

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered</p>	<p>Item Portions 91g P 117g C 24g F Calories: 1048</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>70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 84g P 108g C 21g F Calories: 957</p>	<p>Preparation Suggestions:</p> <p>PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!</p>
<p>11:00 am Snack</p> <p>84 grams Protein powder 2 cups Fruit juice 6 Rice cakes</p>	<p>Item Portions 84g P 108g C 0g F Calories: 768</p>	<p>Preparation Suggestions:</p> <p>POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy 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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat</p>	<p>Item Portions 91g P 117g C 24g F Calories: 1048</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, Vitamin B</p>
<p>5:00 pm Dinner</p> <p>9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils</p>	<p>Item Portions 91g P 117g C 24g F Calories: 1048</p>	<p>Preparation Suggestions:</p> <p>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, Vitamin B, Multi Vit/Mineral</p>
<p>8:00 pm Snack</p> <p>5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts</p>	<p>Item Portions 84g P 108g C 21g F Calories: 957</p>	<p>Preparation Suggestions:</p> <p>Cheddar-Apple Galette In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!</p>

Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826

** 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 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Preparation Suggestions: Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

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Day: 3	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	Item Portions POST - Protein Shake Put all ingredients in blender over ice and blend. We recommend using a high glyceimic 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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826			

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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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

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Day: 5	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

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Day: 6	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

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Day: 7	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
9:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			

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Day: 8	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826			

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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 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
4 Egg whites		91g P	A refreshing breakfast. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 Eggs, whole		117g C			
4 oz Mozzarella cheese, light/low fat		24g F			
3 cups Milk, low fat (1%)		Calories:			
1 1/3 cups Fruit cocktail		1048			
3 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Yogurt, plain, low fat		108g C			
1 cup Blueberries		21g F			
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
1:00 pm Mid Meal		Item Portions	Item Portions		
10 1/2 oz Chicken breast, deli style		91g P	Deli Salad with Cheese		
4 oz Cheese, low or non fat		117g C	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, Vitamin B		
2 cups Milk, low fat (1%)		24g F			
1 cup Kidney beans		Calories:			
2 cups Mushrooms		1048			
4 Tomatoes, sun dried					
2 Peppers (bell or cubanella)					
1 cup Lettuce, romaine					
2 Tomatoes					
1 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		91g P	Steak Wrap		
3 oz Cheese, low or non fat		117g C	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, Vitamin B, Multi Vit/Mineral		
2 cups Milk, low fat (1%)		24g F			
1/2 cup Onions		Calories:			
2 Peppers (bell or cubanella)		1048			
1 cup Salsa					
2 Tomatoes					
1 Apple					
2 whole Pita					
9 Almonds, whole					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	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.		
6 Pickles		108g C			
3 oz Pretzels		21g F			
21 Walnuts		Calories:			
4 oz Cheddar cheese, light/low fat		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 11	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
7:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive or monounsaturated oil	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create a desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 12	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
49 grams Protein powder		91g P	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Yogurt, plain, low fat		117g C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
2 cups Pineapple		24g F	1 gram Vit C, 400 i.u. Vit E.		
1 1/2 cups Bran cereal, all varieties		Calories:			
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils		1048			
9:00 am Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		108g C			
1 cup Blueberries		21g F			
2 1/2 tbsp Barley		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 cup Oatmeal		957			
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
1:00 pm Mid Meal		Item Portions	Item Portions		
11 oz Beef, lean cuts		91g P	Roast Beef Sandwich		
2 cups Milk, low fat (1%)		117g C	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, Vitamin B		
1 Orange		24g F			
1 cup Fruit juice		Calories:			
3 slice Whole grain bread		1048			
12 Almonds, whole					
4 tsp Mayonnaise					
5:00 pm Dinner		Item Portions	Item Portions		
12 oz Whitefish		91g P	Macadamia Baked Whitefish		
4 oz Hard cheeses, light/low fat		117g C	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
2 cups Baked beans		24g F			
1 2/3 cups Rice		Calories:			
8 Macadamia nuts		1048			
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	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.		
6 Pickles		108g C			
3 oz Pretzels		21g F			
21 Walnuts		Calories:			
4 oz Cheddar cheese, light/low fat		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 17	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 18		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		Item Portions	Preparation Suggestions:		
8 Egg whites		91g P	Florentine Omelet		
4 oz Cheese, low or non fat		117g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 cups Milk, low fat (1%)		24g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Mushrooms		Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Onions		1048	1 gram Vit C, 400 i.u. Vit E.		
3 1/2 cups Spinach					
1 Pepper (bell or cubanelle)					
3 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 Eggs, whole					
9:00 am Snack		Item Portions	Item Portions		
12 oz Turkey breast, deli style		84g P	Black Bean Salsa		
4 oz Cheese, low or non fat		108g C	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 1/2 cups Beans, black		21g F			
1/2 cup Onions		Calories:			
2 cups Salsa		957			
2 Tomatoes					
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Mid Meal		Item Portions	Item Portions		
9 oz Chicken breast, skinless		91g P	Chicken and Greek Salad		
2 oz Mozzarella cheese, light/low fat		117g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B		
2 cups Milk, low fat (1%)		24g F			
2 cups Mushrooms		Calories:			
1 cup Onions		1048			
1 cup Lettuce, romaine					
4 Tomatoes					
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
2:00 pm Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	Protein Shake		
1 cup Yogurt, plain, low fat		108g C	Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!		
3 1/2 tbsp Barley		21g F			
1 Banana		Calories:			
7 tsp Peanut butter, natural		957			
5:00 pm Dinner		Item Portions	Item Portions		
15 oz Haddock		91g P	Pan-Fried Haddock		
3 cups Milk, low fat (1%)		117g C	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, Vitamin B, Multi Vit/Mineral		
12 spears Asparagus		24g F			
1 1/2 cups Beans, green or yellow		Calories:			
2/3 cup Applesauce		1048			
2 cups Rice					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
63 grams Protein powder		84g P	Protein Shake with Fruit		
3 cups Milk, low fat (1%)		108g C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!		
3 cups Raspberries		21g F			
3 tbsp Barley		Calories:			
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					
Notes:					

