

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 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.

Sincerely,

Mike Westerdal & Patrick McGuire

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Day: 1

<p>6:00 am Breakfast</p> <p>6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions:</p> <p>Your favorite cereal mixed with fruit. Enjoy the eggs and 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>9:00 am Snack</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Preparation Suggestions:</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>11:00 am Snack</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</p>	<p>Preparation Suggestions:</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 & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p>Preparation Suggestions:</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps</p>
<p>5:00 pm Dinner</p> <p>10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p>Preparation Suggestions:</p> <p>Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Preparation Suggestions:</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403

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

Notes:

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Day: 2	Schedule: 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
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Preparation Suggestions: Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Preparation Suggestions: Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Preparation Suggestions: 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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

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Day: 3	Schedule:	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>			
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

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Day: 4	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

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Day: 5	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			
Notes:			

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Day: 6	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			
Notes:			

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Day: 7	Schedule: 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
9:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
11:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
1:00 pm Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
7:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

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Day: 8	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

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Day: 9	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 10	Schedule:	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>			
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 11	Schedule: 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
7:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 12	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 13	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 14	Schedule: 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
9:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
11:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
7:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 15	Schedule:	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>			
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 16	Schedule: 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
7:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 17	Schedule: 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
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanella) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 18	Schedule: 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
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 19	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 20	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 21		Schedule:		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>			
9:00 am Breakfast	12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
11:00 am Snack	5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
1:00 pm Mid Meal	2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions		
4:00 pm Snack	35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions		
7:00 pm Dinner	10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions		
9:00 pm Snack	28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 22	Schedule:	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>			
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 23	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 24

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>6:00 am Breakfast</p> <p>4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions:</p> <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</p>
<p>9:00 am Snack</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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>11:00 am Snack</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</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 & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps</p>
<p>5:00 pm Dinner</p> <p>10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p align="center">Item Portions</p> <p>Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!</p>
<p align="center">Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 25	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 26	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 27	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 28	Schedule: 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
9:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
11:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
1:00 pm Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
4:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 29	Schedule:	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>			
6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 30	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 56g P 108g C Calories: 656	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 31	Schedule:	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>			
6:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 32	Schedule: 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
7:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 33	Schedule:	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>			
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 34

Schedule:

8:00 am Breakfast

10:00 am Snack

11:30 am Snack

1:30 pm Mid Meal

5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 10:30 am

<p>8:00 am Breakfast</p> <p>6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions:</p> <p>This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts 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>10:00 am Snack</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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>11:30 am Snack</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</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 & BCAA's</p>
<p>1:30 pm Mid Meal</p> <p>12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps</p>
<p>5:00 pm Dinner</p> <p>12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p align="center">Item Portions</p> <p>Milk & Peanuts A tall glass of milk and a handful of peanuts wiht a banana and some protein. Straight up or blended, it's just right. Enjoy!</p>
<p align="center">Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 35		Schedule:		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>			
9:00 am Breakfast	56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
11:00 am Snack	1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
			Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!		
1:00 pm Mid Meal	9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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		
4:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!		
7:00 pm Dinner	10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions		
			Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
9:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!		
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313					
** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 36		Schedule:		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>					
6:00 am Breakfast	6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
9:00 am Snack	35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!		
11:00 am Snack	56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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		
1:00 pm Mid Meal	1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps		
5:00 pm Dinner	10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.		
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 37	Schedule: 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
7:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 38	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 39	Schedule: 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
7:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 40	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 41	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 42		Schedule:		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>			
9:00 am Breakfast	56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
11:00 am Snack	1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!		
1:00 pm Mid Meal	2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps		
4:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!		
7:00 pm Dinner	10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
9:00 pm Snack	28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!		
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313					
** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 43

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>6:00 am Breakfast</p> <p>4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions:</p> <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</p>
<p>9:00 am Snack</p> <p>42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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>11:00 am Snack</p> <p>56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</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 & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>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</p>
<p>5:00 pm Dinner</p> <p>10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</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, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p align="center">Item Portions</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>
<p align="center">Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **</p>		

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 44	Schedule: 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
7:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 45	Schedule:	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>			
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 46	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 47	Schedule:	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>			
6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 48		Schedule:		11:30 am Snack	8:00 pm Snack
		8:00 am Breakfast	1:30 pm Mid Meal		
		10:00 am Snack	5:00 pm Dinner		
<i>Workout: Weight Resistance at 10:30 am</i>					
8:00 am Breakfast	12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions:	French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack	35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack	56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656		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	
1:30 pm Mid Meal	1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775		Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner	7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775		Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack	4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647		Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 49	Schedule: 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
9:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
11:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
7:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
9:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 50	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 51	Schedule: 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
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 52	Schedule:	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>			
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsp Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 53	Schedule: 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
7:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 54

