

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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>3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 77g P 99g C 18g F Calories: 866</p>	<p>Preparation Suggestions:</p> <p>Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.</p>
<p>9:00 am Snack</p> <p>63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 70g P 90g C 18g F Calories: 802</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs</p> <p>Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>70 grams Protein powder 2 cups Fruit juice 4 Rice cakes</p>	<p>Item Portions 70g P 90g C 0g F Calories: 640</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake</p> <p>Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's</p>
<p>1:00 pm Mid Meal</p> <p>16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 77g P 99g C 18g F Calories: 866</p>	<p>Preparation Suggestions:</p> <p>Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B</p>
<p>5:00 pm Dinner</p> <p>7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 77g P 99g C 18g F Calories: 866</p>	<p>Preparation Suggestions:</p> <p>Chicken Mexicali Salad</p> <p>In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts</p>	<p>Item Portions 70g P 90g C 18g F Calories: 802</p>	<p>Preparation Suggestions:</p> <p>Cheddar-Apple Galette</p> <p>In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842

** 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Preparation Suggestions: Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** 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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	

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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 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

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Day: 6	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

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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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			
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Day: 8	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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842			
** Remember to drink between 3-4 litres of water per day. **			
Notes:			

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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 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omelete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 13	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 17	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 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 20	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 21	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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 24	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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 27	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 32		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	4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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	9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
11:00 am Mid Meal	2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
2:00 pm Snack	56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions		
5:00 pm Dinner	11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
8:00 pm Snack	49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 34	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 35	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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	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 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***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 Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 39		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	49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
11:00 am Mid Meal	2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
2:00 pm Snack	56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions		
5:00 pm Dinner	13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
8:00 pm Snack	49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 41	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 42	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 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 43	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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***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 Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omelete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 48	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
1:00 pm Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	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 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 54	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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 56 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Mushrooms 2 cups Cucumber 1 cup Lettuce, romaine 2 Tomatoes 1 cup Fruit cocktail 1 1/2 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Salad & Protein Drink Prepare salad using ingredients listed. Prepare dressing using oil, vinegar, salt, pepper and basil. Serve protein drink on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 55		Schedule:		11:00 am Snack	8:00 pm Snack
		8:00 am Breakfast		2:00 pm Mid Meal	
		10:00 am Snack		5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>					
8:00 am Breakfast	3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
10:00 am Snack	63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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	70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
2:00 pm Mid Meal	9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B		
5:00 pm Dinner	11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 wiht pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 56	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 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
1:00 pm Mid Meal 13 1/2 oz Chicken breast, deli style 2 cups Milk, low fat (1%) 1 cup Onions 2 cups Zucchini 2 Peppers (bell or cubanelle) 2 Tomatoes 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken and Vegetables Roughly chop the vegetables and mix with olive oil, a dash of balsamic vinegar and salt, pepper and thyme. Saute or grill vegetables until done, then slice chicken and enjoy on top. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 58		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	56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
11:00 am Mid Meal	9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
2:00 pm Snack	56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions		
5:00 pm Dinner	11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions		
8:00 pm Snack	49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions		
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omelete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 62	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/2 cups Blueberries 4 slice Whole grain bread 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Sandwich Make a basic chicken salad adding a little celery, onion and green pepper if desired, and salt and pepper to taste, make this one a triple decker and enjoy. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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		Item Portions		Preparation Suggestions:	
3 cups Milk, low fat (1%)		77g P		Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
3 oz Cheese, low or non fat		99g C			
1 Orange		18g F			
35 grams Protein powder		Calories:			
3 slice Whole grain bread		866			
2 tsp Butter					
11:00 am Snack		Item Portions		Item Portions	
1/2 cup Cottage cheese, light/low fat		70g P		Cottage Cheese, Grapes & Sunflower Seeds	
56 grams Protein powder		90g C		Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
2 cups Grapes		18g F			
3 tbsp Barley		Calories:			
1 1/5 oz Sunflower seeds		802			
1:00 pm Mid Meal		Item Portions		Item Portions	
4 1/2 oz Chicken breast, deli style		77g P		A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement:	
4 oz Cheese, low or non fat		99g C		Digestive Enzymes, Omega 3 caps and Vitamin B	
4 cups Vegetable soup		18g F			
4 Crackers		Calories:			
3 whole Pita		866			
12 Peanuts					
4:00 pm Snack		Item Portions		Item Portions	
49 grams Protein powder		70g P		Protein Shake	
1 1/2 cups Yogurt, plain, low fat		99g C		Put all ingredients in blender over ice and blend.	
1 1/2 tbsp Barley		18g F		Add water to create desired consistency. Enjoy!	
3 tbsp Almonds, slivered		Calories:			
1 tsp Olive, Flax, Hemp or Salmon Oils		802			
2 Tangerines					
7:00 pm Dinner		Item Portions		Item Portions	
11 oz Chicken breast, skinless		77g P		Chicken with Vegetables	
1/2 cup Salsa		99g C		Grill or bake the chicken (if baking, do so at 350 degrees for about 20 minutes, or until there's no pink left inside the chicken breast). To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, or coat with some crushed fresh herbs, salt and pepper.	
2 cups Carrots		18g F		Steam the vegetables and enjoy on the side with pasta and salsa. *Optional/Optimal Supplement:	
1 cup Corn, canned		Calories:		Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
1 cup Pasta		866			
2 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 pm Snack		Item Portions		Item Portions	
49 grams Protein powder		70g P		Protein Shake	
3 cups Milk, low fat (1%)		90g C		Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side.	
1 cup Peaches, canned		18g F		Enjoy!	
2 1/2 tbsp Barley		Calories:			
2 tsp Olive, Flax, Hemp or Salmon Oils		802			
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omelete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 7 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 cup Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Mexicali Salad In a medium pan add oil, diced chicken, mushrooms and salsa and cook 3 to 5 min. Add 1 tbsp vinegar, 1/8 tsp hot pepper sauce to chicken mixture, heating throughout. Remove from heat and stir in yogurt and raw cabbage. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 66	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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 8 oz Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 56 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 7 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1 cup Kidney beans 2 cups Mushrooms 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Salad with Cheese Make a simple salad. Add deli meats and top with cheese. Add balsamic vinegar to olive oil to make dressing, mix in minced garlic to spice it up and enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842			
