

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 - 3875 Calories

**Day: 1**

<p><b>6:00 am Breakfast</b></p> <p>2 cups Milk, low fat (1%)                  49 grams Protein powder                  2 1/2 cups Cereal, cold                  1 cup Grapes                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p><b>Preparation Suggestions:</b></p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.                  ***OPTIONAL/OPTIMAL SUPPLEMENTS***                  Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p><b>9:00 am Snack</b></p> <p>49 grams Protein powder                  1 cup Milk, low fat (1%)                  2 cups Peaches, canned                  1 cup Oatmeal                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  56g P                  72g C                  15g F                  Calories: 647</p>	<p><b>Preparation Suggestions:</b></p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p><b>11:00 am Snack</b></p> <p>56 grams Protein powder                  2 2/3 cups Fruit juice</p>	<p>Item Portions                  56g P                  72g C                  0g F                  Calories: 512</p>	<p><b>Preparation Suggestions:</b></p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>1:00 pm Mid Meal</b></p> <p>13 1/2 oz Chicken breast, deli style                  1 cup Mushrooms                  1 Pepper (bell or cubanelle)                  1 cup Lettuce, romaine                  1 Orange                  3 slice Whole grain bread                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p><b>Preparation Suggestions:</b></p> <p>Deli Chicken with a Tossed Salad.                  You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner</b></p> <p>7 oz Chicken breast, skinless                  1 cup Yogurt, plain, low fat                  3 cups Cabbage                  2 cups Mushrooms                  1 cup Salsa                  1 cup Rice                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p><b>Preparation Suggestions:</b></p> <p>Chicken Mexicali Salad</p> <p>In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p><b>8:00 pm Snack</b></p> <p>4 oz Cheese, low or non fat                  1 1/2 cups Yogurt, plain, low fat                  2 Apples                  15 Walnuts</p>	<p>Item Portions                  49g P                  63g C                  15g F                  Calories: 583</p>	<p><b>Preparation Suggestions:</b></p> <p>Cheddar-Apple Galette</p> <p>In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

**Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875**

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	<b>Preparation Suggestions:</b> Cottage Cheese, Grapes & Sunflower Seeds 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> 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	<b>Preparation Suggestions:</b> Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	<b>Preparation Suggestions:</b> 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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions	PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions	POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions	Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B
<b>5:00 pm Dinner</b> 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions	Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions	A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<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> 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbs Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>1:00 pm Mid Meal</b> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack Meal Portions: P:8 C:8 F: 5</b> 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 13</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> 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>1:00 pm Mid Meal</b> 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item	<b>Preparation Suggestions:</b>		
2 cups Yogurt, plain, low fat		Portions	A tasty, easy-to-prepare breakfast. Enjoy!		
10 Egg whites		63g P	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Grapes		81g C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		15g F	1 gram Vit C, 400 i.u. Vit E.		
1 cup Oatmeal		Calories: 711			
<b>9:00 am Snack</b>		Item	Item Portions		
42 grams Protein powder		Portions	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		56g P	Carbs		
1 cup Strawberries		72g C	Put all ingredients in a blender over ice and blend to		
1 2/3 cups Oatmeal		15g F	desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories: 647			
<b>11:00 am Snack</b>		Item	Item Portions		
56 grams Protein powder		Portions	POST - Protein Shake		
2 2/3 cups Fruit juice		56g P	Put all ingredients in blender over ice and blend. We		
		72g C	recommend using a high glycemic juice like grape		
		0g F	juice for max recuperation. Enjoy!		
		Calories: 512	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram		
			Vit C, Creatine & BCAA's		
<b>1:00 pm Mid Meal</b>		Item	Item Portions		
8 oz Chicken breast, skinless		Portions	Chicken Stew		
1/2 cup Tomato, puree		63g P	Combine all ingredients except the olives. Bring to a		
3 cups Beans, green or yellow		81g C	boil, then simmer for 30-35 minutes until vegetables		
1 cup Carrots		15g F	are tender. Serve hot and top off with olives.		
1 1/2 cups Turnip		Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
15 Olives			Digestive Enzymes, Omega 3 caps, Vitamin B		
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
<b>5:00 pm Dinner</b>		Item	Item Portions		
8 oz Whitefish		Portions	Macadamia Baked Whitefish		
3 oz Hard cheeses, light/low fat		63g P	Grate cheese and chop nuts. Mix these ingredients		
1 1/2 cups Baked beans		81g C	with a little flour or breadcrumbs along with some salt		
5 Macadamia nuts		15g F	and pepper. Coat whitefish in mixture and bake at		
1 cup Potato		Calories: 711	350 for about 20 minutes. ***OPTIONAL/OPTIMAL		
			SUPPLEMENTS*** Digestive Enzymes, Omega 3		
			caps, Vitamin B, Multi Vit/Mineral		
<b>8:00 pm Snack</b>		Item	Item Portions		
5 oz Cheese, low or non fat		Portions	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		49g P	Dice the cheese and throw everything into a bowl.		
1 cup Strawberries		63g C	Every handful will be a great surprise!		
30 Peanuts		15g F			
2 cups Milk, low fat (1%)		Calories: 583			
1 1/2 oz Pretzels					
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 17</b>	<b>Schedule:</b> 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<b>6:00 am Breakfast</b> 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 19</b>	<b>Schedule:</b> 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<b>6:00 am Breakfast</b> 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Whitefish 3 oz Hard cheeses, light/low fat 1 1/2 cups Baked beans 5 Macadamia nuts 1 cup Potato	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item Portions	<b>Preparation Suggestions:</b>		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Grapes		Calories: 711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>9:00 am Snack</b>		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Strawberries		15g F			
1 2/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
<b>1:00 pm Mid Meal</b>		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken with a Tossed Salad.		
1 cup Mushrooms		81g C	You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Pepper (bell or cubanelle)		15g F			
1 cup Lettuce, romaine		Calories: 711			
1 Orange					
3 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>5:00 pm Dinner</b>		Item Portions	Item Portions		
8 oz Turkey breast, skinless		63g P	Turkey and Salad		
1 1/2 cups Chickpeas		81g C	Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!		
1/2 cup Mushrooms		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/4 cup Onions		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
1 cup Milk, low fat (1%)					
<b>8:00 pm Snack</b>		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
2 Apples		15g F			
15 Walnuts		Calories: 583			
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 27</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> 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 28</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>	2 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
<b>11:00 am Snack</b>	4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
<b>1:00 pm Mid Meal</b>	6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions		
<b>4:00 pm Snack</b>	Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
<b>7:00 pm Dinner</b>	5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions		
<b>9:00 pm Snack</b>	35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions		
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>					