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 19	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
70 grams Protein powder		91g P	A classic cereal breakfast with nuts and fruit added for crunch and flavor. Enjoy!		
3 cups Milk, low fat (1%)		117g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Cereal, cold		24g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
2 cups Blueberries		Calories:	1 gram Vit C, 400 i.u. Vit E.		
8 tbsp Almonds, slivered		1048			
10:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Yogurt, plain, low fat		108g C			
1 cup Blueberries		21g F			
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
2:00 pm Mid Meal		Item Portions	Item Portions		
11 oz Beef, lean cuts		91g P	Roast Beef Sandwich		
2 cups Milk, low fat (1%)		117g C	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, Vitamin B		
1 Orange		24g F			
1 cup Fruit juice		Calories:			
3 slice Whole grain bread		1048			
12 Almonds, whole					
4 tsp Mayonnaise					
5:00 pm Dinner		Item Portions	Item Portions		
9 oz Chicken breast, skinless		91g P	Chicken Mexicali Salad		
2 cups Yogurt, plain, low fat		117g C	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, Vitamin B, Multi Vit/Mineral		
3 cups Cabbage		24g F			
2 cups Mushrooms		Calories:			
1 cup Salsa		1048			
1 2/3 cups Rice					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
42 grams Protein powder		84g P	A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.		
3 cups Yogurt, plain, low fat		108g C			
2/3 cup Applesauce		21g F			
2 Oranges		Calories:			
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
18 Peanuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.	
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake with Fruit Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!	
7:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 22	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			
** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 24	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.	
9:00 am Snack 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 26	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 27	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 28		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:		
8 Egg whites		91g P	Florentine Omelet		
4 oz Cheese, low or non fat		117g C	Sauté vegetables til soft in olive oil, add eggs, season and cook til set. Enjoy!		
3 cups Milk, low fat (1%)		24g F	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
1 cup Mushrooms		Calories:	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
1 cup Onions		1048	1 gram Vit C, 400 i.u. Vit E.		
3 1/2 cups Spinach					
1 Pepper (bell or cubanelle)					
3 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 Eggs, whole					
11:00 am Snack		Item Portions	Item Portions		
12 oz Turkey breast, deli style		84g P	Black Bean Salsa		
4 oz Cheese, low or non fat		108g C	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 1/2 cups Beans, black		21g F			
1/2 cup Onions		Calories:			
2 cups Salsa		957			
2 Tomatoes					
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
1:00 pm Mid Meal		Item Portions	Item Portions		
9 oz Chicken breast, skinless		91g P	Chicken and Greek Salad		
2 oz Mozzarella cheese, light/low fat		117g C	Grill or broil chicken season as desired. Toss salad in with oil and vinegar and if desired add 1 clove of minced garlic. Cube chicken breast and add to salad. Top with low fat or feta cheese. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B		
2 cups Milk, low fat (1%)		24g F			
2 cups Mushrooms		Calories:			
1 cup Onions		1048			
1 cup Lettuce, romaine					
4 Tomatoes					
1 cup Grapes					
2 whole Pita					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
3 tsp Mayonnaise					
4:00 pm Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	Protein Shake with Fruit		
2 cups Milk, low fat (1%)		108g C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!		
2 cups Raspberries		21g F			
1 cup Strawberries		Calories:			
2 tbsp Barley		957			
1 cup Oatmeal					
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
7:00 pm Dinner		Item Portions	Item Portions		
13 oz Chicken breast, skinless		91g P	Chicken with Vegetables - Grill or bake the chicken To boost the flavour, add a dash of low-fat, low-sugar barbecue sauce, salt and pepper. Steam the vegetables and enjoy on the side with pasta & salsa. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
1 cup Salsa		117g C			
2 cups Carrots		24g F			
1 cup Corn, canned		Calories:			
1 1/4 cups Pasta		1048			
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 pm Snack		Item Portions	Item Portions		
63 grams Protein powder		84g P	Protein Shake		
3 cups Milk, low fat (1%)		108g C	Put all ingredients in a blender over ice and blend, adding water to create desired consistency. If a blender is not available, set aside the fruit and shake up the remaining ingredients in a closed container to mix it all together, then eat the fruit on the side. Enjoy!		
1 cup Peaches, canned		21g F			
3 1/2 tbsp Barley		Calories:			
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 29	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 31	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 32	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
7:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		91g P	Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
42 grams Protein powder		117g C			
3 cups Milk, low fat (1%)		24g F			
2 cups Cereal, cold		Calories: 1048			
2 cups Strawberries					
2 tbsp Barley					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
63 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
3 cups Milk, low fat (1%)		108g C			
3 cups Strawberries		21g F			
2 cups Oatmeal		Calories: 957	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories: 768			
1:00 pm Mid Meal Meal Portions: P:13 :13 F: 8		Item Portions	Item Portions		
16 1/2 oz Chicken breast, deli style		91g P	Deli Chicken with a Tossed Salad.		
2 cups Mushrooms		117g C	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, Vitamin B		
2 cups Celery		24g F			
1 Pepper (bell or cubanelle)		Calories: 1048			
4 cups Lettuce, romaine					
1 Orange					
4 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 oz Cheddar cheese, light/low fat					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		91g P	Steak Wrap		
3 oz Cheese, low or non fat		117g C	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, Vitamin B, Multi Vit/Mineral		
2 cups Milk, low fat (1%)		24g F			
1/2 cup Onions		Calories: 1048			
2 Peppers (bell or cubanelle)					
1 cup Salsa					
2 Tomatoes					
1 Apple					
2 whole Pita					
9 Almonds, whole					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
42 grams Protein powder		84g P	A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.		
3 cups Yogurt, plain, low fat		108g C			
2/3 cup Applesauce		21g F			
2 Oranges		Calories: 957			
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
18 Peanuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanella) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat (1%)		91g P	Simple and healthful, this breakfast will give you a		
4 oz Cheese, low or non fat		117g C	needed energy boost! ***OPTIONAL/OPTIMAL		
1 Orange		24g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
42 grams Protein powder		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 slice Whole grain bread		1048			
2 2/3 tsp Butter					
9:00 am Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		108g C	Carbs		
2 cups Peaches, canned		21g F	Put all ingredients in a blender over ice and blend to		
2 cups Oatmeal		Calories:	desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We		
6 Rice cakes		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy rice cakes on the		
		768	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1		
			gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
11 oz Beef, lean cuts		91g P	Roast Beef Sandwich		
2 cups Milk, low fat (1%)		117g C	Use leftover roast beef or purchase lean sliced beef		
1 Orange		24g F	from the deli counter. Add a slice of onion and a leaf		
1 cup Fruit juice		Calories:	of lettuce for flavor. *Optional/Optimal Supplement:		
3 slice Whole grain bread		1048	Digestive Enzymes, Omega 3 caps, Vitamin B		
12 Almonds, whole					
4 tsp Mayonnaise					
5:00 pm Dinner		Item Portions	Item Portions		
12 oz Whitefish		91g P	Macadamia Baked Whitefish		
4 oz Hard cheeses, light/low fat		117g C	Grate cheese and chop nuts. Mix these ingredients		
2 cups Baked beans		24g F	with a little flour or breadcrumbs along with some salt		
1 2/3 cups Rice		Calories:	and pepper. Coat whitefish in mixture and bake at		
8 Macadamia nuts		1048	350 for about 20 minutes. *Optional/Optimal		
			Supplement: Digestive Enzymes, Omega 3 caps,		
			Vitamin B, Multi Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
42 grams Protein powder		84g P	A quick snack to keep you going! Mix it all up and		
3 cups Yogurt, plain, low fat		108g C	enjoy this one anytime of the day.		
2/3 cup Applesauce		21g F			
2 Oranges		Calories:			
1 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
18 Peanuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 37	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
7:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 38	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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	4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	Preparation Suggestions: Your favorite cereal mixed with fruit. Enjoy the cheese on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
9:00 am Snack	4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B		
2:00 pm Snack	70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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	15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack	63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 40	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.	
11:00 am Snack 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 43	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
49 grams Protein powder		91g P	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Yogurt, plain, low fat		117g C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
2 cups Pineapple		24g F	1 gram Vit C, 400 i.u. Vit E.		
1 1/2 cups Bran cereal, all varieties		Calories:			
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils		1048			
9:00 am Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		108g C			
2 cups Peaches, canned		21g F			
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive or monounsaturated oil		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
1:00 pm Mid Meal		Item Portions	Item Portions		
16 1/2 oz Chicken breast, deli style		91g P	Deli Chicken with a Tossed Salad.		
2 cups Mushrooms		117g C	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, Vitamin B		