<i>** Remember to drink between 3-4 litres of water per day. **</i>			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 69	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
10:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 70	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 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
1:00 pm Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 72	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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 11 oz Beef, lean cuts 1 cup Tomato, puree 2 cups Celery 3 cups Carrots 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steaks with Vegetables You can season your vegetables with a little salt, pepper, and basil, if you like. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 2 cups Strawberries 1/2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	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 Chicken breast, skinless 3 cups Milk, low fat (1%) 1 cup Cabbage 1 cup Onions 2 Peppers (bell or cubanelle) 1 cup Jalapeno peppers 1 1/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Stirfry: you might want to adjust the amount of jalapeno peppers you're using, depending on their strength and what you can handle! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 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 3 cups Milk, low fat (1%) 4 oz Mozzarella cheese, light/low fat 1 1/3 cups Fruit cocktail 2 tsp Olive, Flax, Hemp or Salmon Oils 8 Egg whites 2 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 cup Blueberries 2 tbsp Barley 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 76	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 3 cups Milk, low fat (1%) 56 grams Protein powder 3 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Enjoy your preferred, non-sugary cereal with milk and fruit. Mixing in a nice flavoured protein powder makes this breakfast 'positively decadent', in the words of one client who tried it. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak Wrap Cut beef into 1 inch strips. In a pan heat oil. Add beef to oil along with desired seasonings and pan fry until cooked. You can pan fry vegetables or have them raw. Mix all ingredients into pita or tortilla and serve. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 77	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 8 Egg whites 4 oz Cheese, low or non fat 3 cups Milk, low fat (1%) 1 cup Mushrooms 1 cup Onions 3 1/2 cups Spinach 1 Pepper (bell or cubanelle) 2 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Florentine Omelet Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 9 oz Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1/3 cup Fruit juice 3 slice Whole grain bread 9 Almonds, whole 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	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 Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 10 2/3 oz Whitefish 3 oz Hard cheeses, light/low fat 2 cups Baked beans 1 cup Rice 6 Macadamia nuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Macadamia Baked Whitefish Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 78	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 3 cups Milk, low fat (1%) 3 oz Cheese, low or non fat 1 Orange 35 grams Protein powder 3 slice Whole grain bread 2 tsp Butter	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Simple and healthful, this breakfast will give you a needed energy boost! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 1/2 cup Cottage cheese, light/low fat 56 grams Protein powder 2 cups Grapes 3 tbsp Barley 1 1/5 oz Sunflower seeds	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cottage Cheese, Grapes & Sunflower Seeds Mix them together or eat them separately. Either way, you're on your way to a healthy lifestyle!	
11:00 am Mid Meal 2 2/3 cups Beef and vegetable soup 4 Crackers 3 oz Pretzels 2/3 tsp Olive, Flax, Hemp or Salmon Oils 4 oz Cheddar cheese, light/low fat 21 grams Protein powder	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Soup with crumbled crackers and cheese on top and a shake on the side. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Strawberries 2 cups Oatmeal 6 tbsp Almonds, slivered	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake with Fruit Blend all ingredients, except nuts together and add ice cubes until desired consistency is reached. Blender not available? Mix protein powder with cold water and have remaining ingredients on the side. Eat nuts separately.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 79	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 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Blueberries 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 2 cups Raspberries 2 cups Strawberries 36 Peanuts 2 cups Yogurt, plain, low fat 1 cup Bran cereal, all varieties 14 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Yogurt, Cheese, Berries, Bran and Peanuts Dice the cheese and throw everything into a bowl. Every scoop will be a great surprise!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 80	Schedule:	11:00 am Snack	8:00 pm Snack
	8:00 am Breakfast	2:00 pm Mid Meal	
	10:00 am Snack	5:00 pm Dinner	
<i>Workout: Weight Resistance at 10:00 am</i>			
8:00 am Breakfast 4 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 1 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 42 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 1 1/3 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
2:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 13 1/2 oz Haddock 2 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 1 2/3 cups Rice 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Pan-Fried Haddock Pan fry the haddock and vegetables in olive-oil. Add seasoning to taste. Enjoy the applesauce on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 28 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 1/3 cups Applesauce 18 Walnuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Cheddar-Apple Galette In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 81	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 1 cup Yogurt, plain, low fat 6 Egg whites 1 1/2 cups Pineapple 2 tsp Olive, Flax, Hemp or Salmon Oils 6 Eggs, whole 3 slice Whole grain bread	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Eggs with yogurt and fruit. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
11:00 am Snack 6 oz Cheese, low or non fat 2 cups Yogurt, plain, low fat 2 cups Applesauce 18 Almonds, whole	Item Portions 70g P 90g C 18g F Calories: 802	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.	
1:00 pm Mid Meal 4 1/2 oz Chicken breast, deli style 4 oz Cheese, low or non fat 4 cups Vegetable soup 4 Crackers 3 whole Pita 12 Peanuts	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions A tasty bowl of soup with crackers. Enjoy the cheese on the side. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
4:00 pm Snack 49 grams Protein powder 1 1/2 cups Yogurt, plain, low fat 1 1/2 tbsp Barley 3 tbsp Almonds, slivered 1 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 11 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 6 tbsp Almonds, slivered	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Turkey and Salad Grilled or roast turkey is great with this meal. Throw all the vegetables into a large bowl and sprinkle slivered almonds on top. Enjoy! *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 82	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 49 grams Protein powder 2 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 1 1/2 cups Peaches, canned 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 70g P 90g C 0g F Calories: 640	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 11 oz Chicken breast, skinless 1 1/4 cups Celery 1 cup Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken Salad Mexicana Cook chicken, celery, 1/8 tsp chili powder, 1 clove of garlic minced and 1/8 tsp Worcestershire sauce. Cook until chicken is brown, then add chickpeas, kidney beans and salsa. Simmer for 5-10 minutes and plate. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Beef, lean cuts 4 cups Cauliflower 2 cups Rice 6 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Steak and Rice Season steak as desired and grill to your preference. Cook rice, adding seasoning and chopped nuts. Enjoy a cold juice with dinner. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheddar cheese, light/low fat 4 Pickles 18 Walnuts 3 oz Pretzels 42 grams Protein powder	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A simple crunchy snack to munch on when you have a spare moment can make all the difference during your day. Be sure to add water to the protein powder before drinking.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 83	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 10 Egg whites 3 cups Yogurt, plain, low fat 1 cup Grapes 1 cup Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: A tasty, easy-to-prepare breakfast. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 9 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 cup Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Black Bean Salsa Mix black beans, diced tomato, chopped onion, olive oil, lime juice, and cilantro in a bowl. Seed jalapeno peppers and chop finely and add to mixture.	
11:00 am Mid Meal 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Chicken and Greek Salad Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
2:00 pm Snack 56 grams Protein powder 1 cup Yogurt, plain, low fat 2 1/2 tbsp Barley 1 Banana 6 tsp Peanut butter, natural	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 11 oz Chicken breast, skinless 1/2 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 cup Pasta 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	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 with pasta and salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 49 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 2 1/2 tbsp Barley 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions Protein Shake Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 108g Calories: 5004			
** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 4842 Calories

