubbing first with a		
1/4 cup Cucumber		Calories:	seasoning mixture of salt, lemon pepper, and		
1 Pepper (bell or cubanelle)		364	rosemary (optional). Enjoy! **		
1/4 cup Pasta			***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils			Multi Vitamin, Digestive Enzymes & Omega 3		
			capsules		
<b>8:00 pm Snack*</b>		Item	Item Portions		
2 oz Cheese, low or non fat		Portions	Cheese, Apples & Peanuts		
1 Apple		14g P	A quick snack to keep you going through the day!		
12 Peanuts		18g C			
		6g F			
		Calories:			
		182			
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 39</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 40</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 41</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 42</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>1:00 pm Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>7:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 43</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 44</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 45</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 46</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 47</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 48</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 49</b>		<b>Schedule:</b>		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast		4:00 pm Snack	
		11:00 am Snack		7:00 pm Dinner	
		<i>REST</i>			
<b>9:00 am Breakfast *</b>	5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.		
<b>11:00 am Snack*</b>	1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!		
<b>1:00 pm Mid Meal*</b>	4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B		
<b>4:00 pm Snack*</b>	2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!		
<b>7:00 pm Dinner*</b>	4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules		
<b>9:00 pm Snack*</b>	14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!		
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 50</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 51</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/4 cup Beans, green or yellow 1/4 cup Beans, black 1/3 cup Chickpeas 1/4 cup Cucumber 1 Pepper (bell or cubanelle) 1/4 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Grilled Chicken with Seasoned Beans Let beans and vegetables marinate in olive oil, balsamic vinegar and seasoning for at least a couple hours. Grill the chicken, rubbing first with a seasoning mixture of salt, lemon pepper, and rosemary (optional). Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 52</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 53</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 54</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 55</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 56</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. <b>** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****</b> Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>1:00 pm Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. <b>***OPTIONAL/OPTIMAL SUPPLEMENTS:***</b> Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>7:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** <b>***OPTIONAL/OPTIMAL SUPPLEMENTS:*****</b> Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> <b>** Remember to drink between 3-4 litres of water per day. **</b>			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 57</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 58</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 59</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 60</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Chicken breast, skinless 2 slice Whole grain bread 4 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Breast Sandwich - Triple Decker Baby! Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 61</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS.*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 2 oz Cheese, low or non fat 3 oz Turkey breast, deli style 2 slice Whole grain bread 12 Peanuts 2 tsp Mayonnaise	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Triple Decker Deli Meat Sandwich Use ingredients to make a sandwich. Add onion and a leaf of lettuce for flavour. ***OPTIONAL/OPTIMAL SUPPLEMENTS.*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 62</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 63</b>		<b>Schedule:</b>		1:00 pm Mid Meal	9:00 pm Snack
		9:00 am Breakfast		4:00 pm Snack	
		11:00 am Snack		7:00 pm Dinner	
		<i>REST</i>			
<b>9:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules			
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!			
<b>1:00 pm Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B			
<b>4:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.			
<b>7:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules			
<b>9:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!			
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 64</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1 cup Onions 1/2 cup Jalapeno peppers 1/2 cup Salsa 2 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 65</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 66</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 67</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit.	
<b>9:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 68</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Yogurt, plain, low fat 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 69</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 70</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>1:00 pm Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 2 cups Cucumber 2 Tomatoes 1 Apple 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle)	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 cup Mushrooms 1 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 71</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1/2 cup Peaches, canned 2 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Toasted egg sandwich with fruit. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 4 oz Tuna, canned in water 1/2 cup Celery 1/2 cup Cucumber 1/2 Pepper (bell or cubanelle) 1/2 cup Tomatoes 1/2 cup Grapes 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils 12 Peanuts	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tuna and Vegetable Salad Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Put the tuna on top (dashing with a little lemon juice if you want) and start eating! Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 72</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 1 cup Cottage cheese, light/low fat 1 1/3 cups Fruit cocktail 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Another great, on-the-go snack!	
<b>11:00 am Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 42 grams Protein powder 2 cups Blueberries 2/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions Blueberry Surprise Blend powder, tofu, blueberries and olive oil together. Throw into the fridge overnight for a nice, cool meal! SURPIRSE no tofu, wow thank goodness I hate tofu.	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1 Pepper (bell or cubanelle) 1 whole Pita 1/2 cup Salsa 1/4 cup Onions 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken Wrap Cut chicken into strips. In a medium pan heat oil. Add chicken to oil with desired seasonings and pan fry until cooked. You can fry the vegetables or have them raw. Mix all ingredients into pita and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 73</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 74</b>		<b>Schedule:</b>		11:00 am Mid Meal	8:00 pm Snack
		7:00 am Breakfast		2:00 pm Snack	
		9:00 am Snack		5:00 pm Dinner	
		<i>REST</i>			
<b>7:00 am Breakfast *</b>		Item Portions		<b>Preparation Suggestions:</b>	
35 grams Protein powder		35g P		A refreshing breakfast.	