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>6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and 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>9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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>11:00 am Snack 56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</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 & BCAA's</p>
<p>1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps</p>
<p>5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p align="center">Item Portions</p> <p>Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p align="center">Item Portions</p> <p>Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 55	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Strawberries 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
10:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 56		Schedule:		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>			
9:00 am Breakfast	6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
11:00 am Snack	5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
1:00 pm Mid Meal	8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions		
4:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions		
7:00 pm Dinner	10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions		
9:00 pm Snack	28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions		
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 57	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 58	Schedule: 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
7:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 59	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsps Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 60	Schedule: 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
7:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 61	Schedule:	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>			
6:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 62	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 63		Schedule:		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>			
9:00 am Breakfast	12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
11:00 am Snack	4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.		
1:00 pm Mid Meal	9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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		
4:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 tbsp Barley 1 Banana 2 tsp Peanut butter, natural	Item Portions 56g P 72g C 10g F Calories: 566	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!		
7:00 pm Dinner	8 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral		
9:00 pm Snack	28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!		
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 64	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 Banana 30 Peanuts 1 tbsps Barley	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Milk & Peanuts A tall glass of milk and a handful of peanuts with a banana and some protein. Straight up or blended, it's just right. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 65	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 4 slice Whole grain bread 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Yogurt and toast. Mix the protein powder and olive oil into the yogurt. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 66	Schedule:	11:00 am Snack
	6:00 am Breakfast	8:00 pm Snack
	9:00 am Snack	1:00 pm Mid Meal
		5:00 pm Dinner
<i>Workout: Weight Resistance at 9:30 am</i>		
6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **		
Notes:		

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 67	Schedule: 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
7:00 am Breakfast 6 Egg whites 3 Eggs, whole 21 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Grapes 1 2/3 cups Oatmeal 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: This one is pretty straight forward. Scrambled eggs and grapes with a shake! Season with salt and pepper to taste and enjoy the nuts on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 68		Schedule:		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>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
42 grams Protein powder		84g 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%)		108g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
2 cups Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
1 cup Strawberries		Calories: 903			
1 2/3 cups Oatmeal					
6 Almonds, whole					
1 tsp Olive, Flax and/or Salmon Oils					
9:00 am Snack		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	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 cup Strawberries		15g F			
1 2/3 cups Oatmeal		Calories: 647			
1 2/3 tsp Olive, Flax and/or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		56g P	POST - Protein Shake		
4 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy!		
		Calories: 656	***OPTIONAL/OPTIMAL SUPPLEMENTS:*** 1 gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
1 cup Milk, low fat (1%)		70g P	A tasty and simple meal of soup. Enjoy!		
3 1/3 cups Tomato vegetable soup		90g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
2 whole Pita		15g F	Digestive Enzymes, Omega 3 caps		
4 oz Cheddar cheese, light/low fat		Calories: 775			
5:00 pm Dinner		Item Portions	Item Portions		
7 oz Beef, lean cuts		70g P	Beef Stroganoff		
1 1/2 cups Yogurt, plain, low fat		90g C	Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
3 cups Beans, green or yellow		15g F			
2 cups Mushrooms		Calories: 775			
1 cup Onions					
1/2 cup Pasta					
1 2/3 tsp Olive, Flax and/or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	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.		
2 cups Yogurt, plain, low fat		72g C			
1 1/3 cups Applesauce		15g F			
15 Almonds, whole		Calories: 647			
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403					
** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 69	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 4 cups Vegetable soup 3 slice Whole grain bread 3 Almonds, whole 6 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup with cheese and a slice of bread to scoop up the leftovers. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 70		Schedule:		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>			
9:00 am Breakfast		Item Portions	Preparation Suggestions:		
42 grams Protein powder		84g 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%)		108g C	***OPTIONAL/OPTIMAL SUPPLEMENTS:***		
2 cups Yogurt, plain, low fat		15g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
1 cup Strawberries		Calories: 903			
1 2/3 cups Oatmeal					
6 Almonds, whole					
1 tsp Olive, Flax and/or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat		56g P	Cheese, Protein, Applesauce & Almonds		
28 grams Protein powder		72g C	Mix protein powder with applesauce and top with almonds. Eat cheese separately.		
2 2/3 cups Applesauce		15g F			
5 tbsp Almonds, slivered		Calories: 647			
1:00 pm Mid Meal		Item Portions	Item Portions		
2 1/2 cups Beef and barley soup		70g P	A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL		
2 Peppers (bell or cubanelle)		90g C	SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps		
2 slice Whole grain bread		15g F			
5 oz Cheddar cheese, light/low fat		Calories: 775			
4:00 pm Snack		Item Portions	Item Portions		
42 grams Protein powder		56g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		72g C	Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!		
1 1/2 cups Grapes		10g F			
1 cup Oatmeal		Calories: 566			
2/3 tsp Olive, Flax and/or Salmon Oils					
7:00 pm Dinner		Item Portions	Item Portions		
7 oz Beef, lean cuts		70g P	Beef Stroganoff		
1 1/2 cups Yogurt, plain, low fat		90g C	Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL		
3 cups Beans, green or yellow		15g F	SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
2 cups Mushrooms		Calories: 775			
1 cup Onions					
1/2 cup Pasta					
1 2/3 tsp Olive, Flax and/or Salmon Oils					
9:00 pm Snack		Item Portions	Item Portions		
28 grams Protein powder		56g P	Protein Shake with Fruit		
2 cups Yogurt, plain, low fat		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!		
1 cup Strawberries		15g F			
1 1/2 tbsp Barley		Calories: 647			
1 2/3 tsp Olive, Flax and/or Salmon Oils					
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313					
** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 71	Schedule:	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>			
6:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 72		Schedule:	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>		
7:00 am Breakfast	6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack	5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal	2 1/2 cups Beef and barley soup 2 Peppers (bell or cubanelle) 2 slice Whole grain bread 5 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A simple but tasty meal: soup and a cheese sandwich. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack	42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner	10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack	28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **				