2 cups Celery		24g F			
1 Pepper (bell or cubanelle)		Calories:			
4 cups Lettuce, romaine		1048			
1 Orange					
4 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 oz Cheddar cheese, light/low fat					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		91g P	Steak Wrap		
3 oz Cheese, low or non fat		117g C	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, Vitamin B, Multi Vit/Mineral		
2 cups Milk, low fat (1%)		24g F			
1/2 cup Onions		Calories:			
2 Peppers (bell or cubanelle)		1048			
1 cup Salsa					
2 Tomatoes					
1 Apple					
2 whole Pita					
9 Almonds, whole					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		84g P	Cheddar-Apple Galette		
35 grams Protein powder		108g C	In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
2 cups Milk, low fat (1%)		21g F			
2 Apples		Calories:			
1 cup Applesauce		957			
3 tbsp Raisins					
2 tbsp Almonds, slivered					
15 Walnuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 47	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 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat (1%)		91g 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.		
70 grams Protein powder		117g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 cups Cereal, cold		24g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Grapes		Calories:			
2 tsp Olive, Flax, Hemp or Salmon Oils		1048			
2 tbsp Almonds, slivered					
10:00 am Snack		Item Portions	Item Portions		
63 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
3 cups Milk, low fat (1%)		108g C			
3 cups Strawberries		21g F			
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
2:00 pm Mid Meal		Item Portions	Item Portions		
16 1/2 oz Chicken breast, deli style		91g P	Deli Chicken with a Tossed Salad.		
2 cups Mushrooms		117g C	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, Vitamin B		
2 cups Celery		24g F			
1 Pepper (bell or cubanelle)		Calories:			
4 cups Lettuce, romaine		1048			
1 Orange					
4 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
2 oz Cheddar cheese, light/low fat					
5:00 pm Dinner		Item Portions	Item Portions		
15 oz Haddock		91g P	Pan-Fried Haddock		
3 cups Milk, low fat (1%)		117g C	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, Vitamin B, Multi Vit/Mineral		
12 spears Asparagus		24g F			
1 1/2 cups Beans, green or yellow		Calories:			
2/3 cup Applesauce		1048			
2 cups Rice					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	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.		
6 Pickles		108g C			
3 oz Pretzels		21g F			
21 Walnuts		Calories:			
4 oz Cheddar cheese, light/low fat		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826			
** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat (1%)		91g P	Simple and healthful, this breakfast will give you a		
4 oz Cheese, low or non fat		117g C	needed energy boost! ***OPTIONAL/OPTIMAL		
1 Orange		24g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
42 grams Protein powder		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
4 slice Whole grain bread		1048			
2 2/3 tsp Butter					
9:00 am Snack		Item Portions	Item Portions		
63 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth		
3 cups Milk, low fat (1%)		108g C	Carbs		
3 cups Strawberries		21g F	Put all ingredients in a blender over ice and blend to		
2 cups Oatmeal		Calories:	desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We		
6 Rice cakes		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy rice cakes on the		
		768	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1		
			gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
13 oz Chicken breast, skinless		91g P	Chicken Salad Mexicana		
1 1/4 cups Celery		117g C	Cook chicken, celery, 1/8 tsp chili powder, 1 clove of		
1 1/2 cups Chickpeas		24g F	garlic minced and 1/8 tsp Worcestershire sauce.		
1 cup Kidney beans		Calories:	Cook until chicken is brown, then add chickpeas,		
1 cup Salsa		1048	kidney beans and salsa. Simmer for 5-10 minutes		
4 cups Lettuce, romaine			and plate. *Optional/Optimal Supplement: Digestive		
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils			Enzymes, Omega 3 caps, Vitamin B		
5:00 pm Dinner		Item Portions	Item Portions		
12 oz Whitefish		91g P	Macadamia Baked Whitefish		
4 oz Hard cheeses, light/low fat		117g C	Grate cheese and chop nuts. Mix these ingredients		
2 cups Baked beans		24g F	with a little flour or breadcrumbs along with some salt		
1 2/3 cups Rice		Calories:	and pepper. Coat whitefish in mixture and bake at		
8 Macadamia nuts		1048	350 for about 20 minutes. *Optional/Optimal		
			Supplement: Digestive Enzymes, Omega 3 caps,		
			Vitamin B, Multi Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	A simple crunchy snack to munch on when you have		
6 Pickles		108g C	a spare moment can make all the difference during		
3 oz Pretzels		21g F	your day. Be sure to add water to the protein powder		
21 Walnuts		Calories:	before drinking.		
4 oz Cheddar cheese, light/low fat		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 52	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 54	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 57	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 15 oz Haddock 3 cups Milk, low fat (1%) 12 spears Asparagus 1 1/2 cups Beans, green or yellow 2/3 cup Applesauce 2 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 58	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
7:00 am Breakfast 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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	3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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	56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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	84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner	13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack	5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
49 grams Protein powder		91g P	Chop the fruit and mix with the remaining ingredients. Enjoy! ***OPTIONAL/OPTIMAL SUPPLEMENTS***		
3 cups Yogurt, plain, low fat		117g C	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral,		
2 cups Pineapple		24g F	1 gram Vit C, 400 i.u. Vit E.		
1 1/2 cups Bran cereal, all varieties		Calories:			
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils		1048			
9:00 am Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Milk, low fat (1%)		108g C			
1 cup Blueberries		21g F			
2 1/2 tbsp Barley		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
1 cup Oatmeal		957			
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
1:00 pm Mid Meal		Item Portions	Item Portions		
10 1/2 oz Chicken breast, deli style		91g P	Deli Salad with Cheese		
4 oz Cheese, low or non fat		117g C	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, Vitamin B		
2 cups Milk, low fat (1%)		24g F			
1 cup Kidney beans		Calories:			
2 cups Mushrooms		1048			
4 Tomatoes, sun dried					
2 Peppers (bell or cubanelle)					
1 cup Lettuce, romaine					
2 Tomatoes					
1 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
5:00 pm Dinner		Item Portions	Item Portions		
8 oz Beef, lean cuts		91g P	Steak Wrap		
3 oz Cheese, low or non fat		117g C	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, Vitamin B, Multi Vit/Mineral		
2 cups Milk, low fat (1%)		24g F			
1/2 cup Onions		Calories:			
2 Peppers (bell or cubanelle)		1048			
1 cup Salsa					
2 Tomatoes					
1 Apple					
2 whole Pita					
9 Almonds, whole					
1 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		84g P	Cheddar-Apple Galette		
35 grams Protein powder		108g C	In oven ready pan,add water,cinnamon,and apples. Bring to boil,then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
2 cups Milk, low fat (1%)		21g F			
2 Apples		Calories:			
1 cup Applesauce		957			
3 tbsp Raisins					
2 tbsp Almonds, slivered					
15 Walnuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 10 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 4 Tomatoes, sun dried 2 Peppers (bell or cubanelle) 1 cup Lettuce, romaine 2 Tomatoes 1 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 63	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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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		Item Portions	Preparation Suggestions:		
4 oz Cheese, low or non fat		91g P	Your favorite cereal mixed with fruit. Enjoy the		
42 grams Protein powder		117g C	cheese on the side. ***OPTIONAL/OPTIMAL		
3 cups Milk, low fat (1%)		24g F	SUPPLEMENTS*** Digestive Enzymes, Omega 3		
2 cups Cereal, cold		Calories:	caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
2 cups Strawberries		1048			
2 tbsp Barley					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
9:00 am Snack		Item Portions	Item Portions		
70 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth		
2 cups Milk, low fat (1%)		108g C	Carbs		
1 cup Blueberries		21g F			
2 1/2 tbsp Barley		Calories:	Put all ingredients in a blender over ice and blend to		
1 cup Oatmeal		957	desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils					
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We		
6 Rice cakes		0g F	recommend using a high glycemic juice like grape		
		Calories:	juice for max recuperation. Enjoy rice cakes on the		
		768	side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1		
			gram Vit C, Creatine & BCAA's		
1:00 pm Mid Meal		Item Portions	Item Portions		
10 1/2 oz Chicken breast, deli style		91g P	Deli Salad with Cheese		
4 oz Cheese, low or non fat		117g C	Make a simple salad. Add deli meats and top with		
2 cups Milk, low fat (1%)		24g F	cheese. Add balsamic vinegar to olive oil to make		
1 cup Kidney beans		Calories:	dressing, mix in minced garlic to spice it up and		
2 cups Mushrooms		1048	enjoy! *Optional/Optimal Supplement: Digestive		
4 Tomatoes, sun dried			Enzymes, Omega 3 caps, Vitamin B		
2 Peppers (bell or cubanelle)					
1 cup Lettuce, romaine					
2 Tomatoes					
1 slice Whole grain bread					
2 2/3 tsp Olive, Flax, Hemp or Salmon Oils					
5:00 pm Dinner		Item Portions	Item Portions		
13 oz Turkey breast, skinless		91g P	Turkey and Salad		
2 cups Chickpeas		117g C	Grilled or roast turkey is great with this meal. Throw		
1 cup Mushrooms		24g F	all the vegetables into a large bowl and sprinkle		
1/4 cup Onions		Calories:	slivered almonds on top. Enjoy! *Optional/Optimal		
1 head Lettuce, iceberg		1048	Supplement: Digestive Enzymes, Omega 3 caps,		
3 cups Cherry tomatoes			Vitamin B, Multi Vit/Mineral		
1 whole Pita					
8 tbsp Almonds, slivered					
8:00 pm Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	A simple crunchy snack to munch on when you have		
6 Pickles		108g C	a spare moment can make all the difference during		
3 oz Pretzels		21g F	your day. Be sure to add water to the protein powder		
21 Walnuts		Calories:	before drinking.		
4 oz Cheddar cheese, light/low fat		957			