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 Portions		<b>Preparation Suggestions:</b>	
8 Egg whites		63g P		Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat.	
4 Eggs, whole		81g C		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1 cup Milk, low fat (1%)		15g F		Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
1 1/2 cups Beans, green or yellow		Calories:	711	1 gram Vit C, 400 i.u. Vit E.	
1/2 cup Kidney beans					
1/4 cup Onions					
2 cups Spinach, cooked					
2 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>9:00 am Snack</b>		Item Portions		Item Portions	
42 grams Protein powder		56g P		PRE - Protein Shake + Energy Sustaining Growth Carbs	
2 cups Milk, low fat (1%)		72g C			
1 cup Blueberries		15g F			
1 1/3 cups Oatmeal		Calories:	647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions		Item Portions	
56 grams Protein powder		56g P		POST - Protein Shake	
2 2/3 cups Fruit juice		72g C		Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!	
		0g F		***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
		Calories:	512		
<b>1:00 pm Mid Meal</b>		Item Portions		Item Portions	
8 oz Chicken breast, skinless		63g P		Chicken Stew	
1/2 cup Tomato, puree		81g C		Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.	
3 cups Beans, green or yellow		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1 cup Carrots		Calories:	711	Digestive Enzymes, Omega 3 caps, Vitamin B	
1 1/2 cups Turnip					
15 Olives					
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
<b>5:00 pm Dinner</b>		Item Portions		Item Portions	
9 oz Turkey breast, skinless		63g P		Turkey and Salad	
1 3/4 cups Chickpeas		81g C		Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!	
1/2 cup Mushrooms		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1/4 cup Onions		Calories:	711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
1/2 head Lettuce, iceberg					
1 1/2 cups Cherry tomatoes					
5 tbsp Almonds, slivered					
<b>8:00 pm Snack</b>		Item Portions		Item Portions	
5 oz Cheddar cheese, light/low fat		49g P		A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
5 Pickles		63g C			
15 Walnuts		15g F			
2 cups Milk, low fat (1%)		Calories:	583		
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item Portions	<b>Preparation Suggestions:</b>		
42 grams Protein powder		63g P	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/2 cup Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		Calories: 711			
2 tbsp Barley					
6 Almonds, whole					
1 tsp Olive, Flax, Hemp or Salmon Oils					
<b>9:00 am Snack</b>		Item Portions	Item Portions		
42 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		72g C			
1 cup Strawberries		15g F			
1 2/3 cups Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
<b>1:00 pm Mid Meal</b>		Item Portions	Item Portions		
56 grams Protein powder		63g P	Salad & Protein Drink		
1 cup Fruit cocktail		81g C	Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side.		
2 Tomatoes		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Mushrooms		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 cup Lettuce, romaine					
2 cups Cucumber					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 1/2 whole Pita					
1/2 cup Yogurt, plain, low fat					
<b>5:00 pm Dinner</b>		Item Portions	Item Portions		
8 oz Turkey, dark meat, skinless		63g P	Tasty Turkey Pasta		
1 cup Mushrooms		81g C	Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!		
1/3 cup Onions		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Spinach		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 Tomato, sun dried					
1 1/2 cups Pasta					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
<b>8:00 pm Snack</b>		Item Portions	Item Portions		
5 oz Cheese, low or non fat		49g P	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		63g C	Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
1 cup Strawberries		15g F			
30 Peanuts		Calories: 583			
2 cups Milk, low fat (1%)					
1 1/2 oz Pretzels					
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 32</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>	
2 cups Milk, low fat (1%)		63g P		Florentine Omelet	
8 Egg whites		81g C		Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!	
3 oz Cheese, low or non fat		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
2 cups Mushrooms		Calories:		Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
1 cup Onions		711		1 gram Vit C, 400 i.u. Vit E.	
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
<b>9:00 am Snack</b>		Item Portions		Item Portions	
2 cups Yogurt, plain, low fat		56g P			
4 oz Cheese, low or non fat		72g C		Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories:			
		647			
<b>11:00 am Mid Meal</b>		Item Portions		Item Portions	
2 2/3 cups Beef and vegetable soup		63g P			
4 Crackers		81g C		Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***	
2 oz Pretzels		15g F		Digestive Enzymes, Omega 3 caps, Vitamin B	
1/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			
5 oz Cheddar cheese, light/low fat		711			
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5		Item Portions		Item Portions	
2 cups Milk, low fat (1%)		56g P			
42 grams Protein powder		72g C		Protein Shake with Fruit	
2 cups Raspberries		15g F		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!	
2 cups Strawberries		Calories:			
1 tbsp Barley		647			
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
<b>5:00 pm Dinner</b>		Item Portions		Item Portions	
5 oz Chicken breast, skinless		63g P			
3 oz Cheese, low or non fat		81g C		Chicken Soft Tacos	
1 cup Lettuce, romaine		15g F		Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad.	
1 cup Salsa		Calories:		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1 cup Grapes		711		Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
<b>8:00 pm Snack</b>		Item Portions		Item Portions	
35 grams Protein powder		49g P			
2 cups Milk, low fat (1%)		63g C		Protein Shake with Fruit	
2 cups Raspberries		15g F		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!	
1 1/2 tbsp Barley		Calories:			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		583			
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

**Day: 34**

**Schedule:**

8:00 am Breakfast

10:00 am Snack

11:00 am Snack

2:00 pm Mid Meal

5:00 pm Dinner

8:00 pm Snack

*Workout: Weight Resistance at 10:00 am*

<p><b>8:00 am Breakfast</b>                  2 cups Milk, low fat (1%)                  4 oz Mozzarella cheese, light/low fat                  1 cup Fruit cocktail                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils                  6 Egg whites                  2 slice Whole grain bread</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p><b>Preparation Suggestions:</b>                  A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p><b>10:00 am Snack</b>                  42 grams Protein powder                  2 cups Milk, low fat (1%)                  1 cup Strawberries                  1 2/3 cups Oatmeal                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  56g P                  72g C                  15g F                  Calories:                  647</p>	<p align="center">Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs                   Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p><b>11:00 am Snack</b>                  56 grams Protein powder                  2 2/3 cups Fruit juice</p>	<p>Item Portions                  56g P                  72g C                  0g F                  Calories:                  512</p>	<p align="center">Item Portions</p> <p>POST - Protein Shake                  Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>2:00 pm Mid Meal</b>                  2 cups Milk, low fat (1%)                  7 oz Beef, lean cuts                  1 Orange                  2 slice Whole grain bread                  9 Almonds, whole                  2 tsp Mayonnaise                  1/3 cup Fruit juice</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p align="center">Item Portions</p> <p>Roast Beef Sandwich                  Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner</b>                  9 oz Chicken breast, skinless                  1 cup Carrots                  1 1/2 cups Corn, canned                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils                  1/2 cup Pasta</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p align="center">Item Portions</p> <p>Chicken with Vegetables                  Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p><b>8:00 pm Snack</b>                  4 oz Cheese, low or non fat                  1 1/2 cups Yogurt, plain, low fat                  2 Apples                  15 Walnuts</p>	<p>Item Portions                  49g P                  63g C                  15g F                  Calories:                  583</p>	<p align="center">Item Portions</p> <p>Cheddar-Apple Galette                  In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

**Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875**

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>1:00 pm Mid Meal</b> 6 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 2 Tomatoes 1 cup Onions 2 cups Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 1 whole Pita 2 oz Mozzarella cheese, light/low fat 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>7:00 pm Dinner</b> 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack Meal Portions: P:8 C:8 F: 5</b> 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

**Day: 38**

**Schedule:**

6:00 am Breakfast  
9:00 am Snack

11:00 am Snack  
1:00 pm Mid Meal  
5:00 pm Dinner

8:00 pm Snack

*Workout: Weight Resistance at 9:30 am*

<p><b>6:00 am Breakfast</b> 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p><b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p><b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p align="center">Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p><b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice</p>	<p>Item Portions 56g P 72g C 0g F Calories: 512</p>	<p align="center">Item Portions</p> <p>POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p align="center">Item Portions</p> <p>Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner</b> 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)</p>	<p>Item Portions 63g P 81g C 15g F Calories: 711</p>	<p align="center">Item Portions</p> <p>Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p><b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts</p>	<p>Item Portions 49g P 63g C 15g F Calories: 583</p>	<p align="center">Item Portions</p> <p>Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

**Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875**

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item Portions	<b>Preparation Suggestions:</b>		
2 cups Milk, low fat (1%)		63g P	Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.		
49 grams Protein powder		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
2 1/2 cups Cereal, cold		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Grapes		Calories: 711			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>10:00 am Snack</b>		Item Portions	Item Portions		
49 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
1 cup Milk, low fat (1%)		72g C			
2 cups Peaches, canned		15g F			
1 cup Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
<b>2:00 pm Mid Meal</b>		Item Portions	Item Portions		
56 grams Protein powder		63g P	Salad & Protein Drink		
1 cup Fruit cocktail		81g C	Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil.		
2 Tomatoes		15g F	Serve protein drink on the side.		
1 cup Mushrooms		Calories: 711	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Lettuce, romaine			Digestive Enzymes, Omega 3 caps, Vitamin B		
2 cups Cucumber					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 1/2 whole Pita					
1/2 cup Yogurt, plain, low fat					
<b>5:00 pm Dinner</b>		Item Portions	Item Portions		
10 1/2 oz Haddock		63g P	Pan-Fried Haddock		
2 cups Milk, low fat (1%)		81g C	Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
12 spears Asparagus		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 1/2 cups Beans, green or yellow		Calories: 711			
2/3 cup Applesauce					
1 cup Rice					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>8:00 pm Snack</b>		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheddar-Apple Galette		
1 1/2 cups Yogurt, plain, low fat		63g C	In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
2 Apples		15g F			
15 Walnuts		Calories: 583			
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>1:00 pm Mid Meal</b> 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>7:00 pm Dinner</b> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 43</b>	<b>Schedule:</b> 6:00 am Breakfast 9:00 am Snack <i>Workout: Weight Resistance at 9:30 am</i>	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<b>6:00 am Breakfast</b> 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 8 Egg whites 3 oz Cheese, low or non fat 2 cups Mushrooms 1 cup Onions 3 1/2 cups Spinach 2 Peppers (bell or cubanelle) 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

**Day: 48**

**Schedule:**

8:00 am Breakfast

10:00 am Snack

11:00 am Snack

2:00 pm Mid Meal

5:00 pm Dinner

8:00 pm Snack

*Workout: Weight Resistance at 10:00 am*

<p><b>8:00 am Breakfast</b>                  4 oz Cheese, low or non fat                  14 grams Protein powder                  3 cups Milk, low fat (1%)                  2 cups Cereal, cold                  2 cups Strawberries                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p><b>Preparation Suggestions:</b>                  Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p><b>10:00 am Snack</b>                  49 grams Protein powder                  1 cup Milk, low fat (1%)                  2 cups Peaches, canned                  1 cup Oatmeal                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  56g P                  72g C                  15g F                  Calories: 647</p>	<p align="center">Item Portions</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs                   Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p><b>11:00 am Snack</b>                  56 grams Protein powder                  2 2/3 cups Fruit juice</p>	<p>Item Portions                  56g P                  72g C                  0g F                  Calories: 512</p>	<p align="center">Item Portions</p> <p>POST - Protein Shake                  Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>2:00 pm Mid Meal</b>                  8 oz Chicken breast, skinless                  3 slice Whole grain bread                  1 cup Blueberries                  3 tsp Mayonnaise                  2/3 tsp Olive, Flax, Hemp or Salmon Oils                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p align="center">Item Portions</p> <p>Chicken Salad Sandwich                  Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner</b>                  8 oz Turkey, dark meat, skinless                  1 cup Mushrooms                  1/3 cup Onions                  1 cup Spinach                  1 Tomatoe, sun dried                  1 1/2 cups Pasta                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils                  1 cup Milk, low fat (1%)</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories: 711</p>	<p align="center">Item Portions</p> <p>Tasty Turkey Pasta                  Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p><b>8:00 pm Snack</b>                  5 oz Cheese, low or non fat                  1 cup Raspberries                  1 cup Strawberries                  30 Peanuts                  2 cups Milk, low fat (1%)                  1 1/2 oz Pretzels</p>	<p>Item Portions                  49g P                  63g C                  15g F                  Calories: 583</p>	<p align="center">Item Portions</p> <p>Cheese, Berries, Pretzels and Peanuts with Milk                  Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

**Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875**

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

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 49</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 cups Milk, low fat (1%) 49 grams Protein powder 2 1/2 cups Cereal, cold 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions <b>Black Bean Salsa and Milk</b> Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>1:00 pm Mid Meal</b> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions <b>Chicken and Greek Salad</b> Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions <b>Protein Shake</b> Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>7:00 pm Dinner</b> 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions <b>Tasty Turkey Pasta</b> Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbps Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions <b>Protein Shake with Fruit</b> 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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 8 Egg whites 4 Eggs, whole 1 cup Milk, low fat (1%) 1 1/2 cups Beans, green or yellow 1/2 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Mondo Greens Omelete - take everything (but the bread, toast that) and chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item Portions	<b>Preparation Suggestions:</b>		
4 oz Cheese, low or non fat		63g P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
21 grams Protein powder		81g C			
2 cups Milk, low fat (1%)		15g F			
2 1/2 cups Cereal, cold		Calories: 711			
2 cups Strawberries					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>9:00 am Snack</b>		Item Portions	Item Portions		
49 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
1 cup Milk, low fat (1%)		72g C			
2 cups Peaches, canned		15g F			
1 cup Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
<b>1:00 pm Mid Meal</b>		Item Portions	Item Portions		
13 1/2 oz Chicken breast, deli style		63g P	Deli Chicken with a Tossed Salad.		
1 cup Mushrooms		81g C	You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
1 Pepper (bell or cubanelle)		15g F			
1 cup Lettuce, romaine		Calories: 711			
1 Orange					
3 slice Whole grain bread					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>5:00 pm Dinner</b>		Item Portions	Item Portions		
8 oz Turkey, dark meat, skinless		63g P	Tasty Turkey Pasta		
1 cup Mushrooms		81g C	Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy!		
1/3 cup Onions		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Spinach		Calories: 711			
1 Tomato, sun dried					
1 1/2 cups Pasta					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 cup Milk, low fat (1%)					
<b>8:00 pm Snack</b>		Item Portions	Item Portions		
4 oz Cheese, low or non fat		49g P	Cheese, Orange and Peanuts.		
18 Peanuts		63g C	A quick snack to keep you going!		
1 Banana		15g F			
2 tsp Peanut butter, natural		Calories: 583			
21 grams Protein powder					
2 tbsp Barley					
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 53</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> 35 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack Meal Portions: P:8 C:8 F: 5</b> 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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> 9 oz Chicken breast, skinless 1 cup Carrots 1 1/2 cups Corn, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1/2 cup Pasta	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken with Vegetables Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 42 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Yogurt, plain, low fat 2 cups Strawberries 2 tbsp Barley 6 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>		Item Portions	<b>Preparation Suggestions:</b>		
42 grams Protein powder		63g P	A refreshing breakfast of yogurt, fruit, and nuts. For a variation, throw it all in a blender, except the almonds, and enjoy as a smoothie!		
2 cups Milk, low fat (1%)		81g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1/2 cup Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		Calories: 711			
2 tbsp Barley					
6 Almonds, whole					
1 tsp Olive, Flax, Hemp or Salmon Oils					
<b>10:00 am Snack</b>		Item Portions	Item Portions		
49 grams Protein powder		56g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
1 cup Milk, low fat (1%)		72g C			
2 cups Peaches, canned		15g F			
1 cup Oatmeal		Calories: 647	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
<b>11:00 am Snack</b>		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
2 2/3 cups Fruit juice		72g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		0g F	***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
		Calories: 512			
<b>2:00 pm Mid Meal</b>		Item Portions	Item Portions		
8 oz Chicken breast, skinless		63g P	Chicken Stew		
1/2 cup Tomato, puree		81g C	Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives.		
3 cups Beans, green or yellow		15g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Carrots		Calories: 711	Digestive Enzymes, Omega 3 caps, Vitamin B		
1 1/2 cups Turnip					
15 Olives					
1 1/2 whole Pita					
1 cup Milk, low fat (1%)					
<b>5:00 pm Dinner</b>		Item Portions	Item Portions		
8 oz Whitefish		63g P	Macadamia Baked Whitefish		
3 oz Hard cheeses, light/low fat		81g C	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 1/2 cups Baked beans		15g F	Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
5 Macadamia nuts		Calories: 711			
1 cup Potato					
<b>8:00 pm Snack</b>		Item Portions	Item Portions		
5 oz Cheese, low or non fat		49g P	Cheese, Berries, Pretzels and Peanuts with Milk		
1 cup Raspberries		63g C	Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!		
1 cup Strawberries		15g F			
30 Peanuts		Calories: 583			
2 cups Milk, low fat (1%)					
1 1/2 oz Pretzels					
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 56</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>	3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
<b>11:00 am Snack</b>	1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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>	5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
<b>4:00 pm Snack</b>	Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>7:00 pm Dinner</b>	8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
<b>9:00 pm Snack</b>	2 cups Milk, low fat (1%) 35 grams Protein powder 1 cup Peaches, canned 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 49g P 63g C 15g F Calories: 583	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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 1 1/2 cups Yogurt, plain, low fat 6 Egg whites 1 cup Pineapple 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 Eggs, whole 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 63</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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>1:00 pm Mid Meal</b> 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>7:00 pm Dinner</b> 5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 oz Beef, lean cuts 1 Orange 2 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Roast Beef Sandwich Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.	
<b>11:00 am Mid Meal</b> 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 cups Milk, low fat (1%) 42 grams Protein powder 2 cups Raspberries 2 cups Strawberries 1 tbsp Barley 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	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 Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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>	3 oz Cheese, low or non fat 35 grams Protein powder 1 cup Milk, low fat (1%) 1 Orange 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
<b>9:00 am Snack</b>	42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
<b>11:00 am Snack</b>	56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
<b>1:00 pm Mid Meal</b>	2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
<b>5:00 pm Dinner</b>	10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
<b>8:00 pm Snack</b>	4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>11:00 am Mid Meal</b> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions  Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions  Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions  Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create a 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: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 1 cup Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsp Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 70</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>		Item Portions		<b>Preparation Suggestions:</b>	
2 cups Milk, low fat (1%)		63g P		Florentine Omelet	
8 Egg whites		81g C		Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!	
3 oz Cheese, low or non fat		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
2 cups Mushrooms		Calories:		Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,	
1 cup Onions		711		1 gram Vit C, 400 i.u. Vit E.	
3 1/2 cups Spinach					
2 Peppers (bell or cubanelle)					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
1 slice Whole grain bread					
<b>11:00 am Snack</b>		Item Portions		Item Portions	
1 cup Cottage cheese, light/low fat		56g P		Cottage Cheese, Grapes & Sunflower Seeds	
28 grams Protein powder		72g C		Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
1 cup Grapes		15g F			
3 tbsp Barley		Calories:			
1 oz Sunflower seeds		647			
<b>1:00 pm Mid Meal</b>		Item Portions		Item Portions	
6 oz Chicken breast, skinless		63g P		Chicken and Greek Salad	
1 cup Lettuce, romaine		81g C		Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese.	
1 cup Grapes		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
2 Tomatoes		Calories:		Digestive Enzymes, Omega 3 caps, Vitamin B	
1 cup Onions		711			
2 cups Mushrooms					
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
1 whole Pita					
2 oz Mozzarella cheese, light/low fat					
1 cup Milk, low fat (1%)					
<b>4:00 pm Snack</b>	Meal Portions: P:8 C:8 F: 5	Item Portions		Item Portions	
2 cups Milk, low fat (1%)		56g P		Protein Shake with Fruit	
42 grams Protein powder		72g 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. Enjoy!	
2 cups Raspberries		15g F			
2 cups Strawberries		Calories:			
1 tbsp Barley		647			
2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tbsp Almonds, slivered					
<b>7:00 pm Dinner</b>		Item Portions		Item Portions	
9 oz Chicken breast, skinless		63g P		Chicken with Vegetables	
1 cup Carrots		81g C		Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper. Steam the vegetables and enjoy on the side.	
1 1/2 cups Corn, canned		15g F		***OPTIONAL/OPTIMAL SUPPLEMENTS***	
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:		Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
1/2 cup Pasta		711			
<b>9:00 pm Snack</b>		Item Portions		Item Portions	
2 cups Milk, low fat (1%)		49g P		Protein Shake	
35 grams Protein powder		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	
1 cup Peaches, canned		15g F			
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils		Calories:			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 9 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1/2 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 9 oz Turkey breast, skinless 1 3/4 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 72</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>	2 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 cup Fruit cocktail 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 6 Egg whites 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
<b>9:00 am Snack</b>	4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
			Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.		
<b>11:00 am Mid Meal</b>	13 1/2 oz Chicken breast, deli style 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions		
			Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
<b>2:00 pm Snack</b>	Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
			Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>5:00 pm Dinner</b>	7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions		
			Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
<b>8:00 pm Snack</b>	35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions		
			Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.		
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>					
** Remember to drink between 3-4 litres of water per day. **					