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 73	Schedule:	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>			
6:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 74	Schedule: 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
7:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 2/3 cups Applesauce 5 tbsp Almonds, slivered	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cheese, Protein, Applesauce & Almonds Mix protein powder with applesauce and top with almonds. Eat cheese separately.	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 tbsp Barley 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	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, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 75	Schedule:	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>			
6:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low 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.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 76

Schedule:

8:00 am Breakfast

10:00 am Snack

11:30 am Snack

1:30 pm Mid Meal

5:00 pm Dinner

8:00 pm Snack

Workout: Weight Resistance at 10:30 am

<p>8:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered</p>	<p>Item Portions 84g P 108g C 15g F Calories: 903</p>	<p>Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E</p>
<p>10:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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>11:30 am Snack 56 grams Protein powder 4 cups Fruit juice</p>	<p>Item Portions 56g P 108g C Calories: 656</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 & BCAA's</p>
<p>1:30 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p>Item Portions 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</p>
<p>5:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Carrots 1 1/4 cups Corn, canned 1 cup Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils</p>	<p>Item Portions 70g P 90g C 15g F Calories: 775</p>	<p>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, Multi Vit/Mineral</p>
<p>8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole</p>	<p>Item Portions 56g P 72g C 15g F Calories: 647</p>	<p>Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.</p>

Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403

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

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 77	Schedule: 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
9:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
11:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
7:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
9:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 78		Schedule:		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>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat		84g P 108g C 15g F Calories: 903	Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E		
9:00 am Snack		Item Portions	Item Portions		
35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils		56g P 72g C 15g F Calories: 647	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder 4 cups Fruit juice		56g P 108g C Calories: 656	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		
1:00 pm Mid Meal		Item Portions	Item Portions		
12 oz Ground beef (< 10% fat) 2 oz Cheese, low or non fat 1/2 cup Onions 1/4 head Lettuce, iceberg 2 Tomatoes 1 cup Grapes 3 slice Whole grain bread 30 Peanuts		70g P 90g C 15g F Calories: 775	Cheeseburger Broil hamburger to preferred degree of doneness. Place cheese on top and broil hamburger until cheese is melted. Put cheeseburger together with the tomato, lettuce and onion. Have the fruit and nuts for dessert. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps		
5:00 pm Dinner		Item Portions	Item Portions		
10 oz Chicken breast, skinless 1 cup Onions 1 cup Tomato, puree 2 Peppers (bell or cubanelle) 1 1/2 cups Tomatoes 1 1/3 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils		70g P 90g C 15g F Calories: 775	Chicken Cacciatore Chop the vegetables and mix with the tomato puree, then cover the chicken with this mixture and bake. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Applesauce 15 Almonds, whole		56g P 72g C 15g F Calories: 647	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.		
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403					
** Remember to drink between 3 - 4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 79	Schedule: 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
7:00 am Breakfast 6 Eggs, whole 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 Bananas 1 2/3 tsp Olive, Flax and/or Salmon Oils 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the eggs and cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
9:00 am Snack 5 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 2 Apples 1/2 oz Cereal, dry 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions A nice, quick snack to satisfy those cravings!	
11:00 am Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 12 oz Ground beef (< 10% fat) 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 cups Potato 2 Eggs, whole 1/2 tbsp Barley	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Patty Dinner Prepare a MONSTER BEEF patty using an egg, barley and your favorite spices a little BBQ goes a long way. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 28 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Peaches, canned 2/3 cup Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Protein Smoothie Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 80	Schedule:	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>			
6:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 1 cup Milk, low fat (1%) 3 1/3 cups Tomato vegetable soup 2 whole Pita 4 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions A tasty and simple meal of soup. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 81	Schedule: 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
7:00 am Breakfast 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Grapes 2 cups Oatmeal 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: A tasty, yet 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	
9:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
11:00 am Mid Meal 8 oz Tuna, canned in water 2 Bananas 2 whole Pita 5 tsp Mayonnaise 2 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Tuna Sandwich Mix tuna and mayonnaise, salt and pepper to taste. For some added crunch add a handful of chopped lettuce, celery or bean sprouts. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps	
2:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 82	Schedule:	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>			
6:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
9:00 am Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Strawberries 1 2/3 cups Oatmeal 1 2/3 tsp Olive, Flax and/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!	
11:00 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:00 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 7 oz Beef, lean cuts 1 1/2 cups Yogurt, plain, low fat 3 cups Beans, green or yellow 2 cups Mushrooms 1 cup Onions 1/2 cup Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Beef Stroganoff Slice the beef and saute with the vegetables. Mix in the yogurt when done, and season with salt, pepper, and rosemary. Serve hot. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 1 1/3 cups Oatmeal 15 Almonds, whole	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Mix yogurt and oatmeal together, topping with nuts. Enjoy cheese on the side or grate and mix together.	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 83	Schedule:	11:30 am Snack	8:00 pm Snack
	8:00 am Breakfast	1:30 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:30 am</i>			
8:00 am Breakfast 42 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Yogurt, plain, low fat 1 cup Strawberries 1 2/3 cups Oatmeal 6 Almonds, whole 1 tsp Olive, Flax and/or Salmon Oils	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: 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	
10:00 am Snack 35 grams Protein powder 3 cups Milk, low fat (1%) 1/3 cup Applesauce 2 tbsp Barley 1 2/3 tsp Olive, Flax and/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!	
11:30 am Snack 56 grams Protein powder 4 cups Fruit juice	Item Portions 56g P 108g C Calories: 656	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	
1:30 pm Mid Meal 8 oz Chicken breast, skinless 2 cups Milk, low fat (1%) 1 cup Grapes 3 slice Whole grain bread 2/3 tsp Olive, Flax and/or Salmon Oils 3 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions 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	
5:00 pm Dinner 10 1/2 oz Ground beef (< 10% fat) 1/2 cup Onions 1 cup Tomato sauce 1 3/4 cups Pasta 1 2/3 tsp Olive, Flax and/or Salmon Oils 3 oz Cheddar cheese, light/low fat	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Pasta & Sauce In a sauce pan saute onion until done. Add meat and spices to onion mixture and simmer until meat is done. Add tomato sauce and reduce heat. Pour over cooked pasta and serve. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 3 cups Celery 3 cups Cucumber 3 Peppers (bell or cubanelle) 2 Rice cakes 1 2/3 tsp Olive, Flax and/or Salmon Oils 1 cup Yogurt, plain, low fat 7 grams Protein powder	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Sliced vegetables, rice cakes with olive oil, yogurt, protein powder and balsamic vinegar dip. Feel free to reduce the quantity of vegetables if you'd like. Enjoy!	
Total Daily Portions: Protein: 392 Carbohydrates: 540g Fat: 75g Calories: 4403 ** Remember to drink between 3 - 4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4403 Calories