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 66	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 1/2 cup Cottage cheese, light/low fat 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 68		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast		1:00 pm Mid Meal	
		9:00 am Snack		5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat (1%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter		91g P 117g C 24g F Calories: 1048	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		Item Portions	Item Portions		
70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		84g P 108g C 21g F Calories: 957	PRE - Protein Shake + Energy Sustaining Growth Carbs Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder 2 cups Fruit juice 6 Rice cakes		84g P 108g C 0g F Calories: 768	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		Item Portions	Item Portions		
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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat		91g P 117g C 24g F Calories: 1048	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, Vitamin B		
5:00 pm Dinner		Item Portions	Item Portions		
13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice		91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral		
8:00 pm Snack		Item Portions	Item Portions		
42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts		84g P 108g C 21g F Calories: 957	A quick snack to keep you going! Mix it all up and enjoy this one anytime of the day.		
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 69	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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 3 cups Milk, low fat (1%) 70 grams Protein powder 4 cups Cereal, cold 1 cup Grapes 2 tsp Olive, Flax, Hemp or Salmon Oils 2 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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.	
11:00 am Snack 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 71	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 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 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%) 4 oz Cheese, low or non fat 1 Orange 42 grams Protein powder 4 slice Whole grain bread 2 2/3 tsp Butter	Item Portions 91g P 117g C 24g F Calories: 1048	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 12 oz Turkey breast, deli style 4 oz Cheese, low or non fat 1 1/2 cups Beans, black 1/2 cup Onions 2 cups Salsa 2 Tomatoes 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 4 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	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 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 73	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Chicken breast, skinless 1 cup Salsa 2 cups Carrots 1 cup Corn, canned 1 1/4 cups Pasta 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 74		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 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
11:00 am Mid Meal	9 oz Chicken breast, skinless 2 oz Mozzarella cheese, light/low fat 2 cups Milk, low fat (1%) 2 cups Mushrooms 1 cup Onions 1 cup Lettuce, romaine 4 Tomatoes 1 cup Grapes 2 whole Pita 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils 3 tsp Mayonnaisl	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions		
2:00 pm Snack	56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
5:00 pm Dinner	13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions		
8:00 pm Snack	63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 75	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 1 cup Blueberries 2 1/2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 76	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 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Peaches, canned 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 Beef, lean cuts 2 cups Milk, low fat (1%) 1 Orange 1 cup Fruit juice 3 slice Whole grain bread 12 Almonds, whole 4 tsp Mayonnaise	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 4 oz Cheese, low or non fat 21 grams Protein powder 2 1/2 cups Yogurt, plain, low fat 2 cups Raspberries 2 cups Strawberries 1 1/2 cups Bran cereal, all varieties 42 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 77	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
9:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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.	
11:00 am Snack 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 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 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 2 cups Milk, low fat (1%) 2 cups Raspberries 1 cup Strawberries 2 tbsp Barley 1 cup Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 1 cup Peaches, canned 3 1/2 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 78	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 49 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Pineapple 1 1/2 cups Bran cereal, all varieties 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 4 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 oz Cheddar cheese, light/low fat	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 42 grams Protein powder 3 cups Yogurt, plain, low fat 2/3 cup Applesauce 2 Oranges 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 18 Peanuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 79	Schedule: 7:00 am Breakfast 9:00 am Snack <i>REST</i>	11:00 am Mid Meal 2:00 pm Snack 5:00 pm Dinner	8:00 pm Snack
7:00 am Breakfast 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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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 4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
2:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
5:00 pm Dinner 12 oz Whitefish 4 oz Hard cheeses, light/low fat 2 cups Baked beans 1 2/3 cups Rice 8 Macadamia nuts	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Raspberries 3 tbsp Barley 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 80	Schedule: 6:00 am Breakfast 9:00 am Snack	11:00 am Snack 1:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
<i>Workout: Weight Resistance at 9:30 am</i>			
6:00 am Breakfast 70 grams Protein powder 3 cups Milk, low fat (1%) 3 cups Cereal, cold 2 cups Blueberries 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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 3 cups Milk, low fat (1%) 3 cups Strawberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Turkey breast, skinless 2 cups Chickpeas 1 cup Mushrooms 1/4 cup Onions 1 head Lettuce, iceberg 3 cups Cherry tomatoes 1 whole Pita 8 tbsp Almonds, slivered	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 56 grams Protein powder 6 Pickles 3 oz Pretzels 21 Walnuts 4 oz Cheddar cheese, light/low fat	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 81		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	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) 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Eggs, whole	Item Portions 91g P 117g C 24g F Calories: 1048	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	4 oz Cheese, low or non fat 14 grams Protein powder 3 cups Yogurt, plain, low fat 2 cups Applesauce 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
11:00 am Mid Meal	4 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 91g P 117g C 24g F Calories: 1048	Item Portions		
2:00 pm Snack	56 grams Protein powder 2 cups Yogurt, plain, low fat 2 tbsp Barley 3 tbsp Almonds, slivered 1 1/3 tsp Olive, Flax, Hemp or Salmon Oils 2 Tangerines	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
5:00 pm Dinner	8 oz Beef, lean cuts 3 oz Cheese, low or non fat 2 cups Milk, low fat (1%) 1/2 cup Onions 2 Peppers (bell or cubanelle) 1 cup Salsa 2 Tomatoes 1 Apple 2 whole Pita 9 Almonds, whole 1 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	Item Portions		
8:00 pm Snack	63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions		
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 82		Schedule:		11:00 am Snack	8:00 pm Snack
		6:00 am Breakfast		1:00 pm Mid Meal	
		9:00 am Snack		5:00 pm Dinner	
<i>Workout: Weight Resistance at 9:30 am</i>					
6:00 am Breakfast		Item Portions	Preparation Suggestions:		
3 cups Milk, low fat (1%)		91g 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.		
70 grams Protein powder		117g C	***OPTIONAL/OPTIMAL SUPPLEMENTS***		
4 cups Cereal, cold		24g F	Digestive Enzymes, Omega 3 caps, Multi Vit/Mineral, 1 gram Vit C, 400 i.u. Vit E.		
1 cup Grapes		Calories:			
2 tsp Olive, Flax, Hemp or Salmon Oils		1048			
2 tbsp Almonds, slivered					
9:00 am Snack		Item Portions	Item Portions		
56 grams Protein powder		84g P	PRE - Protein Shake + Energy Sustaining Growth Carbs		
2 cups Yogurt, plain, low fat		108g C			
1 cup Blueberries		21g F			
2 cups Oatmeal		Calories:	Put all ingredients in a blender over ice and blend to desired consistency. Enjoy!		
2 1/3 tsp Olive, Flax, Hemp or Salmon Oils		957			
11:00 am Snack		Item Portions	Item Portions		
84 grams Protein powder		84g P	POST - Protein Shake		
2 cups Fruit juice		108g C	Put all ingredients in blender over ice and blend. We recommend using a high glycemic juice like grape juice for max recuperation. Enjoy rice cakes on the side. ***OPTIONAL/OPTIMAL SUPPLEMENTS*** 1 gram Vit C, Creatine & BCAA's		
6 Rice cakes		0g F			
		Calories:			
		768			
1:00 pm Mid Meal		Item Portions	Item Portions		
11 oz Beef, lean cuts		91g P	Roast Beef Sandwich		
2 cups Milk, low fat (1%)		117g C	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, Vitamin B		
1 Orange		24g F			
1 cup Fruit juice		Calories:			
3 slice Whole grain bread		1048			
12 Almonds, whole					
4 tsp Mayonnaise					
5:00 pm Dinner		Item Portions	Item Portions		
12 oz Whitefish		91g P	Macadamia Baked Whitefish		
4 oz Hard cheeses, light/low fat		117g C	Grate cheese and chop nuts. Mix these ingredients with a little flour or breadcrumbs along with some salt and pepper. Coat whitefish in mixture and bake at 350 for about 20 minutes. *Optional/Optimal Supplement: Digestive Enzymes, Omega 3 caps, Vitamin B, Multi Vit/Mineral		
2 cups Baked beans		24g F			
1 2/3 cups Rice		Calories:			
8 Macadamia nuts		1048			
8:00 pm Snack		Item Portions	Item Portions		
5 oz Cheese, low or non fat		84g P	Cheddar-Apple Galette		
35 grams Protein powder		108g C	In oven ready pan, add water, cinnamon, and apples. Bring to boil, then cover and let simmer until apples are tender. Form apple slices into circle and sprinkle with nuts and cheese. Cook in oven for 3-5 minutes. Serve hot and enjoy!		
2 cups Milk, low fat (1%)		21g F			
2 Apples		Calories:			
1 cup Applesauce		957			
3 tbsp Raisins					
2 tbsp Almonds, slivered					
15 Walnuts					
Total Daily Portions: Protein: 525g Carbohydrates: 675g Fat: 114g Calories: 5826					
** Remember to drink between 3-4 litres of water per day. **					