Day: 84	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 8 Egg whites 7 Eggs, whole 1 1/2 cups Beans, green or yellow 3/4 cup Kidney beans 1/4 cup Onions 2 cups Spinach, cooked 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Preparation Suggestions: Monster Green Omlete - use everything (but bread to toast), chop, mix, fry, flip, eat. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 63 grams Protein powder 1 cup Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 90g C 18g F Calories: 802	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 70 grams Protein powder 2 cups Fruit juice 4 Rice cakes	Item Portions 77g P 99g C 18g F Calories: 866	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 rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's	
1:00 pm Mid Meal 16 1/2 oz Chicken breast, deli style 2 cups Mushrooms 2 cups Celery 1 Pepper (bell or cubanelle) 4 cups Lettuce, romaine 1 Orange 3 slice Whole grain bread 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 70g P 99g C 18g F Calories: 802	Item Portions Deli Chicken with a Tossed Salad. You can easily make a tasty salad dressing with oil, vinegar, and seasonings of your choice. Enjoy the fruit for dessert. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B	
5:00 pm Dinner 11 oz Chicken breast, skinless 2 1/4 cups Beans, green or yellow 2 cups Mushrooms 1 cup Zucchini 1 cup Grapes 3 whole Pita 2 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 77g P 99g C 18g F Calories: 866	Item Portions Spicy Chicken Salad Grill seasoned chicken until done. In a pan add oil and saute vegetables over a medium-high heat until tender-crisp. Add some Cajun seasoning and minced garlic to taste. Cut chicken into cubes and mix with vegetables. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps and Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 2 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 70g P 90g C 18g F Calories: 802	Item Portions A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.	
Total Daily Portions: Protein: 441g Carbohydrates: 567g Fat: 90g Calories: 4842 ** 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
1253 grams Protein powder	7 cups Cereal, cold	44 2/3 tsp Olive, Flax, Hemp or Salmon Oils	41 cups Milk, low fat (1%)
37 1/2 oz Chicken breast, deli style	4 cups Grapes	36 Walnuts	14 1/2 cups Yogurt, plain, low fat
38 oz Chicken breast, skinless	2 1/2 cups Peaches, canned	1 1/5 oz Sunflower seeds	2 2/3 cups Beef and vegetable soup
36 oz Cheese, low or non fat	9 1/3 cups Oatmeal	27 tbsp Almonds, slivered	
6 oz Mozzarella cheese, light/low fat	9 2/3 cups Fruit juice	6 Macadamia nuts	
16 Egg whites	16 Rice cakes	36 Almonds, whole	
1/2 cup Cottage cheese, light/low fat	10 cups Mushrooms	6 tsp Peanut butter, natural	
10 2/3 oz Whitefish	3 1/4 cups Celery	54 Peanuts	
3 oz Hard cheeses, light/low fat	8 Peppers (bell or cubanelle)	6 tsp Mayonnaise	
28 oz Beef, lean cuts	10 cups Lettuce, romaine	2 tsp Butter	
8 oz Cheddar cheese, light/low fat	5 Oranges		
9 oz Turkey breast, deli style	16 slice Whole grain bread		
13 1/2 oz Haddock	3 cups Cabbage		
11 oz Turkey breast, skinless	5 1/2 cups Salsa		
	5 2/3 cups Rice		
	3 Apples		
	4 2/3 cups Applesauce		
	1 1/3 cups Fruit cocktail		
	15 1/2 tbsp Barley		
	4 1/4 cups Onions		
	2 cups Zucchini		
	12 Tomatoes		
	2 Tangerines		
	2 cups Baked beans		
	7 cups Raspberries		
	3 1/2 cups Spinach		
	10 cups Strawberries		
	2 cups Kidney beans		
	4 whole Pita		
	4 Pickles		
	6 oz Pretzels		
	4 cups Blueberries		
	1 cup Beans, black		
	4 Crackers		
	1 Banana		
	2 cups Carrots		
	1 cup Corn, canned		
	1 cup Pasta		
	2 cups Pineapple		
	2 1/2 cups Bran cereal, all varieties		
	3 cups Chickpeas		
	4 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
24 Egg whites	5 cups Grapes	44 2/3 tsp Olive, Flax, Hemp or Salmon Oils	16 1/2 cups Yogurt, plain, low fat