1 cup Mandarin orange, canned		45g C		** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****	
1 tsp Olive, Flax, Hemp or Salmon Oils		9g F		Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
2/3 cup Oatmeal		Calories: 401			
<b>9:00 am Snack*</b>		Item Portions		Item Portions	
4 oz Cheese, low or non fat		28g P		Cheese and Grape Snack	
2 cups Grapes		36g C		Enjoy items separately!	
12 Peanuts		6g F			
		Calories: 310			
<b>11:00 am Mid Meal*</b>		Item Portions		Item Portions	
4 oz Chicken breast, skinless		28g P		Chicken Breast Sandwich - Triple Decker Baby!	
2 slice Whole grain bread		36g C		Mix your favourite seasonings with oil and brush on chicken breast. Cook chicken thoroughly. Slice and top with mayonnaise. You may also wish to add lettuce for crunch. Bang back applesauce for desert.	
4 tsp Mayonnaise		12g F		***OPTIONAL/OPTIMAL SUPPLEMENTS:***	
		Calories: 364		Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b>		Item Portions		Item Portions	
21 grams Protein powder		42g P		Protein Smoothie	
1 1/2 cups Yogurt, plain, low fat		63g C		Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.	
1 cup Peaches, canned		0g F		Enjoy!	
1/3 cup Oatmeal		Calories: 384			
<b>5:00 pm Dinner*</b>		Item Portions		Item Portions	
4 oz Beef, lean cuts		28g P		Steak and Potatoes	
3/4 cup Potato		36g C		Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils		12g F			
1 Pepper (bell or cubanelle)		Calories: 364			
1/4 cup Baked beans					
<b>8:00 pm Snack*</b>		Item Portions		Item Portions	
14 grams Protein powder		14g P		Protein Shake	
1 cup Strawberries		18g C		Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.	
1/3 cup Oatmeal		6g F		Enjoy!	
2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 182			
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 75</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 5 Eggs, whole 1 cup Mushrooms 1/2 cup Onions 1 cup Jalapeno peppers 1/2 cup Salsa 3 cups Tomatoes 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Eggs with sautéed vegetables. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 76</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
<b>8:00 am Breakfast *</b> 7 grams Protein powder 2 cups Bran cereal, all varieties 3 tbsp Almonds, slivered 3 oz Cheddar cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with plenty of fibre. Enjoy the cheese on the side. You can add the nuts to your cereal for a bit of crunch! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/2 oz Whitefish 1 cup Carrots 1 cup Celery 1 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 Apple 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Apples & Peanuts A quick snack to keep you going through the day!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 77</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 2 cups Bran cereal, all varieties 1 cup Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>1:00 pm Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/3 cup Applesauce 1/3 cup Fruit cocktail 2/3 cup Rice 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with fruit and applesauce on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 78</b>		<b>Schedule:</b>		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast	1:00 pm Mid Meal		
		9:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 9:30 am</i>					
<b>6:00 am Breakfast *</b>		Item	<b>Preparation Suggestions:</b>		
2 Egg whites		Portions	A simple breakfast. Enjoy fruit on the side.		
4 Eggs, whole		35g P	** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1 cup Peaches, canned		45g C	Multivitamin, Digestive Enzymes, 1 gram of Vitamin		
1 cup Oatmeal		9g F	C, 400 IU Vitamin E, Omega 3 capsules		
1 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
		401			
<b>9:00 am Snack*</b>		Item	Item Portions		
1 cup Yogurt, plain, low fat		Portions	PRE - Protein Shake + Energy Sustaining Growth		
14 grams Protein powder		28g P	Carbs		
2/3 tsp Olive, Flax, Hemp or Salmon Oils		36g C	Put all ingredients in a blender over ice and blend to		
2/3 cup Oatmeal		6g F	desired consistency. Enjoy!		
		Calories:	** ***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
		310	Creatine and BCAA's		
<b>11:00 am Snack*</b>		Item	Item Portions		
42 grams Protein powder		Portions	POST - Protein Shake		
2 cups Fruit juice		42g P	Put all ingredients in blender over ice. We		
		54g C	recommend using a high glycemic juice like grape		
		0g F	juice for max recuperation. Enjoy!		
		Calories:	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1		
		384	gram Vit C, Creatine & BCAA's		
<b>1:00 pm Mid Meal*</b>		Item	Item Portions		
4 oz Tuna, canned in water		Portions	Tuna and Vegetable Salad		
1/2 cup Celery		28g P	Roughly chop the vegetables and mix with olive oil, a		
1/2 cup Cucumber		36g C	dash of balsamic vinegar and salt, pepper and		
1/2 Pepper (bell or cubanelle)		12g F	thyme. Put the tuna on top (dashing with a little		
1/2 cup Tomatoes		Calories:	lemon juice if you want) and start eating! Enjoy the		
1/2 cup Grapes		364	fruit for dessert.		