Notes:

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 83	Schedule: 8:00 am Breakfast 10:00 am Snack <i>Workout: Weight Resistance at 10:00 am</i>	11:00 am Snack 2:00 pm Mid Meal 5:00 pm Dinner	8:00 pm Snack
8:00 am Breakfast 4 Egg whites 4 Eggs, whole 4 oz Mozzarella cheese, light/low fat 3 cups Milk, low fat (1%) 1 1/3 cups Fruit cocktail 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 56 grams Protein powder 2 cups Yogurt, plain, low fat 1 cup Blueberries 2 cups Oatmeal 2 1/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 84g P 108g C 21g F Calories: 957	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 84 grams Protein powder 2 cups Fruit juice 6 Rice cakes	Item Portions 84g P 108g C 0g F Calories: 768	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 13 oz Chicken breast, skinless 1 1/4 cups Celery 1 1/2 cups Chickpeas 1 cup Kidney beans 1 cup Salsa 4 cups Lettuce, romaine 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
5:00 pm Dinner 13 oz Beef, lean cuts 4 cups Cauliflower 2 2/3 cups Rice 8 tbsp Almonds, slivered 1 1/3 cups Fruit juice	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
8:00 pm Snack 5 oz Cheese, low or non fat 35 grams Protein powder 2 cups Milk, low fat (1%) 2 Apples 1 cup Applesauce 3 tbsp Raisins 2 tbsp Almonds, slivered 15 Walnuts	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 114g Calories: 5826 ** Remember to drink between 3-4 litres of water per day. **			
Notes:			