1253 grams Protein powder	10 1/3 cups Oatmeal	9 tsp Mayonnaise	34 cups Milk, low fat (1%)
61 oz Chicken breast, skinless	2 1/2 cups Peaches, canned	36 Walnuts	4 cups Vegetable soup
29 oz Cheese, low or non fat	9 2/3 cups Fruit juice	1 1/5 oz Sunflower seeds	2 2/3 cups Beef and vegetable soup
13 Eggs, whole	16 Rice cakes	66 Peanuts	
1/2 cup Cottage cheese, light/low fat	5 1/2 cups Blueberries	27 tbsp Almonds, slivered	
4 1/2 oz Chicken breast, deli style	16 slice Whole grain bread	6 tsp Peanut butter, natural	
31 oz Beef, lean cuts	5 1/4 cups Beans, green or yellow	27 Almonds, whole	
8 oz Cheddar cheese, light/low fat	6 cups Mushrooms	2 tsp Butter	
9 oz Turkey breast, deli style	1 cup Zucchini		
13 1/2 oz Haddock	9 1/2 whole Pita		
2 oz Mozzarella cheese, light/low fat	2 Apples		
11 oz Turkey breast, skinless	4 2/3 cups Applesauce		
	3 1/2 cups Pineapple		
	15 1/2 tbsp Barley		
	8 Crackers		
	2 Tangerines		
	1 cup Tomato, puree		
	3 1/4 cups Celery		
	5 cups Carrots		
	6 2/3 cups Rice		
	7 cups Raspberries		
	1 3/4 cups Kidney beans		
	3 cups Onions		
	2 cups Spinach, cooked		
	10 cups Strawberries		
	2 cups Cucumber		
	6 cups Lettuce, romaine		
	8 Tomatoes		
	1 cup Fruit cocktail		
	1 cup Cabbage		
	2 Peppers (bell or cubanelle)		
	1 cup Jalapeno peppers		
	4 Pickles		
	6 oz Pretzels		
	4 cups Cereal, cold		
	1 cup Beans, black		
	3 1/2 cups Salsa		
	1 Banana		
	1 cup Corn, canned		
	1 cup Pasta		
	2 1/2 cups Bran cereal, all varieties		
	3 cups Chickpeas		
	4 cups Cauliflower		
	4 Oranges		
	12 spears Asparagus		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1232 grams Protein powder	5 cups Cereal, cold	18 tbsp Almonds, slivered	43 cups Milk, low fat (1%)
53 oz Chicken breast, skinless	5 cups Blueberries	47 2/3 tsp Olive, Flax, Hemp or Salmon Oils	9 cups Yogurt, plain, low fat
11 oz Turkey breast, skinless	1 1/2 cups Peaches, canned	12 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
37 oz Cheese, low or non fat	9 cups Oatmeal	36 Peanuts	
18 oz Turkey breast, deli style	9 2/3 cups Fruit juice	2 tsp Butter	
8 oz Cheddar cheese, light/low fat	16 Rice cakes	12 tsp Peanut butter, natural	
42 oz Beef, lean cuts	23 slice Whole grain bread	54 Walnuts	
22 Egg whites	2 cups Chickpeas	27 Almonds, whole	
6 Eggs, whole	6 cups Mushrooms		
13 1/2 oz Chicken breast, deli style	5 1/4 cups Onions		
13 1/2 oz Haddock	1 head Lettuce, iceberg		
2 oz Mozzarella cheese, light/low fat	3 cups Cherry tomatoes		
	13 cups Raspberries		
	13 cups Strawberries		
	2 1/2 cups Bran cereal, all varieties		
	2 Oranges		
	2 cups Beans, black		
	5 cups Salsa		
	12 Tomatoes		
	4 Crackers		
	6 oz Pretzels		
	11 1/2 tbsp Barley		
	2 Bananas		
	10 cups Carrots		
	2 cups Corn, canned		
	2 cups Pasta		
	2 cups Grapes		
	4 cups Cauliflower		
	7 cups Rice		
	4 Pickles		
	3 1/2 cups Pineapple		
	2 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	5 1/3 cups Applesauce		
	7 cups Spinach		
	2 cups Tomato, puree		
	4 cups Celery		
	4 Apples		
	2 cups Cucumber		
	2 cups Lettuce, romaine		
	1 cup Fruit cocktail		
	3 1/2 whole Pita		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1288 grams Protein powder	6 cups Pineapple	34 2/3 tsp Olive, Flax, Hemp or Salmon Oils	23 1/2 cups Yogurt, plain, low fat
33 oz Chicken breast, skinless	6 1/2 cups Bran cereal, all varieties	6 tsp Mayonnaise	28 cups Milk, low fat (1%)
39 oz Beef, lean cuts	4 cups Peaches, canned	45 tbsp Almonds, slivered	8 cups Vegetable soup
39 oz Cheese, low or non fat	12 1/3 cups Oatmeal	114 Peanuts	2 2/3 cups Beef and vegetable soup
25 1/2 oz Chicken breast, deli style	11 cups Fruit juice	54 Almonds, whole	
4 oz Cheddar cheese, light/low fat	16 Rice cakes	18 Walnuts	
13 1/2 oz Haddock	7 1/2 cups Blueberries	6 tsp Peanut butter, natural	
10 Egg whites	10 slice Whole grain bread	6 Macadamia nuts	
10 2/3 oz Whitefish	8 cups Cauliflower	1 1/5 oz Sunflower seeds	
3 oz Hard cheeses, light/low fat	6 2/3 cups Rice		