1 whole Pita			***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
2/3 tsp Olive, Flax, Hemp or Salmon Oils			Digestive Enzymes, Omega 3 caps, Vitamin B		
12 Peanuts					
<b>5:00 pm Dinner*</b>		Item	Item Portions		
4 oz Chicken breast, skinless		Portions	Chicken with sautéed vegetables: an easy meal to		
1 cup Mushrooms		28g P	prepare. Try seasoning the vegetables with salt and		
1 cup Onions		36g C	pepper to taste, plus some basil and oregano. **		
1 cup Tomatoes		12g F	***OPTIONAL/OPTIMAL SUPPLEMENTS:*****		
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:	Multi Vitamin, Digestive Enzymes & Omega 3		
1/3 cup Rice		364	capsules		
<b>8:00 pm Snack*</b>		Item	Item Portions		
2 oz Cheese, low or non fat		Portions	Cheese, Applesauce & Peanuts		
2/3 cup Applesauce		14g P	Enjoy this quick snack.		
12 Peanuts		18g C			
		6g F			
		Calories:			
		182			
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 79</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 21 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 cup Peaches, canned 1/3 cup Oatmeal	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 1 cup Strawberries 1/3 cup Oatmeal 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 80</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 1 tbsp Barley 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Beef, lean cuts 3/4 cup Potato 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1 Pepper (bell or cubanelle) 1/4 cup Baked beans	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Steak and Potatoes Cube the potatoes and toss in olive oil, salt, pepper, a dash of chili powder and some cayenne pepper if you like 'em spicy, then roast them at 350 degrees for about half an hour or until done. Grill the steak, seasoning with your favourite steak spice (Montreal steak spice is a great choice!) ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 1 cup Blueberries 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Blueberries & Almonds A quick snack to fend off those cravings.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 81</b>	<b>Schedule:</b> 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
<b>7:00 am Breakfast *</b> 2 Egg whites 4 Eggs, whole 1 cup Peaches, canned 1 cup Oatmeal 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A simple breakfast. Enjoy fruit on the side. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 4 oz Cheese, low or non fat 2 cups Grapes 12 Peanuts	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Cheese and Grape Snack Enjoy items separately!	
<b>11:00 am Mid Meal*</b> 4 oz Beef, lean cuts 1/2 cup Celery 1/2 cup Onions 1/4 cup Tomato, puree 1/2 cup Pasta 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef and vegetable pasta. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>5:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/3 cup Oatmeal 1 cup Strawberries	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 82</b>	<b>Schedule:</b>	11:00 am Snack	8:00 pm Snack
	6:00 am Breakfast	1:00 pm Mid Meal	
	9:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>			
<b>6:00 am Breakfast *</b> 35 grams Protein powder 1 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A refreshing breakfast. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>9:00 am Snack*</b> 28 grams Protein powder 2 cups Strawberries 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Oatmeal	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 2 cups Fruit juice 42 grams Protein powder	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal*</b> 1 cup Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 1 1/3 cups Beef and vegetable soup 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup and a glass of milk with yogurt for desert: it doesn't get much easier to prepare than that! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 4 oz Chicken breast, skinless 1/2 cup Mushrooms 1/2 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2/3 cup Rice	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Chicken with sautéed vegetables: an easy meal to prepare. Try seasoning the vegetables with salt and pepper to taste, plus some basil and oregano. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 2 oz Cheese, low or non fat 2/3 cup Applesauce 12 Peanuts	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Cheese, Applesauce & Peanuts Enjoy this quick snack.	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories**

<b>Day: 83</b>	<b>Schedule:</b> 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<b>8:00 am Breakfast *</b> 1 1/4 cups Cottage cheese, light/low fat 1 1/2 cups Bran cereal, all varieties 2 cups Strawberries 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> A healthy breakfast with fibre and fruit. This meal is perfectly balanced! Just mix all the ingredients together and enjoy. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>10:00 am Snack*</b> 14 grams Protein powder 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Strawberries 1/2 tbsp Barley 2 cups Milk, low fat (1%)	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy! ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Creatine and BCAA's	
<b>11:00 am Snack*</b> 42 grams Protein powder 2 cups Fruit juice	Item Portions 42g P 54g C 0g F Calories: 384	Item Portions POST - Protein Shake Put all ingredients in blender over ice. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal*</b> 1 cup Won ton soup 2 oz Tuna, canned in water 1 whole Pita 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions A bowl of soup with a tuna sandwich on the side. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner*</b> 5 1/3 oz Whitefish 1 cup Carrots 1 cup Celery 1/2 Lemon 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Sweet and Sour Whitefish Saute chopped vegetables until tender. Add tomato sauce, lemon juice, and a little bit of brown sugar. Place fish on a pan and pour mixture on top, cover with foil and bake at 350 for 20 minutes. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>8:00 pm Snack*</b> 1 cup Yogurt, plain, low fat 6 Almonds, whole	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Yogurt & Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 2005 Calories

<b>Day: 84</b>	<b>Schedule:</b> 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
<b>9:00 am Breakfast *</b> 2 oz Cheese, low or non fat 2/3 cup Mandarin orange, canned 1 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 1 cup Fruit juice	Item Portions 35g P 45g C 9g F Calories: 401	<b>Preparation Suggestions:</b> Simple, balanced, and fast, this breakfast is perfect for those with busy lifestyles. ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multivitamin, Digestive Enzymes, 1 gram of Vitamin C, 400 IU Vitamin E, Omega 3 capsules	
<b>11:00 am Snack*</b> 2 cups Yogurt, plain, low fat 2 tbsp Almonds, slivered	Item Portions 28g P 36g C 6g F Calories: 310	Item Portions Yogurt & Slivered Almonds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
<b>1:00 pm Mid Meal*</b> 3 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Cucumber 1 Tomato 1 Apple 1/2 whole Pita 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Tomato Cucumber Salad Mix ingredients with 1 clove of minced garlic and 1/3 tbsp of chopped fresh basil leaves. Add balsamic vinegar, salt & pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack*</b> 2 cups Milk, low fat (1%) 28 grams Protein powder 1 cup Oatmeal 1 cup Strawberries	Item Portions 42g P 63g C 0g F Calories: 384	Item Portions 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!	