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 1/2 cup Tomato, puree 3 cups Beans, green or yellow 1 cup Carrots 1 1/2 cups Turnip 15 Olives 1 1/2 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Stew Combine all ingredients except the olives. Bring to a boil, then simmer for 30-35 minutes until vegetables are tender. Serve hot and top off with olives. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 7 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Jalapeno peppers 1 1/3 cups Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheese, low or non fat 1 cup Raspberries 1 cup Strawberries 30 Peanuts 2 cups Milk, low fat (1%) 1 1/2 oz Pretzels	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Berries, Pretzels and Peanuts with Milk Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 74</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 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 2 2/3 cups Beef and vegetable soup 4 Crackers 2 oz Pretzels 1/3 tsp Olive, Flax, Hemp or Salmon Oils 5 oz Cheddar cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Soup with crumbled crackers and cheese on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 9 oz Beef, lean cuts 4 cups Cauliflower 2 1/3 cups Rice 5 tbsp Almonds, slivered 1/3 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b>			
** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Fruit juice	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A simple, wholesome breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Turkey, dark meat, skinless 1 cup Mushrooms 1/3 cup Onions 1 cup Spinach 1 Tomato, sun dried 1 1/2 cups Pasta 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Tasty Turkey Pasta Chop tomatoes finely and set aside. Cut up meat and cook over medium-high heat til almost done, then add chopped vegetables, salt, pepper, garlic, basil and crushed chili peppers to taste. Add tomatoes, then mix with pasta and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			
<b>Notes:</b>			

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 42 grams Protein powder 1 cup Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 8 oz Chicken breast, skinless 3 slice Whole grain bread 1 cup Blueberries 3 tsp Mayonnaise 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbsps Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Yogurt, plain, low fat 10 Egg whites 1 cup Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Oatmeal	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>11:00 am Snack</b> 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Beans, black 1/2 cup Beans, mixed, various 1/2 cup Onions 2 Tomatoes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Black Bean Salsa and Milk Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
<b>1:00 pm Mid Meal</b> 5 oz Cheese, low or non fat 3 cups Vegetable soup 1 1/3 cups Oatmeal 4 Crackers 12 Peanuts 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>4:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>7:00 pm Dinner</b> 10 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 cup Rice 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>9:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

**Day: 78**

**Schedule:**

6:00 am Breakfast

9:00 am Snack

11:00 am Snack

1:00 pm Mid Meal

5:00 pm Dinner

8:00 pm Snack

*Workout: Weight Resistance at 9:30 am*

<p><b>6:00 am Breakfast</b>                  2 cups Milk, low fat (1%)                  49 grams Protein powder                  2 1/2 cups Cereal, cold                  1 cup Grapes                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p><b>Preparation Suggestions:</b>                  Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it.                  ***OPTIONAL/OPTIMAL SUPPLEMENTS***                  Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p><b>9:00 am Snack</b>                  49 grams Protein powder                  1 cup Milk, low fat (1%)                  2 cups Peaches, canned                  1 cup Oatmeal                  1 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions                  56g P                  72g C                  15g F                  Calories:                  647</p>	<p>Item Portions                  PRE - Protein Shake + Energy Sustaining Growth Carbs                  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p><b>11:00 am Snack</b>                  56 grams Protein powder                  2 2/3 cups Fruit juice</p>	<p>Item Portions                  56g P                  72g C                  0g F                  Calories:                  512</p>	<p>Item Portions                  POST - Protein Shake                  Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine &amp; BCAA's</p>
<p><b>1:00 pm Mid Meal</b>                  2 cups Milk, low fat (1%)                  7 oz Beef, lean cuts                  1 Orange                  2 slice Whole grain bread                  9 Almonds, whole                  2 tsp Mayonnaise                  1/3 cup Fruit juice</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p>Item Portions                  Roast Beef Sandwich                  Use leftover roast beef or purchase lean sliced beef from the deli counter. Add a slice of onion and a leaf of lettuce for flavor. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B</p>
<p><b>5:00 pm Dinner</b>                  9 oz Turkey breast, skinless                  1 3/4 cups Chickpeas                  1/2 cup Mushrooms                  1/4 cup Onions                  1/2 head Lettuce, iceberg                  1 1/2 cups Cherry tomatoes                  5 tbsp Almonds, slivered</p>	<p>Item Portions                  63g P                  81g C                  15g F                  Calories:                  711</p>	<p>Item Portions                  Turkey and Salad                  Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy!                  ***OPTIONAL/OPTIMAL SUPPLEMENTS***                  Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral</p>
<p><b>8:00 pm Snack</b>                  5 oz Cheese, low or non fat                  1 cup Raspberries                  1 cup Strawberries                  30 Peanuts                  2 cups Milk, low fat (1%)                  1 1/2 oz Pretzels</p>	<p>Item Portions                  49g P                  63g C                  15g F                  Calories:                  583</p>	<p>Item Portions                  Cheese, Berries, Pretzels and Peanuts with Milk                  Dice the cheese and throw everything into a bowl. Every handful will be a great surprise!</p>

**Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875**

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

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 2 cups Milk, low fat (1%) 49 grams Protein powder 1 cup Blueberries 2 1/2 cups Cereal, cold 5 tbsp Almonds, slivered	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 49g P 63g C 15g F Calories: 583	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>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**



## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 3 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 1/2 cup Blueberries 3 slice Whole grain bread 30 Peanuts	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 2 cups Milk, low fat (1%) 7 1/2 oz Chicken breast, deli style 2 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 Pepper (bell or cubanelle) 1 Tomato 1/2 cup Kidney beans 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 slice Whole grain bread	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 6 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 1 Pepper (bell or cubanelle) 1/2 cup Salsa 1 Tomato 1 Apple 2 whole Pita 9 Almonds, whole 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 1 1/2 cups Yogurt, plain, low fat 2 Apples 15 Walnuts	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 1 cup Cottage cheese, light/low fat 28 grams Protein powder 1 cup Grapes 3 tbsp Barley 1 oz Sunflower seeds	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Sunflower Seeds 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> 7 oz Chicken breast, skinless 1 cup Lettuce, romaine 1 cup Grapes 1 Tomato 1 cup Onions 1 cup Mushrooms 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise 2 whole Pita 2 oz Mozzarella cheese, light/low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>2:00 pm Snack</b> Meal Portions: P:8 C:8 F: 5 2 1/2 cups Yogurt, plain, low fat 21 grams Protein powder 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
<b>5:00 pm Dinner</b> 8 oz Chicken breast, skinless 2 cups Mushrooms 1 cup Zucchini 2 1/4 cups Beans, green or yellow 1 1/2 cups Grapes 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 whole Pita 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 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> 4 oz Cheese, low or non fat 21 grams Protein powder 2 cups Milk, low fat (1%) 2 1/2 cups Cereal, cold 2 cups Strawberries 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>9:00 am Snack</b> 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 1 1/3 cups Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>1:00 pm Mid Meal</b> 13 1/2 oz Chicken breast, deli style 1 cup Mushrooms 1 Pepper (bell or cubanelle) 1 cup Lettuce, romaine 1 Orange 3 slice Whole grain bread 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Beef, lean cuts 1/2 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Rice 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 4 oz Cheese, low or non fat 18 Peanuts 1 Banana 2 tsp Peanut butter, natural 21 grams Protein powder 2 tbs Barley	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Cheese, Orange and Peanuts. A quick snack to keep you going!	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

## Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories

<b>Day: 83</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 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
<b>10:00 am Snack</b> 49 grams Protein powder 1 cup Milk, low fat (1%) 2 cups Peaches, canned 1 cup Oatmeal 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions PRE - Protein Shake + Energy Sustaining Growth Carbs  Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!	
<b>11:00 am Snack</b> 56 grams Protein powder 2 2/3 cups Fruit juice	Item Portions 56g P 72g C 0g F Calories: 512	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
<b>2:00 pm Mid Meal</b> 56 grams Protein powder 1 cup Fruit cocktail 2 Tomatoes 1 cup Mushrooms 1 cup Lettuce, romaine 2 cups Cucumber 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 1/2 whole Pita 1/2 cup Yogurt, plain, low fat	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B	
<b>5:00 pm Dinner</b> 8 oz Turkey breast, skinless 1 1/2 cups Chickpeas 1/2 cup Mushrooms 1/4 cup Onions 1/2 head Lettuce, iceberg 1 1/2 cups Cherry tomatoes 5 tbsp Almonds, slivered 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral	
<b>8:00 pm Snack</b> 5 oz Cheddar cheese, light/low fat 5 Pickles 15 Walnuts 2 cups Milk, low fat (1%)	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day.	
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 75g Calories: 3875</b> ** Remember to drink between 3-4 litres of water per day. **			

**Notes:**

**Empowered Nutrition - Critical Bench Lean Muscle Builder - 3875 Calories**

<b>Day: 84</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 2 cups Yogurt, plain, low fat 1 cup Pineapple 1 1/2 cups Bran cereal, all varieties 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 63g P 81g C 15g F Calories: 711	<b>Preparation Suggestions:</b> Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
<b>11:00 am Snack</b>	2 cups Yogurt, plain, low fat 4 oz Cheese, low or non fat 1 1/3 cups Applesauce 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Grate the cheese and mix with the rest of the ingredients for a quick snack that's easy to pop into a container and take along to work or elsewhere.		
<b>1:00 pm Mid Meal</b>	8 oz Chicken breast, skinless 1 cup Grapes 3 slice Whole grain bread 1/3 tsp Olive, Flax, Hemp or Salmon Oils 4 tsp Mayonnaise 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Triple Decker Chicken Salad Sandwich Make a basic chicken salad adding a little celery and onion if desired, and salt and pepper to taste. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B		
<b>4:00 pm Snack</b>	Meal Portions: P:8 C:8 F: 5 28 grams Protein powder 2 cups Yogurt, plain, low fat 1/2 tbsp Barley 1 Banana 5 tsp Peanut butter, natural	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
<b>7:00 pm Dinner</b>	5 oz Chicken breast, skinless 3 oz Cheese, low or non fat 1 cup Lettuce, romaine 1 cup Salsa 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 1 cup Milk, low fat (1%)	Item Portions 63g P 81g C 15g F Calories: 711	Item Portions Chicken Soft Tacos Brush chicken with oil and spices and grill or broil until cooked. Fill pita shells and garnish with toppings for extra crunch. Use the remaining vegetable ingredients to make a salad. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
<b>9:00 pm Snack</b>	35 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 1/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 49g P 63g C 15g F Calories: 583	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.		
<b>Total Daily Portions: Protein: 350g Carbohydrates: 450g Fat: 90g Calories: 4010</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