11 oz Turkey breast, skinless	6 2/3 cups Applesauce		
1/2 cup Cottage cheese, light/low fat	4 Oranges		
	12 Crackers		
	8 whole Pita		
	6 cups Raspberries		
	10 cups Strawberries		
	13 1/2 tbsp Barley		
	3/4 cup Onions		
	3 Peppers (bell or cubanelle)		
	2 1/2 cups Salsa		
	2 Tomatoes		
	3 Apples		
	3 cups Mushrooms		
	3 1/4 cups Celery		
	8 cups Lettuce, romaine		
	2 cups Carrots		
	1 cup Corn, canned		
	1 cup Pasta		
	6 cups Cereal, cold		
	3 oz Pretzels		
	1 Banana		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	3 cups Grapes		
	3 cups Chickpeas		
	1 cup Kidney beans		
	2 cups Baked beans		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	2 Tangerines		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1260 grams Protein powder	6 cups Cereal, cold	30 tbsp Almonds, slivered	39 cups Milk, low fat (1%)
51 oz Beef, lean cuts	7 cups Blueberries	46 2/3 tsp Olive, Flax, Hemp or Salmon Oils	19 cups Yogurt, plain, low fat
11 oz Turkey breast, skinless	19 tbsp Barley	18 Almonds, whole	2 2/3 cups Beef and vegetable soup
18 oz Turkey breast, deli style	8 1/3 cups Oatmeal	6 tsp Mayonnaise	4 cups Vegetable soup
31 oz Cheese, low or non fat	11 1/3 cups Fruit juice	84 Peanuts	
25 1/2 oz Chicken breast, deli style	16 Rice cakes	6 tsp Peanut butter, natural	
25 oz Chicken breast, skinless	7 Oranges	18 Walnuts	
4 oz Cheddar cheese, light/low fat	15 slice Whole grain bread	2 tsp Butter	
16 Egg whites	3 cups Chickpeas	1 1/5 oz Sunflower seeds	
6 Eggs, whole	7 cups Mushrooms		
13 1/2 oz Haddock	2 1/4 cups Onions		
1/2 cup Cottage cheese, light/low fat	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	3 1/3 cups Applesauce		
	3 1/2 cups Pineapple		
	2 1/2 cups Bran cereal, all varieties		
	2 cups Beans, black		
	7 cups Salsa		
	8 Tomatoes		
	2 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	1 Banana		
	1 cup Tomato, puree		
	3 1/4 cups Celery		
	3 cups Carrots		
	9 1/3 cups Rice		
	3 1/2 cups Peaches, canned		
	2 cups Kidney beans		
	5 cups Lettuce, romaine		
	6 cups Cabbage		
	9 cups Raspberries		
	8 cups Strawberries		
	8 Crackers		
	3 oz Pretzels		
	8 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	2 Apples		
	3 cups Grapes		
	3 whole Pita		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1344 grams Protein powder	4 cups Pineapple	45 2/3 tsp Olive, Flax, Hemp or Salmon Oils	16 1/2 cups Yogurt, plain, low fat
11 oz Turkey breast, skinless	3 cups Bran cereal, all varieties	27 tbsp Almonds, slivered	43 cups Milk, low fat (1%)
27 oz Cheese, low or non fat	5 1/2 cups Blueberries	36 Walnuts	2 2/3 cups Beef and vegetable soup
13 1/2 oz Chicken breast, deli style	9 2/3 cups Oatmeal	6 tsp Butter	
10 2/3 oz Whitefish	9 1/3 cups Fruit juice	18 Almonds, whole	
3 oz Hard cheeses, light/low fat	16 Rice cakes	6 Macadamia nuts	
6 oz Mozzarella cheese, light/low fat	7 cups Mushrooms	36 Peanuts	
8 Egg whites	4 cups Cucumber	6 tsp Mayonnaise	
61 oz Chicken breast, skinless	7 cups Lettuce, romaine	6 tsp Peanut butter, natural	
18 oz Turkey breast, deli style	14 Tomatoes		
8 oz Cheddar cheese, light/low fat	3 1/3 cups Fruit cocktail		
13 1/2 oz Haddock	8 whole Pita		
11 oz Beef, lean cuts	3 cups Chickpeas		
	4 1/4 cups Onions		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	2 Apples		
	5 1/3 cups Applesauce		
	7 Oranges		
	17 slice Whole grain bread		
	3 cups Zucchini		
	4 Peppers (bell or cubanelle)		
	9 tbsp Barley		
	2 Tangerines		
	2 cups Baked beans		
	6 cups Rice		
	4 cups Peaches, canned		
	1 1/4 cups Celery		
	1 cup Kidney beans		
	5 1/2 cups Salsa		
	1 cup Cabbage		
	1 cup Jalapeno peppers		
	2 cups Beans, black		
	4 Crackers		
	6 oz Pretzels		
	5 cups Raspberries		
	3 cups Strawberries		
	12 spears Asparagus		
	3 3/4 cups Beans, green or yellow		
	4 cups Cauliflower		
	4 Pickles		
	2 cups Grapes		
	2 cups Cereal, cold		
	1 Banana		
	2 cups Carrots		
	1 cup Corn, canned		
	1 cup Pasta		