<b>7:00 pm Dinner*</b> 6 oz Ground beef (< 10% fat) 1/4 cup Chickpeas 1/4 cup Kidney beans 1/4 cup Onions 1 cup Tomatoes 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 1/4 cup Pasta	Item Portions 28g P 36g C 12g F Calories: 364	Item Portions Beef Stew Brown beef quickly and place in a pot with the vegetables and pasta. Stew everything together for this highly nutritious dinner. ** ***OPTIONAL/OPTIMAL SUPPLEMENTS:***** Multi Vitamin, Digestive Enzymes & Omega 3 capsules	
<b>9:00 pm Snack*</b> 7 grams Protein powder 1 cup Milk, low fat (1%) 1/2 cup Peaches, canned 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 14g P 18g C 6g F Calories: 182	Item Portions Protein Shake 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!	
<b>Total Daily Portions: Protein: 175g Carbohydrates: 225g Fat: 45g Calories: 2005</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
4 1/2 cups Cottage cheese, light/low fat	6 cups Bran cereal, all varieties	24 2/3 tsp Olive, Flax, Hemp or Salmon Oils	5 1/2 cups Yogurt, plain, low fat
399 grams Protein powder	12 cups Strawberries	72 Peanuts	8 cups Milk, low fat (1%)
8 oz Cheese, low or non fat	3 1/3 cups Oatmeal	6 tsp Mayonnaise	1 cup Won ton soup
3 oz Turkey breast, deli style	8 cups Fruit juice	5 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
28 oz Chicken breast, skinless	6 slice Whole grain bread	6 Almonds, whole	
20 Eggs, whole	2 cups Applesauce		
2 oz Tuna, canned in water	3 1/3 cups Fruit cocktail		
3 oz Cheddar cheese, light/low fat	2 1/3 cups Rice		
12 oz Beef, lean cuts	4 1/2 cups Mushrooms		
	5 1/4 cups Onions		
	2 cups Jalapeno peppers		
	2 cups Salsa		
	9 cups Tomatoes		
	2 cups Peaches, canned		
	2 1/2 tbsp Barley		
	2 whole Pita		
	1 Apple		
	1 1/2 cups Celery		
	1/2 cup Tomato, puree		
	1 1/4 cups Pasta		
	3 Peppers (bell or cubanelle)		
	1/4 cup Beans, green or yellow		
	1/4 cup Beans, black		
	1/3 cup Chickpeas		
	1/4 cup Cucumber		
	2 cups Blueberries		
	3/4 cup Potato		
	1/4 cup Baked beans		

## Grocery List

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

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<b>Protein</b>	<b>Carbohydrates</b>	<b>Fats</b>	<b>Other</b>
469 grams Protein powder	3 2/3 cups Mandarin orange, canned	25 2/3 tsp Olive, Flax, Hemp or Salmon Oils	6 1/2 cups Yogurt, plain, low fat
10 oz Tuna, canned in water	7 2/3 cups Oatmeal	18 Almonds, whole	1 cup Won ton soup
18 oz Ground beef (< 10% fat)	9 cups Fruit juice	2 tbsp Almonds, slivered	5 cups Milk, low fat (1%)
22 oz Cheese, low or non fat	3 1/2 whole Pita	72 Peanuts	
12 Eggs, whole	3/4 cup Chickpeas	6 tsp Mayonnaise	
6 oz Chicken breast, deli style	3/4 cup Kidney beans		
2 Egg whites	3/4 cup Onions		
4 oz Chicken breast, skinless	4 cups Tomatoes		
8 oz Beef, lean cuts	1 7/12 cups Pasta		
1 1/4 cups Cottage cheese, light/low fat	4 cups Blueberries		
3 oz Turkey breast, deli style	4 cups Cucumber		
10 5/6 oz Whitefish	3 Tomatoes		
	3 Apples		
	3 cups Peaches, canned		
	8 cups Strawberries		
	3 cups Celery		
	4 Peppers (bell or cubanelle)		
	5 cups Grapes		
	6 slice Whole grain bread		
	1 1/2 cups Potato		
	1/2 cup Baked beans		
	1 1/2 cups Bran cereal, all varieties		
	1/2 tbsp Barley		
	2 cups Carrots		
	1 1/2 Lemons		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
392 grams Protein powder	4 cups Bran cereal, all varieties	5 tbsp Almonds, slivered	5 cups Milk, low fat (1%)
3 oz Cheddar cheese, light/low fat	10 cups Strawberries	24 tsp Olive, Flax, Hemp or Salmon Oils	7 1/2 cups Yogurt, plain, low fat
14 oz Cheese, low or non fat	3 1/2 tbsp Barley	72 Peanuts	1 1/3 cups Beef and vegetable soup
6 oz Turkey breast, deli style	8 cups Fruit juice	8 tsp Mayonnaise	
18 oz Ground beef (< 10% fat)	8 slice Whole grain bread	18 Almonds, whole	
24 Eggs, whole	3/4 cup Chickpeas		
8 oz Beef, lean cuts	3/4 cup Kidney beans		
16 oz Chicken breast, skinless	4 1/2 cups Onions		