Day: 84	Schedule: 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
9:00 am Breakfast 12 Egg whites 28 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Strawberries 4 slice Whole grain bread 5 tbsp Almonds, slivered	Item Portions 84g P 108g C 15g F Calories: 903	Preparation Suggestions: French Toast Sticks Cut bread into sticks and soak in beaten eggs with 1/2 cup milk (drink the rest) and protein powder. In a non-stick pan over medium heat cook breadsticks, turning often until done. Top with sliced strawberries and slivered almonds. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E	
11:00 am Snack 1 cup Cottage cheese, light/low fat 2 cups Yogurt, plain, low fat 2 cups Grapes 30 Peanuts	Item Portions 56g P 72g C 15g F Calories: 647	Item Portions Cottage Cheese, Grapes & Yogurt Mix cottage cheese, yogurt, fruit and nuts. Add sweetener if desired and enjoy!	
1:00 pm Mid Meal 9 oz Beef, lean cuts 1 cup Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 1 Pepper (bell or cubanelle) 3 slice Whole grain bread 9 Almonds, whole 2 tsp Mayonnaise	Item Portions 70g P 90g C 15g F Calories: 775	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	
4:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 1 1/2 cups Grapes 1 cup Oatmeal 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 56g P 72g C 10g F Calories: 566	Item Portions Protein Shake with Fruit Blend all ingredients together and add ice cubes until desired consistency is reached. If a blender is not available mix protein powder with cold water and have remaining ingredients on the side. Enjoy!	
7:00 pm Dinner 10 oz Chicken breast, skinless 2 cups Mushrooms 1 1/2 cups Grapes 2 cups Rice 1 2/3 tsp Olive, Flax and/or Salmon Oils	Item Portions 70g P 90g C 15g F Calories: 775	Item Portions Chicken with Grapes A simple grilled chicken breast with sauteed mushrooms over top and some fruit on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS:*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral	
9:00 pm Snack 42 grams Protein powder 2 cups Milk, low fat (1%) 3 cups Strawberries 1 1/2 tbsp Barley 1 2/3 tsp Olive, Flax and/or Salmon Oils	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!	
Total Daily Portions: Protein: 392g Carbohydrates: 504g Fat: 81g Calories: 4313			
** 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
11 Eggs, whole	5 cups Cereal, cold	34 2/3 tsp Olive, Flax and/or Salmon Oils	43 cups Milk, low fat (1%)
24 oz Cheddar cheese, light/low fat	6 Bananas	120 Peanuts	18 1/2 cups Yogurt, plain, low fat
903 grams Protein powder	12 cups Strawberries	48 Almonds, whole	2 1/2 cups Beef and barley soup
34 1/2 oz Ground beef (< 10% fat)	11 2/3 cups Oatmeal	10 tsp Mayonnaise	4 cups Vegetable soup
28 oz Cheese, low or non fat	16 cups Fruit juice	15 tbsp Almonds, slivered	3 1/3 cups Tomato vegetable soup
38 oz Chicken breast, skinless	4 cups Onions	2 tsp Peanut butter, natural	
1 cup Cottage cheese, light/low fat	1/4 head Lettuce, iceberg		
24 oz Beef, lean cuts	2 Tomatoes		
18 Egg whites	10 cups Grapes		
8 oz Tuna, canned in water	22 slice Whole grain bread		
	5 cups Mushrooms		
	4 1/3 cups Rice		
	8 Peppers (bell or cubanelle)		
	3 cups Potato		
	12 tbsp Barley		
	2 cups Peaches, canned		
	3 cups Beans, green or yellow		
	2 3/4 cups Pasta		
	2 Apples		
	1/2 oz Cereal, dry		
	5 cups Carrots		
	1 1/4 cups Corn, canned		
	4 whole Pita		
	2 cups Tomato, puree		
	1 1/2 cups Tomatoes		
	5 cups Celery		
	3 cups Cucumber		
	2 Rice cakes		
	4 1/3 cups Applesauce		
	1 cup Tomato sauce		

Grocery List

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

Protein	Carbohydrates	Fats	Other
917 grams Protein powder	19 slice Whole grain bread	36 1/3 tsp Olive, Flax and/or Salmon Oils	19 cups Yogurt, plain, low fat
20 oz Cheddar cheese, light/low fat	2 cups Peaches, canned	45 Almonds, whole	39 cups Milk, low fat (1%)
48 oz Ground beef (< 10% fat)	16 1/2 tbsp Barley	150 Peanuts	8 cups Vegetable soup
13 Eggs, whole	16 cups Fruit juice	12 tsp Mayonnaise	
35 oz Cheese, low or non fat	6 cups Potato	2 tsp Peanut butter, natural	
16 oz Tuna, canned in water	10 2/3 cups Oatmeal	10 tbsp Almonds, slivered	
17 oz Beef, lean cuts	11 1/2 cups Grapes		
40 oz Chicken breast, skinless	4 Apples		
6 Egg whites	1 oz Cereal, dry		
	8 Bananas		
	4 whole Pita		
	3 cups Tomato, puree		
	5 cups Celery		
	3 cups Carrots		
	1/2 cup Pasta		
	5 cups Strawberries		
	5 cups Cereal, cold		
	5 cups Applesauce		
	5 cups Mushrooms		
	6 2/3 cups Rice		
	4 cups Onions		
	8 Peppers (bell or cubanelle)		
	3 cups Tomatoes		
	1/2 head Lettuce, iceberg		
	4 Tomatoes		
	3 cups Cucumber		
	2 Rice cakes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
33 oz Cheese, low or non fat	9 cups Cereal, cold	36 1/3 tsp Olive, Flax and/or Salmon Oils	48 cups Milk, low fat (1%)
952 grams Protein powder	16 cups Strawberries	7 tsp Mayonnaise	14 cups Yogurt, plain, low fat
38 oz Chicken breast, skinless	13 1/2 tbsp Barley	150 Peanuts	3 1/3 cups Tomato vegetable soup
26 oz Beef, lean cuts	9 1/3 cups Oatmeal	15 tbsp Almonds, slivered	4 cups Vegetable soup
45 oz Ground beef (< 10% fat)	16 cups Fruit juice	27 Almonds, whole	2 1/2 cups Beef and barley soup
21 oz Cheddar cheese, light/low fat	10 1/2 cups Grapes	2 tsp Peanut butter, natural	
1 cup Cottage cheese, light/low fat	25 slice Whole grain bread		
5 Eggs, whole	4 1/2 cups Onions		
18 Egg whites	2 cups Tomato, puree		
	12 Peppers (bell or cubanelle)		
	1 1/2 cups Tomatoes		
	5 1/3 cups Rice		
	3 Bananas		
	2 2/3 cups Applesauce		
	6 cups Mushrooms		
	2 cups Tomato sauce		
	4 cups Pasta		
	1 cup Peaches, canned		
	2 whole Pita		
	8 cups Celery		
	6 cups Cucumber		
	4 Rice cakes		
	3 cups Potato		
	1/4 head Lettuce, iceberg		
	2 Tomatoes		
	3 cups Carrots		
	2 Apples		
	1/2 oz Cereal, dry		