Grocery List

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

Protein	Carbohydrates	Fats	Other
48 Egg whites	9 cups Mushrooms	45 2/3 tsp Olive, Flax, Hemp or Salmon Oils	39 cups Milk, low fat (1%)
27 oz Cheese, low or non fat	5 cups Onions	63 Almonds, whole	20 cups Yogurt, plain, low fat
1120 grams Protein powder	5 1/2 cups Spinach	9 tsp Mayonnaise	2 2/3 cups Beef and vegetable soup
26 oz Beef, lean cuts	8 Peppers (bell or cubanelle)	36 Walnuts	
12 oz Cheddar cheese, light/low fat	23 slice Whole grain bread	6 tsp Peanut butter, natural	
10 oz Mozzarella cheese, light/low fat	3 cups Blueberries	18 tbsp Almonds, slivered	
30 oz Chicken breast, deli style	18 1/2 tbsp Barley	1 1/5 oz Sunflower seeds	
24 oz Chicken breast, skinless	8 1/3 cups Oatmeal	54 Peanuts	
1/2 cup Cottage cheese, light/low fat	8 2/3 cups Fruit juice	6 Macadamia nuts	
27 oz Haddock	16 Rice cakes		
13 Eggs, whole	5 Oranges		
11 oz Turkey breast, skinless	2 cups Salsa		
10 2/3 oz Whitefish	10 Tomatoes		
3 oz Hard cheeses, light/low fat	1 Apple		
	5 1/2 whole Pita		
	8 Pickles		
	9 oz Pretzels		
	3 2/3 cups Fruit cocktail		
	6 cups Applesauce		
	2 cups Zucchini		
	1 Banana		
	4 cups Cabbage		
	1 cup Jalapeno peppers		
	6 2/3 cups Rice		
	5 cups Strawberries		
	4 cups Grapes		
	4 Crackers		
	4 Tangerines		
	24 spears Asparagus		
	4 1/2 cups Beans, green or yellow		
	5 cups Raspberries		
	3/4 cup Kidney beans		
	2 cups Cucumber		
	6 cups Lettuce, romaine		
	1 1/2 cups Pineapple		
	2 1/2 cups Peaches, canned		
	2 cups Celery		
	2 cups Chickpeas		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	1 cup Bran cereal, all varieties		
	2 cups Cereal, cold		
	2 cups Baked beans		