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Day: 84	Schedule: 9:00 am Breakfast 11:00 am Snack <i>REST</i>	1:00 pm Mid Meal 4:00 pm Snack 7:00 pm Dinner	9:00 pm Snack
9:00 am Breakfast 4 oz Cheese, low or non fat 42 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Cereal, cold 2 cups Strawberries 2 tbsp Barley 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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 70 grams Protein powder 2 cups Grapes 4 tbsp Barley 1 2/5 oz Sunflower seeds	Item Portions 84g P 108g C 21g F Calories: 957	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 16 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 3 slice Whole grain bread 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B	
4:00 pm Snack 70 grams Protein powder 1 cup Yogurt, plain, low fat 3 1/2 tbsp Barley 1 Banana 7 tsp Peanut butter, natural	Item Portions 84g P 108g C 21g F Calories: 957	Item Portions Protein Shake Put all ingredients in blender over ice and blend. Add water to create desired consistency. Enjoy!	
7:00 pm Dinner 9 oz Chicken breast, skinless 2 cups Yogurt, plain, low fat 3 cups Cabbage 2 cups Mushrooms 1 cup Salsa 1 2/3 cups Rice 2 2/3 tsp Olive, Flax, Hemp or Salmon Oils	Item Portions 91g P 117g C 24g F Calories: 1048	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, Vitamin B, Multi Vit/Mineral	
9:00 pm Snack 63 grams Protein powder 3 cups Milk, low fat (1%) 2 cups Strawberries 2 1/3 cups Oatmeal 7 tbsp Almonds, slivered	Item Portions 84g P 108g C 21g F Calories: 957	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: 525g Carbohydrates: 675g Fat: 135g Calories: 5826 ** 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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1512 grams Protein powder	9 cups Cereal, cold	56 2/3 tsp Olive, Flax, Hemp or Salmon Oils	51 cups Milk, low fat (1%)
43 1/2 oz Chicken breast, deli style	4 cups Grapes	45 tbsp Almonds, slivered	18 1/2 cups Yogurt, plain, low fat
10 oz Cheddar cheese, light/low fat	3 cups Peaches, canned	36 Walnuts	4 cups Beef and vegetable soup
44 oz Chicken breast, skinless	10 1/3 cups Oatmeal	1 2/5 oz Sunflower seeds	
36 oz Cheese, low or non fat	10 1/3 cups Fruit juice	8 Macadamia nuts	
12 Egg whites	24 Rice cakes	21 Almonds, whole	
6 Eggs, whole	10 cups Mushrooms	7 tsp Peanut butter, natural	
6 oz Mozzarella cheese, light/low fat	3 1/4 cups Celery	60 Peanuts	
1/2 cup Cottage cheese, light/low fat	8 Peppers (bell or cubanelle)	7 tsp Mayonnaise	
12 oz Whitefish	10 cups Lettuce, romaine	2 2/3 tsp Butter	
4 oz Hard cheeses, light/low fat	5 Oranges		
32 oz Beef, lean cuts	21 slice Whole grain bread		
12 oz Turkey breast, deli style	3 cups Cabbage		
15 oz Haddock	6 cups Salsa		
13 oz Turkey breast, skinless	8 cups Rice		
	3 Apples		
	4 1/3 cups Applesauce		
	3 tbsp Raisins		
	1 1/3 cups Fruit cocktail		
	22 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 Tomatoes, sun dried		
	5 whole Pita		
	6 Pickles		
	6 oz Pretzels		
	4 cups Blueberries		
	1 1/2 cups Beans, black		
	4 Crackers		
	1 Banana		
	2 cups Carrots		
	1 cup Corn, canned		
	1 1/4 cups Pasta		
	2 cups Pineapple		
	3 cups Bran cereal, all varieties		
	3 1/2 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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
28 Egg whites	4 cups Fruit cocktail	61 1/3 tsp Olive, Flax, Hemp or Salmon Oils	53 cups Milk, low fat (1%)
16 Eggs, whole	24 slice Whole grain bread	18 Almonds, whole	16 cups Yogurt, plain, low fat
16 oz Mozzarella cheese, light/low fat	12 cups Strawberries	84 Peanuts	
1309 grams Protein powder	10 1/3 cups Oatmeal	49 tbsp Almonds, slivered	
31 oz Chicken breast, skinless	10 2/3 cups Fruit juice	42 Walnuts	
42 oz Beef, lean cuts	24 Rice cakes	6 tsp Mayonnaise	
42 oz Cheese, low or non fat	3 1/4 cups Celery	7 tsp Peanut butter, natural	
54 oz Chicken breast, deli style	5 1/2 cups Chickpeas	1 2/5 oz Sunflower seeds	
26 oz Turkey breast, skinless	3 cups Kidney beans		
10 oz Cheddar cheese, light/low fat	5 cups Salsa		
12 oz Turkey breast, deli style	12 cups Lettuce, romaine		
15 oz Haddock	7 cups Onions		
1/2 cup Cottage cheese, light/low fat	13 Peppers (bell or cubanelle)		
	20 Tomatoes		
	2 Apples		
	10 whole Pita		
	9 cups Raspberries		
	4 1/2 cups Bran cereal, all varieties		
	14 cups Mushrooms		
	7 cups Spinach		
	2 2/3 cups Applesauce		
	2 cups Zucchini		
	22 1/2 tbsp Barley		
	2 Tangerines		
	2 heads Lettuce, iceberg		
	6 cups Cherry tomatoes		
	3 cups Peaches, canned		
	2 cups Blueberries		
	8 Tomatoes, sun dried		
	12 Pickles		
	6 oz Pretzels		
	1 1/2 cups Beans, black		
	4 cups Grapes		
	1 Banana		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	7 1/3 cups Rice		
	2 cups Pineapple		
	1 Orange		
	8 cups Cauliflower		
	2 cups Cereal, cold		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1540 grams Protein powder	2 cups Pineapple	50 2/3 tsp Olive, Flax, Hemp or Salmon Oils	15 cups Yogurt, plain, low fat
41 oz Beef, lean cuts	1 1/2 cups Bran cereal, all varieties	45 Almonds, whole	57 cups Milk, low fat (1%)
24 oz Whitefish	6 cups Blueberries	18 tsp Mayonnaise	
8 oz Hard cheeses, light/low fat	21 tbsp Barley	16 Macadamia nuts	
8 oz Cheddar cheese, light/low fat	12 2/3 cups Oatmeal	57 Walnuts	
1 cup Cottage cheese, light/low fat	11 cups Fruit juice	35 tbsp Almonds, slivered	
49 oz Chicken breast, skinless	24 Rice cakes	2 4/5 oz Sunflower seeds	
12 oz Mozzarella cheese, light/low fat	6 Oranges	2 2/3 tsp Butter	
24 oz Cheese, low or non fat	26 slice Whole grain bread	7 tsp Peanut butter, natural	
27 oz Chicken breast, deli style	4 cups Baked beans	18 Peanuts	
16 Egg whites	8 2/3 cups Rice		
10 Eggs, whole	12 Pickles		
12 oz Turkey breast, deli style	6 oz Pretzels		
15 oz Haddock	6 cups Cereal, cold		
	6 cups Grapes		
	11 cups Mushrooms		
	5 cups Onions		
	3 cups Lettuce, romaine		
	16 Tomatoes		
	6 whole Pita		
	2 Tangerines		
	6 cups Salsa		
	2 cups Carrots		
	1 cup Corn, canned		
	1 1/4 cups Pasta		
	8 cups Strawberries		
	2 cups Peaches, canned		
	1 cup Kidney beans		
	4 Tomatoes, sun dried		
	7 Peppers (bell or cubanelle)		
	3 1/2 cups Spinach		
	1 1/2 cups Beans, black		
	1 Banana		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	2 1/3 cups Applesauce		
	5 cups Raspberries		