Grocery List

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

Protein	Carbohydrates	Fats	Other
40 oz Cheese, low or non fat	11 cups Cereal, cold	38 tsp Olive, Flax and/or Salmon Oils	42 cups Milk, low fat (1%)
945 grams Protein powder	12 cups Strawberries	90 Peanuts	16 1/2 cups Yogurt, plain, low fat
66 oz Ground beef (< 10% fat)	18 1/2 tbsp Barley	36 Almonds, whole	8 cups Vegetable soup
15 oz Beef, lean cuts	3 cups Peaches, canned	10 tbsp Almonds, slivered	5 cups Beef and barley soup
8 oz Tuna, canned in water	16 cups Fruit juice	2 tsp Peanut butter, natural	3 1/3 cups Tomato vegetable soup
44 oz Cheddar cheese, light/low fat	3 1/2 cups Onions		
8 Eggs, whole	1/4 head Lettuce, iceberg		
	2 Tomatoes		
	3 cups Grapes		
	17 slice Whole grain bread		
	3 cups Beans, green or yellow		
	2 cups Mushrooms		
	8 cups Pasta		
	8 2/3 cups Applesauce		
	6 Bananas		
	4 whole Pita		
	4 cups Tomato sauce		
	5 cups Celery		
	3 cups Cucumber		
	7 Peppers (bell or cubanelle)		
	2 Rice cakes		
	4 2/3 cups Oatmeal		
	2 Apples		
	1/2 oz Cereal, dry		
	3 cups Potato		
	1 cup Tomato, puree		
	3 cups Carrots		

Grocery List

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

Protein	Carbohydrates	Fats	Other
917 grams Protein powder	16 cups Strawberries	48 Almonds, whole	44 cups Milk, low fat (1%)
60 oz Ground beef (< 10% fat)	12 1/3 cups Oatmeal	32 1/3 tsp Olive, Flax and/or Salmon Oils	18 cups Yogurt, plain, low fat
18 oz Cheese, low or non fat	16 cups Fruit juice	240 Peanuts	2 1/2 cups Beef and barley soup
13 Eggs, whole	3 1/2 cups Onions	10 tbsp Almonds, slivered	4 cups Vegetable soup
3 cups Cottage cheese, light/low fat	3/4 head Lettuce, iceberg	7 tsp Mayonnaise	
17 oz Cheddar cheese, light/low fat	6 Tomatoes	2 tsp Peanut butter, natural	
30 oz Chicken breast, skinless	13 1/2 cups Grapes		
25 oz Beef, lean cuts	25 slice Whole grain bread		
18 Egg whites	6 cups Potato		
8 oz Tuna, canned in water	13 1/2 tbsp Barley		
	5 Peppers (bell or cubanelle)		
	8 cups Carrots		
	1 1/4 cups Corn, canned		
	4 1/3 cups Rice		
	2 cups Peaches, canned		
	5 cups Cereal, cold		
	3 cups Tomato, puree		
	4 cups Celery		
	1 cup Pasta		
	7 Bananas		
	2 whole Pita		
	1 1/2 cups Tomatoes		
	1 1/3 cups Applesauce		
	3 cups Mushrooms		

Grocery List

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

Protein	Carbohydrates	Fats	Other
12 Egg whites	12 1/2 cups Grapes	20 tbsp Almonds, slivered	39 cups Milk, low fat (1%)
12 Eggs, whole	11 2/3 cups Oatmeal	33 2/3 tsp Olive, Flax and/or Salmon Oils	6 2/3 cups Tomato vegetable soup
931 grams Protein powder	8 2/3 cups Applesauce	48 Almonds, whole	19 1/2 cups Yogurt, plain, low fat
33 oz Cheddar cheese, light/low fat	12 tbsp Barley	3 tsp Mayonnaise	7 1/2 cups Beef and barley soup
58 oz Chicken breast, skinless	16 cups Fruit juice	60 Peanuts	4 cups Vegetable soup
24 oz Cheese, low or non fat	4 whole Pita	2 tsp Peanut butter, natural	
15 oz Beef, lean cuts	3 cups Onions		
1 cup Cottage cheese, light/low fat	3 cups Tomato, puree		
	10 Peppers (bell or cubanelle)		
	3 cups Tomatoes		
	7 2/3 cups Rice		
	5 cups Cereal, cold		
	9 cups Strawberries		
	20 slice Whole grain bread		
	3 cups Beans, green or yellow		
	6 cups Mushrooms		
	1 cup Pasta		
	4 Bananas		
	5 cups Carrots		
	1 1/4 cups Corn, canned		
	1 cup Peaches, canned		
	2 cups Celery		