Protein	Carbohydrates	Fats	Other
826 grams Protein powder	7 cups Cereal, cold	34 tsp Olive, Flax, Hemp or Salmon Oils	37 cups Milk, low fat (1%)
34 1/2 oz Chicken breast, deli style	3 cups Grapes	30 Walnuts	12 cups Yogurt, plain, low fat
32 oz Chicken breast, skinless	3 cups Peaches, canned	1 oz Sunflower seeds	1/2 cup Beans, mixed, various
36 oz Cheese, low or non fat	7 2/3 cups Oatmeal	12 tsp Peanut butter, natural	2 2/3 cups Beef and vegetable soup
6 oz Mozzarella cheese, light/low fat	11 1/3 cups Fruit juice	5 Macadamia nuts	
14 Egg whites	6 1/2 cups Mushrooms	33 Almonds, whole	
1 cup Cottage cheese, light/low fat	7 Peppers (bell or cubanelle)	23 tbsp Almonds, slivered	
8 oz Whitefish	7 cups Lettuce, romaine	78 Peanuts	
3 oz Hard cheeses, light/low fat	3 Oranges	5 tsp Mayonnaise	
22 oz Beef, lean cuts	15 slice Whole grain bread		
10 oz Cheddar cheese, light/low fat	3 cups Cabbage		
10 1/2 oz Haddock	2 1/2 cups Salsa		
9 oz Turkey breast, skinless	4 1/3 cups Rice		
	3 Apples		
	1 cup Fruit cocktail		
	8 tbsp Barley		
	4 1/4 cups Onions		
	2 cups Zucchini		
	7 Tomatoes		
	3 Bananas		
	1 1/2 cups Baked beans		
	1 cup Potato		
	5 cups Raspberries		
	3 1/2 cups Spinach		
	7 cups Strawberries		
	1 cup Kidney beans		
	4 whole Pita		
	5 Pickles		
	3 cups Blueberries		
	1/2 cup Beans, black		
	4 Crackers		
	3 1/2 oz Pretzels		
	1 cup Carrots		
	1 1/2 cups Corn, canned		
	1/2 cup Pasta		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	1 1/4 cups Celery		
	2 3/4 cups Chickpeas		
	4 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	2 cups Applesauce		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	6 1/2 cups Grapes	35 tsp Olive, Flax, Hemp or Salmon Oils	13 1/2 cups Yogurt, plain, low fat
840 grams Protein powder	11 1/3 cups Oatmeal	12 tsp Mayonnaise	44 cups Milk, low fat (1%)
50 oz Chicken breast, skinless	3 cups Peaches, canned	30 Walnuts	3 cups Vegetable soup
36 oz Cheese, low or non fat	12 cups Fruit juice	1 oz Sunflower seeds	1/2 cup Beans, mixed, various
7 Eggs, whole	15 slice Whole grain bread	90 Peanuts	
1 cup Cottage cheese, light/low fat	3 1/2 cups Blueberries	12 tsp Peanut butter, natural	
15 oz Beef, lean cuts	6 1/2 cups Mushrooms	30 Almonds, whole	
5 oz Cheddar cheese, light/low fat	1 cup Zucchini	13 tbsps Almonds, slivered	
8 oz Turkey, dark meat, skinless	8 1/4 cups Beans, green or yellow	15 Olives	
10 1/2 oz Haddock	7 whole Pita		
2 oz Mozzarella cheese, light/low fat	2 Apples		
8 oz Turkey breast, skinless	1 cup Pineapple		
	10 tbsps Barley		
	4 Crackers		
	3 Bananas		
	1 cup Tomato, puree		
	2 cups Celery		
	4 cups Carrots		
	3 1/3 cups Rice		
	5 cups Raspberries		
	1/2 cup Kidney beans		
	3 1/3 cups Onions		
	3 cups Spinach, cooked		
	9 cups Strawberries		
	1 cup Fruit cocktail		
	6 Tomatoes		
	3 cups Lettuce, romaine		
	2 cups Cucumber		
	1 cup Cabbage		
	1 Pepper (bell or cubanelle)		
	1/2 cup Jalapeno peppers		
	5 Pickles		
	1/2 cup Beans, black		
	1 cup Salsa		
	1 1/2 cups Turnip		
	1 Tomato, sun dried		
	1 1/2 cups Pasta		
	1 1/2 oz Pretzels		
	2 1/2 cups Cereal, cold		
	1 Orange		
	12 spears Asparagus		
	2 cups Applesauce		
	1 1/2 cups Chickpeas		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
40 Egg whites	6 cups Grapes	31 tsp Olive, Flax, Hemp or Salmon Oils	11 cups Yogurt, plain, low fat
784 grams Protein powder	11 1/3 cups Oatmeal	15 Olives	32 cups Milk, low fat (1%)
54 oz Chicken breast, skinless	9 cups Strawberries	15 Macadamia nuts	1/2 cup Beans, mixed, various
24 oz Whitefish	11 cups Fruit juice	126 Peanuts	
9 oz Hard cheeses, light/low fat	1/2 cup Tomato, puree	9 tsp Peanut butter, natural	
25 oz Cheese, low or non fat	4 1/2 cups Beans, green or yellow	26 tbsp Almonds, slivered	
27 oz Chicken breast, deli style	3 cups Carrots	2 oz Sunflower seeds	
2 cups Cottage cheese, light/low fat	1 1/2 cups Turnip	8 tsp Mayonnaise	
8 oz Mozzarella cheese, light/low fat	3 1/2 whole Pita	9 Almonds, whole	
7 Eggs, whole	4 1/2 cups Baked beans		
7 oz Beef, lean cuts	3 cups Potato		
8 oz Turkey breast, skinless	6 cups Raspberries		
	3 oz Pretzels		
	3 Oranges		
	16 slice Whole grain bread		
	1/2 cup Beans, black		
	4 cups Onions		
	8 Tomatoes		
	2 cups Zucchini		
	3 Peppers (bell or cubanelle)		
	3 Bananas		
	3 cups Corn, canned		
	1 cup Pasta		
	4 cups Blueberries		
	7 1/2 cups Mushrooms		
	7 cups Lettuce, romaine		
	12 tbsp Barley		
	2 1/2 cups Cereal, cold		
	3 cups Cabbage		
	2 cups Salsa		
	1 cup Rice		
	1 cup Pineapple		
	1 1/4 cups Celery		
	2 1/2 cups Chickpeas		
	1 cup Kidney beans		
	2 cups Spinach, cooked		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	1 cup Fruit cocktail		
	1 cup Peaches, canned		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
18 Egg whites	2 cups Pineapple	36 2/3 tsp Olive, Flax, Hemp or Salmon Oils	11 cups Yogurt, plain, low fat
6 Eggs, whole	16 slice Whole grain bread	60 Peanuts	48 cups Milk, low fat (1%)
756 grams Protein powder	3 cups Peaches, canned	39 Almonds, whole	1 cup Beans, mixed, various
36 oz Chicken breast, skinless	7 2/3 cups Oatmeal	10 tsp Peanut butter, natural	
21 oz Haddock	11 cups Fruit juice	5 Macadamia nuts	
36 oz Cheese, low or non fat	1 1/4 cups Celery	18 tbsp Almonds, slivered	
27 oz Chicken breast, deli style	4 cups Chickpeas	9 tsp Mayonnaise	
8 oz Whitefish	1/2 cup Kidney beans	30 Walnuts	
3 oz Hard cheeses, light/low fat	2 1/2 cups Salsa	15 Olives	
13 oz Beef, lean cuts	7 cups Lettuce, romaine		
5 oz Cheddar cheese, light/low fat	24 spears Asparagus		
16 oz Turkey breast, skinless	6 cups Beans, green or yellow		
6 oz Mozzarella cheese, light/low fat	2 2/3 cups Applesauce		
	2 cups Rice		
	6 cups Raspberries		
	10 cups Strawberries		
	3 oz Pretzels		
	5 1/2 tbsp Barley		
	1 cup Beans, black		
	4 cups Onions		
	9 Tomatoes		
	2 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	2 Bananas		
	1 1/2 cups Baked beans		
	1 cup Potato		
	2 cups Blueberries		
	2 Oranges		
	3 Apples		
	6 1/2 whole Pita		
	5 Pickles		
	7 cups Cereal, cold		
	5 cups Grapes		
	4 cups Mushrooms		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	1 cup Fruit cocktail		