4 oz Tuna, canned in water	11 1/2 cups Tomatoes		
2 1/4 cups Cottage cheese, light/low fat	1 1/4 cups Pasta		
3 oz Chicken breast, deli style	3 1/2 cups Mushrooms		
2 Egg whites	2 cups Jalapeno peppers		
	2 cups Salsa		
	1 cup Celery		
	1/4 cup Tomato, puree		
	3 cups Blueberries		
	3 cups Oatmeal		
	3 1/2 Peppers (bell or cubanelle)		
	2 whole Pita		
	2 1/2 cups Cucumber		
	2 1/2 cups Grapes		
	1 cup Applesauce		
	1 2/3 cups Fruit cocktail		
	2 Tomatoes		
	1 Apple		
	4 cups Peaches, canned		
	1 1/3 cups Rice		
	3/4 cup Potato		
	1/4 cup Baked beans		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
20 Eggs, whole	2 1/2 cups Peaches, canned	24 tsp Olive, Flax,	8 cups Milk, low
357 grams Protein powder	8 slice Whole grain bread	Hemp or Salmon	fat (1%)
10 oz Tuna, canned in water	10 cups Strawberries	Oils	5 1/2 cups Yogurt,
12 oz Ground beef (< 10% fat)	1 1/2 tbsp Barley	60 Peanuts	plain, low fat
10 oz Cheese, low or non fat	8 cups Fruit juice	12 Almonds, whole	3 cups Won ton
4 1/2 cups Cottage cheese, light/low fat	1/2 cup Celery	5 tbsp Almonds,	soup
3 oz Chicken breast, deli style	1 3/4 cups Cucumber	slivered	
8 oz Beef, lean cuts	3 1/2 Peppers (bell or cubanelle)	8 tsp Mayonnaise	
20 oz Chicken breast, skinless	6 1/2 cups Tomatoes		
3 oz Cheddar cheese, light/low fat	1/2 cup Grapes		
	4 1/2 whole Pita		
	5/6 cup Chickpeas		
	1/2 cup Kidney beans		
	2 1/2 cups Onions		
	3/4 cup Pasta		
	1 1/3 cups Applesauce		
	5 1/2 cups Bran cereal, all varieties		
	3 1/3 cups Fruit cocktail		
	1 Tomato		
	2 Apples		
	4 1/3 cups Oatmeal		
	1 1/2 cups Potato		
	1/2 cup Baked beans		
	1/4 cup Beans, green or yellow		
	1/4 cup Beans, black		
	2 cups Blueberries		
	1 1/3 cups Rice		
	2 cups Mushrooms		
	1 cup Jalapeno peppers		
	1 cup Salsa		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
2 1/4 cups Cottage cheese, light/low fat	4 cups Bran cereal, all varieties	24 2/3 tsp Olive, Flax, Hemp or Salmon Oils	8 cups Milk, low fat (1%)
413 grams Protein powder	8 cups Strawberries	84 Peanuts	5 cups Yogurt, plain, low fat
16 oz Chicken breast, skinless	1 1/2 tbsp Barley	6 tsp Mayonnaise	1 1/3 cups Beef and vegetable soup
14 oz Cheese, low or non fat	8 cups Fruit juice	6 Almonds, whole	1 cup Won ton soup
20 Eggs, whole	1 cup Applesauce	5 tbsp Almonds, slivered	
16 oz Beef, lean cuts	1 2/3 cups Fruit cocktail		
3 oz Turkey breast, deli style	1 cup Rice		
12 oz Ground beef (< 10% fat)	2 1/2 cups Peaches, canned		
3 oz Cheddar cheese, light/low fat	6 slice Whole grain bread		
6 oz Tuna, canned in water	2 1/2 cups Celery		
	5 1/4 cups Onions		
	1/2 cup Tomato, puree		
	1 1/2 cups Pasta		
	4 1/3 cups Oatmeal		
	1 1/2 cups Potato		
	3 1/2 Peppers (bell or cubanelle)		
	1/2 cup Baked beans		
	1 cup Mandarin orange, canned		
	4 cups Mushrooms		
	10 1/2 cups Tomatoes		
	3 cups Blueberries		
	2 cups Jalapeno peppers		
	2 cups Salsa		
	1/2 cup Chickpeas		
	1/2 cup Kidney beans		
	1/2 cup Cucumber		
	2 1/2 cups Grapes		
	3 whole Pita		
	2 Apples		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
420 grams Protein powder	1 cup Mandarin orange, canned	25 tsp Olive, Flax, Hemp or Salmon Oils	7 cups Milk, low fat (1%)
20 oz Cheese, low or non fat	7 cups Oatmeal	84 Peanuts	4 cups Yogurt, plain, low fat
6 oz Turkey breast, deli style	14 cups Strawberries	8 tsp Mayonnaise	1 cup Won ton soup
5 1/2 oz Whitefish	1/2 tbsp Barley	12 Almonds, whole	
3 3/4 cups Cottage cheese, light/low fat	8 cups Fruit juice	2 tbsp Almonds, slivered	
8 oz Beef, lean cuts	8 slice Whole grain bread		
20 oz Chicken breast, skinless	1 cup Carrots		
2 Egg whites	2 cups Celery		
14 Eggs, whole	1 Lemon		
6 oz Tuna, canned in water	1 7/12 cups Pasta		
3 oz Chicken breast, deli style	3 cups Blueberries		
6 oz Ground beef (< 10% fat)	5 cups Bran cereal, all varieties		
	4 1/2 cups Grapes		
	2 1/2 cups Onions		
	1/4 cup Tomato, puree		