Grocery List

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

Protein	Carbohydrates	Fats	Other
31 oz Cheese, low or non fat	3 cups Cereal, cold	33 tsp Olive, Flax and/or Salmon Oils	53 cups Milk, low fat (1%)
952 grams Protein powder	15 cups Strawberries	18 tsp Mayonnaise	16 cups Yogurt, plain, low fat
36 oz Chicken breast, skinless	11 tbsp Barley	48 Almonds, whole	4 cups Vegetable soup
30 Egg whites	11 cups Oatmeal	20 tbsp Almonds, slivered	3 1/3 cups Tomato vegetable soup
16 oz Tuna, canned in water	16 cups Fruit juice	90 Peanuts	
14 oz Cheddar cheese, light/low fat	5 1/2 cups Grapes	4 tsp Peanut butter, natural	
47 oz Beef, lean cuts	28 slice Whole grain bread		
3 Eggs, whole	13 cups Carrots		
	2 1/2 cups Corn, canned		
	2 cups Rice		
	4 Apples		
	1 oz Cereal, dry		
	7 Bananas		
	6 whole Pita		
	3 cups Tomato, puree		
	9 cups Celery		
	2 1/2 cups Pasta		
	2 cups Peaches, canned		
	3 cups Applesauce		
	6 cups Beans, green or yellow		
	5 cups Mushrooms		
	3 cups Onions		
	3 cups Cucumber		
	4 Peppers (bell or cubanelle)		
	2 Rice cakes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
875 grams Protein powder	16 slice Whole grain bread	34 tsp Olive, Flax and/or Salmon Oils	15 1/2 cups Yogurt, plain, low fat
32 oz Cheddar cheese, light/low fat	11 cups Strawberries	33 Almonds, whole	46 cups Milk, low fat (1%)
24 oz Beef, lean cuts	12 cups Oatmeal	90 Peanuts	10 cups Tomato vegetable soup
27 oz Cheese, low or non fat	16 cups Fruit juice	7 tsp Mayonnaise	2 1/2 cups Beef and barley soup
1 cup Cottage cheese, light/low fat	8 whole Pita	20 tbsp Almonds, slivered	4 cups Vegetable soup
22 1/2 oz Ground beef (< 10% fat)	2 cups Tomato, puree	2 tsp Peanut butter, natural	
14 Eggs, whole	8 cups Celery		
24 Egg whites	5 cups Carrots		
30 oz Chicken breast, skinless	2 3/4 cups Pasta		
8 oz Tuna, canned in water	6 cups Cucumber		
	11 Peppers (bell or cubanelle)		
	4 Rice cakes		
	9 cups Grapes		
	5 cups Mushrooms		
	3 1/2 cups Onions		
	10 tbsp Barley		
	3 cups Potato		
	4 cups Peaches, canned		
	3 cups Beans, green or yellow		
	6 Bananas		
	2 2/3 cups Applesauce		
	1 1/2 cups Tomatoes		
	4 1/3 cups Rice		
	5 cups Cereal, cold		
	1 cup Tomato sauce		
	1 1/4 cups Corn, canned		
	2 Apples		
	1/2 oz Cereal, dry		

Grocery List

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

Protein	Carbohydrates	Fats	Other
959 grams Protein powder	10 1/2 cups Grapes	32 2/3 tsp Olive, Flax and/or Salmon Oils	18 cups Yogurt, plain, low fat
20 oz Cheddar cheese, light/low fat	15 1/3 cups Oatmeal	20 tbsp Almonds, slivered	40 cups Milk, low fat (1%)
34 1/2 oz Ground beef (< 10% fat)	13 cups Strawberries	120 Peanuts	3 1/3 cups Tomato vegetable soup
8 Eggs, whole	16 cups Fruit juice	10 tsp Mayonnaise	2 1/2 cups Beef and barley soup
25 oz Cheese, low or non fat	4 whole Pita	6 tsp Peanut butter, natural	4 cups Vegetable soup
24 Egg whites	3 cups Potato	39 Almonds, whole	
8 oz Tuna, canned in water	10 1/2 tbsp Barley		
48 oz Chicken breast, skinless	8 cups Celery		
1 cup Cottage cheese, light/low fat	6 cups Cucumber		
17 oz Beef, lean cuts	11 Peppers (bell or cubanelle)		
	4 Rice cakes		
	2 Apples		
	1/2 oz Cereal, dry		
	6 Bananas		
	7 cups Carrots		
	2 1/2 cups Corn, canned		
	5 1/3 cups Rice		
	22 slice Whole grain bread		
	3 cups Onions		
	1 cup Tomato sauce		
	2 1/4 cups Pasta		
	2 cups Tomato, puree		
	1 1/2 cups Tomatoes		
	1/4 head Lettuce, iceberg		
	2 Tomatoes		
	3 cups Mushrooms		
	4 cups Applesauce		