	1/2 cup Tomato, puree		
	1 cup Carrots		
	1 1/2 cups Turnip		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
30 Egg whites	4 1/2 cups Beans, green or yellow	34 2/3 tsp Olive, Flax, Hemp or Salmon Oils	42 cups Milk, low fat (1%)
4 Eggs, whole	1/2 cup Kidney beans	15 Olives	1/2 cup Beans, mixed, various
735 grams Protein powder	4 7/12 cups Onions	13 tbsp Almonds, slivered	5 1/3 cups Beef and vegetable soup
35 oz Chicken breast, skinless	10 cups Spinach, cooked	45 Walnuts	14 1/2 cups Yogurt, plain, low fat
18 oz Turkey breast, skinless	13 slice Whole grain bread	60 Peanuts	
15 oz Cheddar cheese, light/low fat	2 cups Blueberries	10 tsp Peanut butter, natural	
41 oz Cheese, low or non fat	7 cups Oatmeal	54 Almonds, whole	
22 oz Beef, lean cuts	11 1/3 cups Fruit juice	7 tsp Mayonnaise	
8 oz Turkey, dark meat, skinless	1 cup Tomato, puree		
6 oz Mozzarella cheese, light/low fat	5 cups Carrots		
	1 1/2 cups Turnip		
	6 whole Pita		
	3 1/2 cups Chickpeas		
	11 cups Mushrooms		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	5 Pickles		
	3 Oranges		
	1/2 cup Beans, black		
	6 Tomatoes		
	8 Crackers		
	5 1/2 oz Pretzels		
	6 1/2 tbsp Barley		
	2 Bananas		
	2 cups Celery		
	2 cups Rice		
	1 cup Peaches, canned		
	9 cups Strawberries		
	2 cups Fruit cocktail		
	3 cups Lettuce, romaine		
	2 cups Cucumber		
	1 Tomatoe, sun dried		
	2 cups Pasta		
	7 cups Raspberries		
	4 Peppers (bell or cubanelle)		
	2 2/3 cups Applesauce		
	2 cups Salsa		
	2 cups Grapes		
	4 Apples		
	1 1/2 cups Corn, canned		
	2 cups Cereal, cold		
	3 cups Cabbage		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
22 Egg whites	5 1/4 cups Beans, green or yellow	39 tsp Olive, Flax, Hemp or Salmon Oils	37 cups Milk, low fat (1%)
7 Eggs, whole	1/2 cup Kidney beans	60 Walnuts	14 cups Yogurt, plain, low fat
966 grams Protein powder	3 1/4 cups Onions	1 oz Sunflower seeds	3 cups Vegetable soup
28 oz Chicken breast, skinless	5 1/2 cups Spinach, cooked	12 Peanuts	1/2 cup Beans, mixed, various
15 oz Cheddar cheese, light/low fat	8 slice Whole grain bread	18 tbsp Almonds, slivered	2 2/3 cups Beef and vegetable soup
1 cup Cottage cheese, light/low fat	5 cups Blueberries	6 tsp Mayonnaise	
31 oz Cheese, low or non fat	9 2/3 cups Oatmeal	15 Almonds, whole	
16 oz Beef, lean cuts	11 2/3 cups Fruit juice	10 tsp Peanut butter, natural	
2 oz Mozzarella cheese, light/low fat	3 cups Fruit cocktail		
17 oz Turkey breast, skinless	9 Tomatoes		
10 1/2 oz Haddock	9 cups Mushrooms		
	5 cups Lettuce, romaine		
	6 cups Cucumber		
	9 1/2 whole Pita		
	1 cup Zucchini		
	5 1/2 cups Grapes		
	10 Pickles		
	6 1/2 tbsp Barley		
	8 Crackers		
	4 cups Raspberries		
	4 cups Strawberries		
	1 cup Tomato, puree		
	4 cups Celery		
	6 cups Carrots		
	3 cups Rice		
	4 cups Peaches, canned		
	7 1/2 cups Cereal, cold		
	1 cup Salsa		
	4 Apples		
	2 Peppers (bell or cubanelle)		
	2 cups Applesauce		
	2 Bananas		
	3 1/4 cups Chickpeas		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	1 cup Pineapple		
	12 spears Asparagus		
	1/2 cup Beans, black		
	2 oz Pretzels		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
26 Egg whites	3 cups Beans, green or yellow	36 1/3 tsp Olive, Flax, Hemp or Salmon Oils	48 cups Milk, low fat (1%)
4 Eggs, whole	1 cup Kidney beans	30 Walnuts	12 cups Yogurt, plain, low fat
770 grams Protein powder	6 5/12 cups Onions	1 oz Sunflower seeds	3 cups Vegetable soup
21 oz Chicken breast, deli style	7 1/2 cups Spinach, cooked	13 tbsp Almonds, slivered	1/2 cup Beans, mixed, various
38 oz Cheese, low or non fat	17 slice Whole grain bread	90 Peanuts	
31 oz Beef, lean cuts	3 1/2 cups Blueberries	39 Almonds, whole	
1 cup Cottage cheese, light/low fat	10 cups Oatmeal	10 tsp Mayonnaise	
29 oz Chicken breast, skinless	11 2/3 cups Fruit juice	12 tsp Peanut butter, natural	
5 oz Cheddar cheese, light/low fat	2 cups Lettuce, romaine		
10 1/2 oz Haddock	7 Peppers (bell or cubanelle)		
16 oz Turkey, dark meat, skinless	6 Tomatoes		
2 oz Mozzarella cheese, light/low fat	1/2 cup Tomato, puree		
	2 cups Celery		
	3 cups Carrots		
	7 cups Rice		
	2 Apples		
	5 cups Mushrooms		
	4 cups Grapes		
	9 1/2 tbsp Barley		
	2 cups Zucchini		
	5 cups Raspberries		
	9 cups Strawberries		
	2 cups Cabbage		
	1 cup Jalapeno peppers		
	2 Oranges		
	5 Pickles		
	2 cups Applesauce		
	4 Crackers		
	3 Bananas		
	4 cups Cauliflower		
	3 cups Peaches, canned		
	12 spears Asparagus		
	4 1/2 cups Cereal, cold		
	2 Tomatoes, sun dried		
	3 cups Pasta		
	1 1/2 oz Pretzels		
	1/2 cup Beans, black		
	2 whole Pita		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
8 Egg whites	8 1/4 cups Beans, green or yellow	33 2/3 tsp Olive, Flax, Hemp or Salmon Oils	38 cups Milk, low fat (1%)
4 Eggs, whole	1 cup Kidney beans	16 tbsp Almonds, slivered	7 1/2 cups Yogurt, plain, low fat
952 grams Protein powder	1 7/12 cups Onions	15 Walnuts	2 2/3 cups Beef and vegetable soup
34 1/2 oz Chicken breast, deli style	3 cups Spinach, cooked	36 Almonds, whole	3 cups Vegetable soup
31 oz Cheese, low or non fat	14 slice Whole grain bread	108 Peanuts	
25 oz Beef, lean cuts	11 cups Peaches, canned	9 tsp Peanut butter, natural	
10 oz Cheddar cheese, light/low fat	9 2/3 cups Oatmeal	2 oz Sunflower seeds	
8 oz Turkey, dark meat, skinless	12 2/3 cups Fruit juice	2 tsp Mayonnaise	
2 cups Cottage cheese, light/low fat	2 cups Lettuce, romaine	15 Olives	
25 oz Chicken breast, skinless	4 Peppers (bell or cubanelle)	5 Macadamia nuts	
10 1/2 oz Haddock	3 Tomatoes		
8 oz Whitefish	8 cups Cauliflower		
3 oz Hard cheeses, light/low fat	5 2/3 cups Rice		
	5 Pickles		
	2 cups Applesauce		
	3 cups Zucchini		
	5 cups Raspberries		
	11 cups Strawberries		
	16 tbsp Barley		
	2 1/2 cups Cereal, cold		
	4 cups Mushrooms		
	3 Oranges		
	1 Tomatoe, sun dried		
	2 cups Pasta		
	3 Bananas		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	3 1/2 cups Grapes		
	8 Crackers		
	3 1/2 oz Pretzels		
	2 cups Carrots		
	1 1/2 cups Corn, canned		
	12 spears Asparagus		
	1/2 cup Tomato, puree		
	1 1/2 cups Turnip		
	2 1/2 whole Pita		
	1 1/2 cups Baked beans		
	1 cup Potato		