	2 cups Mushrooms		
	5 1/2 cups Tomatoes		
	1/3 cup Rice		
	2 cups Peaches, canned		
	2 cups Cucumber		
	4 1/2 Peppers (bell or cubanelle)		
	3 1/2 whole Pita		
	1/2 cup Beans, green or yellow		
	1/2 cup Beans, black		
	1 1/12 cup Chickpeas		
	3 Apples		
	1 cup Jalapeno peppers		
	1 cup Salsa		
	1 Tomato		
	1/4 cup Kidney beans		
	3/4 cup Potato		
	1/4 cup Baked beans		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
427 grams Protein powder	4 cups Bran cereal, all varieties	5 tbsp Almonds, slivered	6 cups Milk, low fat (1%)
3 oz Cheddar cheese, light/low fat	6 cups Oatmeal	24 2/3 tsp Olive, Flax, Hemp or Salmon Oils	7 1/2 cups Yogurt, plain, low fat
18 oz Cheese, low or non fat	8 cups Fruit juice	96 Peanuts	
9 oz Turkey breast, deli style	8 slice Whole grain bread	6 tsp Mayonnaise	
21 2/3 oz Whitefish	4 cups Carrots	12 Almonds, whole	
15 Eggs, whole	6 1/2 cups Celery		
3 oz Chicken breast, deli style	3 Lemons		
2 1/4 cups Cottage cheese, light/low fat	2 11/12 cups Pasta		
8 oz Beef, lean cuts	3 Apples		
12 oz Chicken breast, skinless	2 1/2 cups Mushrooms		
4 oz Tuna, canned in water	3 1/2 cups Onions		
	1 cup Jalapeno peppers		
	1 cup Salsa		
	5 1/2 cups Tomatoes		
	2 3/4 cups Cucumber		
	2 Tomatoes		
	2 1/2 Peppers (bell or cubanelle)		
	2 cups Peaches, canned		
	3 cups Blueberries		
	5 cups Strawberries		
	2 1/2 cups Grapes		
	1/2 cup Tomato, puree		
	1/4 cup Beans, green or yellow		
	1/4 cup Beans, black		
	1/3 cup Chickpeas		
	2 cups Mandarin orange, canned		
	1/2 tbsp Barley		
	1 whole Pita		
	1/3 cup Applesauce		
	1 2/3 cups Fruit cocktail		
	1 1/3 cups Rice		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
21 Eggs, whole	3 1/2 cups Mushrooms	24 1/3 tsp Olive,	6 1/2 cups Yogurt,
385 grams Protein powder	3 1/2 cups Onions	Flax, Hemp or	plain, low fat
5 1/3 oz Whitefish	1 1/2 cups Jalapeno peppers	Salmon Oils	6 cups Milk, low fat (1%)
14 oz Cheese, low or non fat	1 cup Salsa	12 Almonds, whole	2 2/3 cups Beef and vegetable soup
20 oz Chicken breast, skinless	9 cups Tomatoes	2 tbsp Almonds, slivered	1 cup Won ton soup
4 1/2 cups Cottage cheese, light/low fat	4 cups Oatmeal	10 tsp Mayonnaise	
12 oz Ground beef (< 10% fat)	10 cups Fruit juice	60 Peanuts	
3 oz Turkey breast, deli style	1 cup Carrots		
2 oz Tuna, canned in water	1 cup Celery		
3 oz Chicken breast, deli style	1/2 Lemon		
4 oz Beef, lean cuts	1 1/4 cups Pasta		
	5 cups Blueberries		
	1 1/3 cups Mandarin orange, canned		
	8 slice Whole grain bread		
	2 1/2 cups Peaches, canned		
	1/4 cup Beans, green or yellow		
	1/4 cup Beans, black		
	5/6 cup Chickpeas		
	2 1/4 cups Cucumber		
	3 Peppers (bell or cubanelle)		
	4 cups Bran cereal, all varieties		
	8 cups Strawberries		
	1/2 tbsp Barley		
	1/2 cup Kidney beans		
	2 2/3 cups Fruit cocktail		
	1 cup Rice		
	1 1/3 cups Applesauce		
	1 whole Pita		
	2 Tomatoes		
	1 Apple		
	3/4 cup Potato		
	1/4 cup Baked beans		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
553 grams Protein powder	4 2/3 cups Mandarin orange, canned	24 1/3 tsp Olive, Flax, Hemp or Salmon Oils	5 cups Milk, low fat (1%)
8 oz Beef, lean cuts	6 2/3 cups Oatmeal	18 Almonds, whole	9 cups Yogurt, plain, low fat
20 oz Chicken breast, skinless	11 cups Strawberries	4 tbsp Almonds, slivered	4 cups Beef and vegetable soup
14 oz Cheese, low or non fat	9 cups Fruit juice	10 tsp Mayonnaise	
8 Eggs, whole	1 1/2 cups Potato	36 Peanuts	
6 oz Ground beef (< 10% fat)	3 Peppers (bell or cubanelle)		
3 oz Turkey breast, deli style	1/2 cup Baked beans		
5 1/2 oz Whitefish	8 slice Whole grain bread		
1 1/4 cups Cottage cheese, light/low fat	1 1/2 cups Peaches, canned		
3 oz Chicken breast, deli style	1 1/3 cups Applesauce		
	2/3 cup Fruit cocktail		
	1 1/3 cups Rice		
	1 1/2 tbsp Barley		
	1 1/2 whole Pita		
	1/2 cup Salsa		
	1/2 cup Onions		
	5 cups Blueberries		