Grocery List

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

Protein	Carbohydrates	Fats	Other
35 oz Cheese, low or non fat	7 cups Cereal, cold	49 tsp Olive, Flax, Hemp or Salmon Oils	43 cups Milk, low fat (1%)
1253 grams Protein powder	16 cups Strawberries	21 tbsp Almonds, slivered	8 1/2 cups Yogurt, plain, low fat
28 1/2 oz Chicken breast, deli style	16 1/2 tbsp Barley	72 Walnuts	
31 oz Beef, lean cuts	11 cups Oatmeal	1 1/5 oz Sunflower seeds	
8 oz Cheddar cheese, light/low fat	11 cups Fruit juice	9 tsp Mayonnaise	
24 Egg whites	16 Rice cakes	6 tsp Peanut butter, natural	
1/2 cup Cottage cheese, light/low fat	2 cups Kidney beans	6 Macadamia nuts	
58 oz Chicken breast, skinless	13 cups Mushrooms	2 tsp Butter	
8 oz Mozzarella cheese, light/low fat	6 Peppers (bell or cubanelle)	9 Almonds, whole	
6 Eggs, whole	5 cups Lettuce, romaine		
18 oz Turkey breast, deli style	20 Tomatoes		
10 2/3 oz Whitefish	15 slice Whole grain bread		
3 oz Hard cheeses, light/low fat	8 cups Cauliflower		
	6 cups Rice		
	8 Pickles		
	6 oz Pretzels		
	7 cups Grapes		
	4 cups Onions		
	8 1/2 whole Pita		
	1 Banana		
	8 cups Raspberries		
	1 1/2 cups Pineapple		
	3 cups Cabbage		
	6 cups Salsa		
	4 Apples		
	2 2/3 cups Applesauce		
	2 cups Beans, black		
	2 cups Baked beans		
	2 Oranges		
	1 cup Blueberries		
	2 cups Cucumber		
	2 1/3 cups Fruit cocktail		
	2 1/4 cups Beans, green or yellow		
	3 cups Zucchini		
	4 cups Carrots		
	2 cups Corn, canned		
	2 cups Pasta		
	2 Tangerines		

Grocery List

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

Protein	Carbohydrates	Fats	Other
1351 grams Protein powder	10 cups Cereal, cold	45 tsp Olive, Flax, Hemp or Salmon Oils	32 cups Milk, low fat (1%)
73 oz Chicken breast, skinless	10 cups Grapes	27 Almonds, whole	16 cups Yogurt, plain, low fat
36 oz Beef, lean cuts	7 1/2 cups Blueberries	18 Walnuts	4 cups Vegetable soup
25 oz Cheese, low or non fat	8 2/3 cups Oatmeal	24 tbsp Almonds, slivered	
4 oz Cheddar cheese, light/low fat	8 1/3 cups Fruit juice	12 tsp Mayonnaise	
9 oz Turkey breast, deli style	16 Rice cakes	6 tsp Peanut butter, natural	
4 oz Mozzarella cheese, light/low fat	3 1/4 cups Celery	84 Peanuts	
8 Egg whites	1 cup Chickpeas	2 2/5 oz Sunflower seeds	
7 Eggs, whole	2 3/4 cups Kidney beans	2 tsp Butter	
1 cup Cottage cheese, light/low fat	5 1/2 cups Salsa		
12 oz Chicken breast, deli style	7 cups Lettuce, romaine		
13 1/2 oz Haddock	3 3/4 cups Onions		
	6 Peppers (bell or cubanelle)		
	16 Tomatoes		
	2 Apples		
	17 whole Pita		
	4 Pickles		
	3 oz Pretzels		
	1 cup Beans, black		
	10 cups Mushrooms		
	16 tbsp Barley		
	1 Banana		
	7 1/2 cups Beans, green or yellow		
	2 cups Zucchini		
	5 cups Raspberries		
	2 cups Spinach, cooked		
	14 slice Whole grain bread		
	2 1/2 cups Peaches, canned		
	6 Oranges		
	1 cup Tomato, puree		
	5 cups Carrots		
	3 1/3 cups Rice		
	2 cups Applesauce		
	4 Tangerines		
	6 cups Strawberries		
	2 cups Pineapple		
	2 1/2 cups Bran cereal, all varieties		
	12 spears Asparagus		
	4 Crackers		
	1 cup Corn, canned		
	1 cup Pasta		

Grocery List

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

Protein	Carbohydrates	Fats	Other
29 oz Cheese, low or non fat	6 cups Cereal, cold	46 1/3 tsp Olive, Flax, Hemp or Salmon Oils	39 cups Milk, low fat (1%)
1323 grams Protein powder	12 cups Strawberries	33 tbsp Almonds, slivered	13 1/2 cups Yogurt, plain, low fat
65 oz Chicken breast, skinless	17 1/2 tbsp Barley	36 Walnuts	5 1/3 cups Beef and vegetable soup
22 oz Turkey breast, skinless	5 cups Blueberries	18 Almonds, whole	
16 oz Cheddar cheese, light/low fat	11 1/3 cups Oatmeal	3 tsp Mayonnaise	
16 Egg whites	8 cups Fruit juice	54 Peanuts	
7 Eggs, whole	16 Rice cakes	2 2/5 oz Sunflower seeds	
2 oz Mozzarella cheese, light/low fat	4 1/2 cups Celery	2 tsp Butter	
24 oz Chicken breast, deli style	6 cups Chickpeas		
1 cup Cottage cheese, light/low fat	3 3/4 cups Kidney beans		
13 1/2 oz Haddock	3 1/2 cups Salsa		
	14 cups Lettuce, romaine		
	11 cups Mushrooms		
	4 3/4 cups Onions		
	2 heads Lettuce, iceberg		
	6 cups Cherry tomatoes		
	8 Pickles		
	12 oz Pretzels		
	3 cups Beans, green or yellow		
	5 1/2 cups Spinach, cooked		
	12 slice Whole grain bread		
	3 1/3 cups Applesauce		
	6 Tomatoes		
	5 cups Grapes		
	2 whole Pita		
	2 Tangerines		
	5 cups Cabbage		
	5 1/3 cups Rice		
	2 cups Pineapple		
	2 1/2 cups Bran cereal, all varieties		
	1 1/2 cups Peaches, canned		
	8 Peppers (bell or cubanelle)		
	4 Oranges		
	2 cups Jalapeno peppers		
	8 Crackers		
	9 cups Raspberries		
	2 cups Carrots		
	1 cup Corn, canned		
	1 cup Pasta		
	12 spears Asparagus		