	2 2/3 cups Fruit cocktail		
	6 cups Cabbage		
	3 Apples		
	3 tbsp Raisins		
	2 cups Zucchini		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1358 grams Protein powder	9 cups Cereal, cold	38 tbsp Almonds, slivered	52 cups Milk, low fat (1%)
33 oz Chicken breast, deli style	4 cups Blueberries	63 tsp Olive, Flax, Hemp or Salmon Oils	22 cups Yogurt, plain, low fat
8 oz Cheddar cheese, light/low fat	10 cups Strawberries	102 Peanuts	
75 oz Chicken breast, skinless	8 cups Oatmeal	13 tsp Mayonnaise	
35 oz Cheese, low or non fat	10 1/3 cups Fruit juice	21 Almonds, whole	
16 Egg whites	24 Rice cakes	2 2/3 tsp Butter	
10 Eggs, whole	13 cups Mushrooms	21 Walnuts	
14 oz Mozzarella cheese, light/low fat	5 1/4 cups Celery	8 Macadamia nuts	
32 oz Beef, lean cuts	5 Peppers (bell or cubanelle)		
15 oz Haddock	15 cups Lettuce, romaine		
12 oz Whitefish	6 Oranges		
4 oz Hard cheeses, light/low fat	24 slice Whole grain bread		
12 oz Turkey breast, deli style	7 cups Salsa		
	4 cups Carrots		
	2 cups Corn, canned		
	2 1/2 cups Pasta		
	9 cups Raspberries		
	3 cups Bran cereal, all varieties		
	2 2/3 cups Fruit cocktail		
	5 1/3 cups Applesauce		
	5 cups Onions		
	16 Tomatoes		
	4 cups Grapes		
	8 whole Pita		
	20 1/2 tbsp Barley		
	4 Tangerines		
	1 Apple		
	4 cups Peaches, canned		
	3 cups Cabbage		
	8 cups Rice		
	4 cups Cauliflower		
	12 spears Asparagus		
	1 1/2 cups Beans, green or yellow		
	6 Pickles		
	3 oz Pretzels		
	1 1/2 cups Chickpeas		
	1 cup Kidney beans		
	2 cups Baked beans		
	3 1/2 cups Spinach		
	1 1/2 cups Beans, black		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1617 grams Protein powder	16 cups Cereal, cold	63 1/3 tsp Olive, Flax, Hemp or Salmon Oils	53 cups Milk, low fat (1%)
64 1/2 oz Chicken breast, deli style	5 cups Grapes	44 tbsp Almonds, slivered	19 1/2 cups Yogurt, plain, low fat
39 oz Cheese, low or non fat	1 cup Blueberries	96 Peanuts	8 cups Beef and vegetable soup
39 oz Turkey breast, skinless	28 tbsp Barley	7 tsp Peanut butter, natural	
24 oz Turkey breast, deli style	7 cups Oatmeal	9 Almonds, whole	
30 oz Haddock	9 1/3 cups Fruit juice	2 2/3 tsp Butter	
10 oz Cheddar cheese, light/low fat	24 Rice cakes	1 2/5 oz Sunflower seeds	
21 oz Beef, lean cuts	3 cups Kidney beans		
1/2 cup Cottage cheese, light/low fat	11 cups Mushrooms		
	12 Tomatoes, sun dried		
	11 Peppers (bell or cubanelle)		
	7 cups Lettuce, romaine		
	14 Tomatoes		
	14 slice Whole grain bread		
	6 cups Chickpeas		
	3 1/4 cups Onions		
	3 heads Lettuce, iceberg		
	9 cups Cherry tomatoes		
	5 whole Pita		
	3 1/3 cups Applesauce		
	8 Oranges		
	3 cups Beans, black		
	5 cups Salsa		
	2 cups Zucchini		
	1 Banana		
	24 spears Asparagus		
	3 cups Beans, green or yellow		
	6 2/3 cups Rice		
	4 cups Peaches, canned		
	2 cups Pineapple		
	3 cups Bran cereal, all varieties		
	12 cups Strawberries		
	8 Crackers		
	6 oz Pretzels		
	4 Tangerines		
	2 cups Celery		
	1 Apple		
	4 cups Cauliflower		
	5 cups Raspberries		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
33 oz Cheese, low or non fat	7 Oranges	2 2/3 tsp Butter	53 cups Milk, low fat (1%)
1484 grams Protein powder	23 slice Whole grain bread	54 tsp Olive, Flax, Hemp or Salmon Oils	21 1/2 cups Yogurt, plain, low fat
35 oz Beef, lean cuts	3 cups Peaches, canned	24 Almonds, whole	
12 oz Whitefish	10 1/3 cups Oatmeal	11 tsp Mayonnaise	
4 oz Hard cheeses, light/low fat	11 1/3 cups Fruit juice	8 Macadamia nuts	
8 Egg whites	24 Rice cakes	78 Peanuts	
8 Eggs, whole	2 cups Baked beans	2 4/5 oz Sunflower seeds	
10 oz Mozzarella cheese, light/low fat	8 1/3 cups Rice	51 tbsp Almonds, slivered	
1 cup Cottage cheese, light/low fat	5 2/3 cups Applesauce	15 Walnuts	
43 1/2 oz Chicken breast, deli style	2 2/3 cups Fruit cocktail	7 tsp Peanut butter, natural	
22 oz Chicken breast, skinless	5 cups Grapes		
39 oz Turkey breast, skinless	30 1/2 tbsp Barley		
30 oz Haddock	3 3/4 cups Onions		
	4 cups Zucchini		
	6 Peppers (bell or cubanelle)		
	10 Tomatoes		
	2 Tangerines		
	4 cups Cauliflower		
	6 cups Cereal, cold		
	11 cups Strawberries		
	3 cups Blueberries		
	1 1/4 cups Celery		
	7 1/2 cups Chickpeas		
	2 cups Kidney beans		
	1 cup Salsa		
	6 cups Lettuce, romaine		
	7 cups Mushrooms		
	3 heads Lettuce, iceberg		
	9 cups Cherry tomatoes		
	5 whole Pita		
	7 cups Raspberries		
	24 spears Asparagus		
	3 cups Beans, green or yellow		
	3 cups Bran cereal, all varieties		
	4 Tomatoes, sun dried		
	2 Apples		
	3 tbsp Raisins		
	2 cups Pineapple		
	1 Banana		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
16 Egg whites	12 cups Mushrooms	60 1/3 tsp Olive,	58 cups Milk, low
40 oz Cheese, low or non fat	3 cups Onions	Flax, Hemp or	fat (1%)
4 Eggs, whole	7 cups Spinach	Salmon Oils	16 1/2 cups
1561 grams Protein powder	8 Peppers (bell or cubanelle)	8 Macadamia nuts	Yogurt, plain, low fat
43 1/2 oz Chicken breast, deli style	22 slice Whole grain bread	42 Peanuts	12 cups Beef and vegetable soup
12 oz Whitefish	3 cups Blueberries	21 Almonds, whole	
4 oz Hard cheeses, light/low fat	19 1/2 tbsp Barley	28 tbsp Almonds, slivered	
12 oz Turkey breast, deli style	9 cups Oatmeal	57 Walnuts	
24 oz Cheddar cheese, light/low fat	9 cups Fruit juice	4 tsp Mayonnaise	
18 oz Chicken breast, skinless	24 Rice cakes	2 2/3 tsp Butter	
19 oz Beef, lean cuts	1 cup Kidney beans	7 tsp Peanut butter, natural	
45 oz Haddock	4 Tomatoes, sun dried		
	9 cups Lettuce, romaine		
	6 Tomatoes		
	2 cups Baked beans		
	11 cups Rice		
	12 cups Raspberries		
	10 cups Strawberries		
	3 cups Bran cereal, all varieties		
	1 1/2 cups Beans, black		
	5 cups Salsa		
	12 Crackers		
	15 oz Pretzels		
	6 cups Cabbage		
	2 cups Pineapple		
	3 cups Peaches, canned		
	4 cups Celery		
	4 Oranges		
	3 Apples		
	2 whole Pita		
	7 cups Applesauce		
	3 tbsp Raisins		
	11 cups Cereal, cold		
	2 cups Grapes		
	36 spears Asparagus		
	4 1/2 cups Beans, green or yellow		
	12 Pickles		
	1 Banana		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
37 oz Cheese, low or non fat	3 Oranges	8 tsp Butter	49 cups Milk, low fat (1%)
1694 grams Protein powder	18 slice Whole grain bread	47 2/3 tsp Olive, Flax, Hemp or Salmon Oils	4 cups Beef and vegetable soup
104 oz Chicken breast, skinless	12 cups Strawberries	8 Macadamia nuts	9 1/2 cups Yogurt, plain, low fat
12 oz Whitefish	12 2/3 cups Oatmeal	51 Walnuts	