	1/4 cup Chickpeas		
	1/4 cup Kidney beans		
	1 cup Tomatoes		
	7/12 cup Pasta		
	1 cup Carrots		
	1 cup Celery		
	1 Lemon		
	2 cups Bran cereal, all varieties		
	2 cups Grapes		
	1 cup Cucumber		
	1 Tomato		
	1 Apple		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
17 Eggs, whole	2 cups Mushrooms	27 2/3 tsp Olive,	1 cup Won ton
448 grams Protein powder	2 3/4 cups Onions	Flax, Hemp or	soup
14 oz Tuna, canned in water	1/2 cup Jalapeno peppers	Salmon Oils	5 cups Milk, low fat (1%)
16 oz Beef, lean cuts	1/2 cup Salsa	84 Peanuts	6 1/2 cups Yogurt, plain, low fat
10 oz Cheese, low or non fat	5 1/2 cups Tomatoes	12 Almonds, whole	
3 1/4 cups Cottage cheese, light/low fat	1 1/2 tbsp Barley	2 tbsp Almonds, slivered	
6 oz Chicken breast, deli style	9 cups Strawberries		
6 oz Ground beef (< 10% fat)	9 cups Fruit juice		
2 Egg whites	4 whole Pita		
12 oz Chicken breast, skinless	2 1/4 cups Potato		
	6 1/2 Peppers (bell or cubanelle)		
	3/4 cup Baked beans		
	1 1/3 cups Applesauce		
	2 cups Bran cereal, all varieties		
	3 1/3 cups Fruit cocktail		
	5 1/2 cups Cucumber		
	4 Tomatoes		
	3 Apples		
	2 cups Blueberries		
	6 1/3 cups Oatmeal		
	1/4 cup Chickpeas		
	1/4 cup Kidney beans		
	3/4 cup Pasta		
	3 cups Peaches, canned		
	2 1/2 cups Celery		
	1 1/2 cups Grapes		
	2 slice Whole grain bread		
	1/4 cup Tomato, puree		
	2 2/3 cups Mandarin orange, canned		
	1 2/3 cups Rice		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
10 Eggs, whole	1 1/2 cups Peaches, canned	25 1/3 tsp Olive,	7 cups Milk, low fat
476 grams Protein powder	4 slice Whole grain bread	Flax, Hemp or	(1%)
6 oz Tuna, canned in water	2 1/2 tbsp Barley	Salmon Oils	2 1/2 cups Yogurt, plain, low fat
12 oz Beef, lean cuts	14 cups Strawberries	84 Peanuts	2 2/3 cups Beef and vegetable soup
18 oz Cheese, low or non fat	8 cups Fruit juice	6 Almonds, whole	1 cup Won ton soup
3 1/2 cups Cottage cheese, light/low fat	3 cups Celery	4 tsp Mayonnaise	
3 oz Chicken breast, deli style	1 1/2 cups Cucumber	3 tbsp Almonds, slivered	
12 oz Chicken breast, skinless	3 1/2 Peppers (bell or cubanelle)		
10 5/6 oz Whitefish	4 1/2 cups Tomatoes		
6 oz Ground beef (< 10% fat)	4 1/2 cups Grapes		
3 oz Cheddar cheese, light/low fat	3 1/2 whole Pita		
	1 1/2 cups Potato		
	1/2 cup Baked beans		
	3 Apples		
	2 cups Mandarin orange, canned		
	5 cups Oatmeal		
	1 2/3 cups Fruit cocktail		
	1 Tomato		
	3 cups Blueberries		
	1 cup Salsa		
	1 1/2 cups Onions		
	5 1/2 cups Bran cereal, all varieties		
	2 cups Carrots		
	1 1/2 Lemons		
	1 7/12 cups Pasta		
	1 cup Mushrooms		
	1 cup Jalapeno peppers		
	1/4 cup Chickpeas		
	1/4 cup Kidney beans		
	1 cup Applesauce		
	1/4 cup Tomato, puree		
	2/3 cup Rice		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
4 Egg whites	3 1/2 cups Peaches, canned	27 2/3 tsp Olive,	6 cups Yogurt,
11 Eggs, whole	8 1/3 cups Oatmeal	Flax, Hemp or	plain, low fat
469 grams Protein powder	9 cups Fruit juice	Salmon Oils	2 cups Won ton
8 oz Tuna, canned in water	2 1/2 cups Celery	60 Peanuts	soup
12 oz Chicken breast, skinless	1 1/2 cups Cucumber	12 Almonds, whole	8 cups Milk, low fat
18 oz Cheese, low or non fat	1 1/2 Peppers (bell or cubanelle)	2 tbsp Almonds, slivered	(1%)
12 oz Beef, lean cuts	5 1/2 cups Tomatoes		1 1/3 cups Beef and vegetable soup
12 oz Ground beef (< 10% fat)	4 1/2 cups Grapes		
1 1/4 cups Cottage cheese, light/low fat	3 1/2 whole Pita		
5 1/3 oz Whitefish	2 cups Mushrooms		
3 oz Chicken breast, deli style	3 1/2 cups Onions		
	1 2/3 cups Rice		
	1 1/3 cups Applesauce		
	3 2/3 cups Mandarin orange, canned		
	1/2 cup Tomato, puree		
	2 cups Pasta		
	11 cups Strawberries		
	1 1/2 tbsp Barley		
	3/4 cup Potato		
	1/4 cup Baked beans		
	1 cup Blueberries		
	1/2 cup Chickpeas		
	1/2 cup Kidney beans		
	1 1/2 cups Bran cereal, all varieties		
	1 cup Carrots		
	1/2 Lemon		
	1 Tomato		
	1 Apple		