Grocery List

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

Protein	Carbohydrates	Fats	Other
46 oz Cheese, low or non fat	7 cups Cereal, cold	42 1/3 tsp Olive, Flax, Hemp or Salmon Oils	46 cups Milk, low fat (1%)
1183 grams Protein powder	19 cups Strawberries	36 Walnuts	9 1/2 cups Yogurt, plain, low fat
39 oz Chicken breast, skinless	17 1/2 tbsp Barley	2 tsp Butter	5 1/3 cups Beef and vegetable soup
13 1/2 oz Haddock	10 cups Oatmeal	63 Almonds, whole	
6 oz Mozzarella cheese, light/low fat	10 cups Fruit juice	9 tsp Mayonnaise	
48 oz Beef, lean cuts	16 Rice cakes	21 tbsp Almonds, slivered	
24 Egg whites	4 1/2 cups Celery	1 1/5 oz Sunflower seeds	
7 Eggs, whole	4 cups Chickpeas	72 Peanuts	
11 oz Turkey breast, skinless	2 3/4 cups Kidney beans	6 Macadamia nuts	
1/2 cup Cottage cheese, light/low fat	3 cups Salsa		
8 oz Cheddar cheese, light/low fat	9 cups Lettuce, romaine		
10 2/3 oz Whitefish	12 spears Asparagus		
3 oz Hard cheeses, light/low fat	3 cups Beans, green or yellow		
	7 1/3 cups Applesauce		
	7 2/3 cups Rice		
	5 Apples		
	3 Oranges		
	16 slice Whole grain bread		
	4 cups Mushrooms		
	4 cups Onions		
	6 Tomatoes		
	4 cups Grapes		
	4 whole Pita		
	8 cups Raspberries		
	1 cup Tomato, puree		
	3 cups Carrots		
	2 cups Peaches, canned		
	5 1/2 cups Spinach, cooked		
	2 cups Blueberries		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	8 Crackers		
	6 oz Pretzels		
	1 cup Cabbage		
	5 Peppers (bell or cubanelle)		
	1 cup Jalapeno peppers		
	1 1/3 cups Fruit cocktail		
	4 cups Cauliflower		
	2 cups Bran cereal, all varieties		
	2 Tangerines		
	2 cups Baked beans		

Grocery List

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

Protein	Carbohydrates	Fats	Other
29 oz Cheese, low or non fat	5 Oranges	2 tsp Butter	23 cups Milk, low fat (1%)
1176 grams Protein powder	15 slice Whole grain bread	1 1/5 oz Sunflower seeds	2 2/3 cups Beef and vegetable soup
1/2 cup Cottage cheese, light/low fat	5 cups Grapes	43 2/3 tsp Olive, Flax, Hemp or Salmon Oils	19 1/2 cups Yogurt, plain, low fat
8 oz Cheddar cheese, light/low fat	16 tbsp Barley	12 tsp Peanut butter, natural	4 cups Vegetable soup
22 oz Turkey breast, skinless	8 Crackers	33 tbsp Almonds, slivered	
64 oz Chicken breast, skinless	6 oz Pretzels	66 Peanuts	
37 1/2 oz Chicken breast, deli style	2 Bananas	36 Walnuts	
13 1/2 oz Haddock	6 cups Chickpeas	18 Almonds, whole	
24 Egg whites	10 cups Mushrooms	3 tsp Mayonnaise	
13 Eggs, whole	2 1/4 cups Onions		
11 oz Beef, lean cuts	2 heads Lettuce, iceberg		
9 oz Turkey breast, deli style	6 cups Cherry tomatoes		
2 oz Mozzarella cheese, light/low fat	8 cups Strawberries		
	9 2/3 cups Oatmeal		
	4 cups Cereal, cold		
	4 cups Blueberries		
	9 1/3 cups Fruit juice		
	16 Rice cakes		
	6 1/2 cups Celery		
	2 3/4 cups Kidney beans		
	5 cups Salsa		
	17 cups Lettuce, romaine		
	4 cups Carrots		
	2 cups Corn, canned		
	2 cups Pasta		
	2 cups Raspberries		
	2 1/2 cups Bran cereal, all varieties		
	2 Peppers (bell or cubanelle)		
	12 spears Asparagus		
	5 1/4 cups Beans, green or yellow		
	4 2/3 cups Applesauce		
	3 2/3 cups Rice		
	2 Apples		
	3 1/2 cups Pineapple		
	8 whole Pita		
	2 Tangerines		
	3 1/2 cups Peaches, canned		
	4 cups Cauliflower		
	4 Pickles		
	1 cup Beans, black		
	6 Tomatoes		
	2 cups Spinach, cooked		
	1 cup Zucchini		