Grocery List

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

Protein	Carbohydrates	Fats	Other
917 grams Protein powder	10 cups Grapes	35 2/3 tsp Olive, Flax and/or Salmon Oils	26 cups Yogurt, plain, low fat
38 oz Chicken breast, skinless	17 cups Oatmeal	10 tsp Mayonnaise	37 cups Milk, low fat (1%)
1 cup Cottage cheese, light/low fat	11 cups Strawberries	120 Peanuts	3 1/3 cups Tomato vegetable soup
8 oz Tuna, canned in water	16 cups Fruit juice	60 Almonds, whole	4 cups Vegetable soup
21 oz Cheddar cheese, light/low fat	18 slice Whole grain bread	10 tbsp Almonds, slivered	2 1/2 cups Beef and barley soup
36 oz Ground beef (< 10% fat)	2 cups Carrots		
13 Eggs, whole	1 1/4 cups Corn, canned		
24 oz Cheese, low or non fat	4 1/3 cups Rice		
6 Egg whites	5 Bananas		
23 oz Beef, lean cuts	9 tbsp Barley		
	4 whole Pita		
	6 cups Potato		
	4 1/2 cups Onions		
	1/4 head Lettuce, iceberg		
	2 Tomatoes		
	1 cup Tomato, puree		
	8 Peppers (bell or cubanelle)		
	1 1/2 cups Tomatoes		
	3 cups Celery		
	3 cups Cucumber		
	2 Rice cakes		
	2 Apples		
	1/2 oz Cereal, dry		
	7 cups Mushrooms		
	1 cup Peaches, canned		
	6 cups Beans, green or yellow		
	1 cup Pasta		
	5 1/3 cups Applesauce		
	2 cups Cereal, cold		

Grocery List

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

Protein	Carbohydrates	Fats	Other
48 Egg whites	13 cups Strawberries	25 tbsp Almonds, slivered	44 cups Milk, low fat (1%)
728 grams Protein powder	33 slice Whole grain bread	32 1/3 tsp Olive, Flax and/or Salmon Oils	15 1/2 cups Yogurt, plain, low fat
33 oz Ground beef (< 10% fat)	4 2/3 cups Applesauce	90 Peanuts	2 1/2 cups Beef and barley soup
27 oz Cheese, low or non fat	9 tbsp Barley	69 Almonds, whole	
64 oz Chicken breast, skinless	16 cups Fruit juice	16 tsp Mayonnaise	
18 Eggs, whole	4 1/2 cups Onions		
25 oz Cheddar cheese, light/low fat	1/4 head Lettuce, iceberg		
8 oz Tuna, canned in water	2 Tomatoes		
16 oz Beef, lean cuts	9 cups Grapes		
1 cup Cottage cheese, light/low fat	6 cups Carrots		
	3 3/4 cups Corn, canned		
	4 1/3 cups Rice		
	9 cups Oatmeal		
	6 cups Cereal, cold		
	8 Bananas		
	2 Apples		
	1/2 oz Cereal, dry		
	5 Peppers (bell or cubanelle)		
	2 cups Tomato sauce		
	4 cups Pasta		
	3 cups Peaches, canned		
	1 cup Tomato, puree		
	1 1/2 cups Tomatoes		
	2 whole Pita		
	3 cups Beans, green or yellow		
	3 cups Mushrooms		

Grocery List

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

Protein	Carbohydrates	Fats	Other
14 Eggs, whole	4 cups Cereal, cold	37 tsp Olive, Flax and/or Salmon Oils	41 cups Milk, low fat (1%)
17 oz Cheddar cheese, light/low fat	6 Bananas	120 Peanuts	25 1/2 cups Yogurt, plain, low fat
840 grams Protein powder	3 cups Peaches, canned	75 Almonds, whole	3 1/3 cups Tomato vegetable soup
34 1/2 oz Ground beef (< 10% fat)	8 1/2 tbsp Barley	15 tsp Mayonnaise	
24 oz Cheese, low or non fat	16 cups Fruit juice	5 tbsp Almonds, slivered	
36 oz Chicken breast, skinless	7 cups Onions		
39 oz Beef, lean cuts	1/4 head Lettuce, iceberg		
2 cups Cottage cheese, light/low fat	2 Tomatoes		
8 oz Tuna, canned in water	15 cups Grapes		
12 Egg whites	19 slice Whole grain bread		
	1 cup Tomato, puree		
	7 Peppers (bell or cubanelle)		
	1 1/2 cups Tomatoes		
	3 1/3 cups Rice		
	1 2/3 cups Applesauce		
	2 Apples		
	1/2 oz Cereal, dry		
	10 cups Mushrooms		
	15 1/3 cups Oatmeal		
	3 cups Potato		
	4 whole Pita		
	9 cups Beans, green or yellow		
	3 1/4 cups Pasta		
	11 cups Strawberries		
	1 cup Tomato sauce		
	3 cups Celery		
	3 cups Cucumber		
	2 Rice cakes		