## Grocery List

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

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Protein	Carbohydrates	Fats	Other
840 grams Protein powder	2 cups Pineapple	30 2/3 tsp Olive, Flax, Hemp or Salmon Oils	20 cups Yogurt, plain, low fat
59 oz Chicken breast, skinless	1 1/2 cups Bran cereal, all varieties	20 tbsp Almonds, slivered	34 cups Milk, low fat (1%)
22 oz Beef, lean cuts	6 1/2 cups Blueberries	45 Walnuts	1/2 cup Beans, mixed, various
41 oz Cheese, low or non fat	9 2/3 cups Oatmeal	12 tsp Mayonnaise	3 cups Vegetable soup
6 Egg whites	12 1/3 cups Fruit juice	17 tsp Peanut butter, natural	
3 Eggs, whole	1 1/4 cups Celery	48 Almonds, whole	
2 oz Mozzarella cheese, light/low fat	1 cup Chickpeas	90 Peanuts	
13 1/2 oz Chicken breast, deli style	1/2 cup Kidney beans		
10 1/2 oz Haddock	4 1/2 cups Salsa		
5 oz Cheddar cheese, light/low fat	7 cups Lettuce, romaine		
	4 cups Cauliflower		
	5 1/3 cups Rice		
	5 Apples		
	19 slice Whole grain bread		
	1/2 cup Beans, black		
	2 cups Onions		
	4 Tomatoes		
	4 1/2 cups Grapes		
	6 tbsp Barley		
	4 Bananas		
	2 Peppers (bell or cubanella)		
	7 whole Pita		
	4 cups Raspberries		
	5 cups Cereal, cold		
	2 cups Strawberries		
	3 Oranges		
	8 cups Mushrooms		
	1 cup Zucchini		
	3 3/4 cups Beans, green or yellow		
	3 1/3 cups Applesauce		
	6 cups Cabbage		
	12 spears Asparagus		
	5 Pickles		
	4 Crackers		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
8 oz Mozzarella cheese, light/low fat	1 cup Fruit cocktail	36 2/3 tsp Olive, Flax, Hemp or Salmon Oils	46 cups Milk, low fat (1%)
14 Egg whites	19 slice Whole grain bread	42 Almonds, whole	10 cups Yogurt, plain, low fat
819 grams Protein powder	10 cups Strawberries	15 tsp Mayonnaise	1/2 cup Beans, mixed, various
19 oz Beef, lean cuts	10 cups Oatmeal	45 Walnuts	
61 oz Chicken breast, skinless	12 cups Fruit juice	78 Peanuts	
10 oz Cheddar cheese, light/low fat	2 Oranges	11 tbsp Almonds, slivered	
37 oz Cheese, low or non fat	4 cups Cabbage	7 tsp Peanut butter, natural	
7 1/2 oz Chicken breast, deli style	5 1/2 cups Onions	1 oz Sunflower seeds	
21 oz Haddock	6 Peppers (bell or cubanelle)		
1 cup Cottage cheese, light/low fat	1/2 cup Jalapeno peppers		
	4 1/3 cups Rice		
	10 Pickles		
	2 1/2 cups Blueberries		
	2 2/3 cups Applesauce		
	4 cups Grapes		
	6 cups Raspberries		
	8 1/2 tbsp Barley		
	3 cups Salsa		
	8 Tomatoes		
	4 Apples		
	7 whole Pita		
	7 cups Lettuce, romaine		
	1 cup Kidney beans		
	24 spears Asparagus		
	3 cups Beans, green or yellow		
	1/2 cup Beans, black		
	7 cups Mushrooms		
	2 Bananas		
	1 cup Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	2 1/2 cups Cereal, cold		
	1 1/4 cups Celery		
	1 cup Chickpeas		
	3 1/2 cups Spinach		
	1 cup Carrots		
	1 1/2 cups Corn, canned		
	1/2 cup Pasta		
	1 cup Peaches, canned		

## Grocery List

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

Protein	Carbohydrates	Fats	Other
44 oz Cheese, low or non fat	4 1/2 cups Cereal, cold	36 tsp Olive, Flax, Hemp or Salmon Oils	42 cups Milk, low fat (1%)
756 grams Protein powder	8 cups Strawberries		1 cup Beans, mixed, various
39 oz Chicken breast, skinless	2 cups Peaches, canned	20 tbsp Almonds, slivered	13 cups Yogurt, plain, low fat
9 oz Turkey breast, skinless	12 1/3 cups Oatmeal	138 Peanuts	2 2/3 cups Beef and vegetable soup
4 oz Mozzarella cheese, light/low fat	12 cups Fruit juice	19 tsp Peanut butter, natural	
26 Egg whites	1 1/4 cups Celery	15 Olives	
21 oz Chicken breast, deli style	2 3/4 cups Chickpeas	1 oz Sunflower seeds	3 cups Vegetable soup
1 cup Cottage cheese, light/low fat	1 cup Kidney beans	3 tsp Mayonnaise	
5 oz Cheddar cheese, light/low fat	1 cup Salsa		
9 oz Beef, lean cuts	5 cups Lettuce, romaine		
8 oz Turkey, dark meat, skinless	1 1/2 cups Mushrooms		
21 oz Haddock	4 7/12 cups Onions		
	1/2 head Lettuce, iceberg		
	1 1/2 cups Cherry tomatoes		
	4 cups Raspberries		
	5 oz Pretzels		
	1 cup Fruit cocktail		
	12 slice Whole grain bread		
	1 cup Beans, black		
	7 Tomatoes		
	2 cups Zucchini		
	5 Peppers (bell or cubanelle)		
	5 Bananas		
	2 cups Cabbage		
	1 cup Jalapeno peppers		
	7 cups Rice		
	4 1/2 cups Blueberries		
	1/2 cup Tomato, puree		
	6 cups Beans, green or yellow		
	1 cup Carrots		
	1 1/2 cups Turnip		
	1 1/2 whole Pita		
	3 cups Grapes		
	9 tbsp Barley		
	8 Crackers		
	4 cups Cauliflower		
	1 cup Spinach		
	1 Tomatoe, sun dried		
	1 1/2 cups Pasta		
	24 spears Asparagus		
	1 1/3 cups Applesauce		



## Grocery List

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

Protein	Carbohydrates	Fats	Other
952 grams Protein powder	9 1/2 cups Cereal, cold	30 1/3 tsp Olive, Flax, Hemp or Salmon Oils	38 cups Milk, low fat (1%)
21 oz Beef, lean cuts	10 cups Grapes		14 1/2 cups Yogurt, plain, low fat
17 oz Turkey breast, skinless	4 cups Peaches, canned	33 Almonds, whole	
36 oz Cheese, low or non fat	7 2/3 cups Oatmeal	13 tsp Mayonnaise	
2 cups Cottage cheese, light/low fat	11 cups Fruit juice	25 tbsp Almonds, slivered	
44 oz Chicken breast, skinless	2 Oranges	78 Peanuts	
21 oz Chicken breast, deli style	16 slice Whole grain bread	2 oz Sunflower seeds	
2 oz Mozzarella cheese, light/low fat	3 1/4 cups Chickpeas	17 tsp Peanut butter, natural	
5 oz Cheddar cheese, light/low fat	8 cups Mushrooms	30 Walnuts	
	2 cups Onions		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	3 cups Raspberries		
	8 cups Strawberries		
	1 1/2 oz Pretzels		
	2 1/2 cups Blueberries		
	10 1/2 tbsp Barley		
	4 Bananas		
	2 cups Zucchini		
	4 1/2 cups Beans, green or yellow		
	9 1/2 whole Pita		
	5 cups Lettuce, romaine		
	3 Peppers (bell or cubanelle)		
	5 Tomatoes		
	1/2 cup Kidney beans		
	1 1/2 cups Salsa		
	3 Apples		
	1/2 cup Tomato, puree		
	2 cups Celery		
	3 cups Carrots		
	1 cup Rice		
	2 cups Pineapple		
	3 cups Bran cereal, all varieties		
	1 cup Fruit cocktail		
	2 cups Cucumber		
	5 Pickles		
	1 1/3 cups Applesauce		