4 oz Hard cheeses, light/low fat	9 1/3 cups Fruit juice	51 tbsp Almonds, slivered	
8 oz Cheddar cheese, light/low fat	24 Rice cakes	2 4/5 oz Sunflower seeds	
1 cup Cottage cheese, light/low fat	5 cups Celery	14 tsp Peanut butter, natural	
21 oz Beef, lean cuts	6 cups Chickpeas	42 Peanuts	
33 oz Chicken breast, deli style	4 cups Kidney beans	9 Almonds, whole	
	9 cups Salsa		
	16 cups Lettuce, romaine		
	2 cups Baked beans		
	4 1/3 cups Rice		
	6 Pickles		
	6 oz Pretzels		
	12 cups Cereal, cold		
	6 cups Blueberries		
	5 cups Grapes		
	24 1/2 tbsp Barley		
	4 Crackers		
	2 Bananas		
	4 cups Cauliflower		
	2 cups Peaches, canned		
	8 cups Carrots		
	4 cups Corn, canned		
	5 cups Pasta		
	7 cups Raspberries		
	1 1/2 cups Bran cereal, all varieties		
	2 1/2 cups Onions		
	4 cups Zucchini		
	6 Peppers (bell or cubanelle)		
	6 Tomatoes		
	5 Apples		
	4 cups Applesauce		
	6 tbsp Raisins		
	2 whole Pita		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1519 grams Protein powder	11 cups Cereal, cold	57 1/3 tsp Olive, Flax, Hemp or Salmon Oils	56 cups Milk, low fat (1%)
66 oz Beef, lean cuts	3 cups Grapes	52 tbsp Almonds, slivered	13 cups Yogurt, plain, low fat
15 oz Haddock	5 cups Blueberries	30 Almonds, whole	8 cups Beef and vegetable soup
36 oz Turkey breast, deli style	17 1/2 tbsp Barley	7 tsp Mayonnaise	
49 oz Cheese, low or non fat	10 1/3 cups Oatmeal	18 Peanuts	
10 oz Cheddar cheese, light/low fat	13 cups Fruit juice	2 2/3 tsp Butter	
37 1/2 oz Chicken breast, deli style	24 Rice cakes	45 Walnuts	
9 oz Chicken breast, skinless	5 Oranges	8 Macadamia nuts	
2 oz Mozzarella cheese, light/low fat	16 slice Whole grain bread		
8 Egg whites	12 spears Asparagus		
2 Eggs, whole	1 1/2 cups Beans, green or yellow		
12 oz Whitefish	4 1/3 cups Applesauce		
4 oz Hard cheeses, light/low fat	11 2/3 cups Rice		
	4 1/2 cups Beans, black		
	4 1/2 cups Onions		
	8 cups Salsa		
	18 Tomatoes		
	8 Crackers		
	6 oz Pretzels		
	7 cups Raspberries		
	7 cups Strawberries		
	12 cups Cauliflower		
	9 cups Mushrooms		
	2 cups Celery		
	10 Peppers (bell or cubanelle)		
	7 cups Lettuce, romaine		
	8 Apples		
	9 tbsp Raisins		
	4 cups Pineapple		
	3 cups Bran cereal, all varieties		
	6 whole Pita		
	1 cup Peaches, canned		
	2 cups Kidney beans		
	8 Tomatoes, sun dried		
	3 1/2 cups Spinach		
	2 Tangerines		
	2 cups Baked beans		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
28 oz Cheese, low or non fat	11 cups Cereal, cold	58 2/3 tsp Olive, Flax, Hemp or Salmon Oils	45 cups Milk, low fat (1%)
1582 grams Protein powder	9 cups Strawberries	50 tbsp Almonds, slivered	21 cups Yogurt, plain, low fat
60 oz Chicken breast, deli style	21 tbsp Barley	42 Walnuts	
13 oz Turkey breast, skinless	12 2/3 cups Oatmeal	12 Almonds, whole	
10 oz Cheddar cheese, light/low fat	10 1/3 cups Fruit juice	7 tsp Mayonnaise	
8 Egg whites	24 Rice cakes	1 2/5 oz Sunflower seeds	
2 Eggs, whole	2 cups Kidney beans	7 tsp Peanut butter, natural	
66 oz Chicken breast, skinless	12 cups Mushrooms	8 Macadamia nuts	
24 oz Beef, lean cuts	4 Tomatoes, sun dried	2 2/3 tsp Butter	
1/2 cup Cottage cheese, light/low fat	8 Peppers (bell or cubanelle)	36 Peanuts	
2 oz Mozzarella cheese, light/low fat	10 cups Lettuce, romaine		
12 oz Whitefish	12 Tomatoes		
4 oz Hard cheeses, light/low fat	21 slice Whole grain bread		
12 oz Turkey breast, deli style	3 1/2 cups Chickpeas		
	4 3/4 cups Onions		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	3 whole Pita		
	12 Pickles		
	6 oz Pretzels		
	3 1/2 cups Spinach		
	3 1/3 cups Applesauce		
	4 cups Zucchini		
	5 cups Raspberries		
	6 cups Cabbage		
	7 cups Salsa		
	7 2/3 cups Rice		
	7 Oranges		
	2 cups Pineapple		
	1 1/2 cups Bran cereal, all varieties		
	4 cups Grapes		
	1 Banana		
	2 cups Baked beans		
	4 cups Peaches, canned		
	3 1/4 cups Celery		
	4 cups Cauliflower		
	4 cups Carrots		
	2 cups Corn, canned		
	2 1/2 cups Pasta		
	1 1/2 cups Beans, black		
	2 Tangerines		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1498 grams Protein powder	4 cups Pineapple	57 1/3 tsp Olive, Flax, Hemp or Salmon Oils	25 1/2 cups Yogurt, plain, low fat
33 oz Chicken breast, deli style	7 1/2 cups Bran cereal, all varieties	126 Peanuts	41 cups Milk, low fat (1%)
12 oz Cheddar cheese, light/low fat	10 cups Strawberries	2 2/3 tsp Butter	8 cups Beef and vegetable soup
75 oz Chicken breast, skinless	8 cups Oatmeal	7 tsp Peanut butter, natural	
33 oz Cheese, low or non fat	9 cups Fruit juice	36 tbsp Almonds, slivered	
12 oz Turkey breast, deli style	24 Rice cakes	1 2/5 oz Sunflower seeds	
12 Egg whites	14 cups Mushrooms	7 tsp Mayonnaise	
6 Eggs, whole	5 1/4 cups Celery	15 Walnuts	
6 oz Mozzarella cheese, light/low fat	3 Peppers (bell or cubanelle)	12 Almonds, whole	
1/2 cup Cottage cheese, light/low fat	13 cups Lettuce, romaine	8 Macadamia nuts	
13 oz Turkey breast, skinless	4 Oranges		
11 oz Beef, lean cuts	21 slice Whole grain bread		
12 oz Whitefish	9 cups Cabbage		
4 oz Hard cheeses, light/low fat	8 cups Salsa		
	6 2/3 cups Rice		
	8 cups Raspberries		
	1 1/2 cups Beans, black		
	2 3/4 cups Onions		
	6 Tomatoes		
	8 Crackers		
	6 oz Pretzels		
	24 1/2 tbsp Barley		
	1 Banana		
	4 cups Carrots		
	2 cups Corn, canned		
	2 1/2 cups Pasta		
	7 cups Peaches, canned		
	6 cups Cereal, cold		
	5 cups Blueberries		
	3 1/2 cups Chickpeas		
	1 cup Kidney beans		
	1 1/3 cups Fruit cocktail		
	3 cups Grapes		
	3 whole Pita		
	2 Tangerines		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	3 1/2 cups Spinach		
	2 Apples		
	3 cups Applesauce		
	3 tbsp Raisins		
	2 cups Baked beans		

Grocery List

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

Empowered Nutrition - Critical Bench Lean Muscle Builder - 5826 Calories

Protein	Carbohydrates	Fats	Other
1470 grams Protein powder	2 cups Pineapple	49 2/3 tsp Olive, Flax, Hemp or Salmon Oils	24 cups Yogurt, plain, low fat
49 1/2 oz Chicken breast, deli style	1 1/2 cups Bran cereal, all varieties	30 Almonds, whole	44 cups Milk, low fat (1%)
10 oz Cheddar cheese, light/low fat	5 cups Blueberries	18 Peanuts	4 cups Beef and vegetable soup
40 oz Beef, lean cuts	12 2/3 cups Oatmeal	61 tbsp Almonds, slivered	
36 oz Cheese, low or non fat	10 1/3 cups Fruit juice	14 tsp Peanut butter, natural	
20 Egg whites	24 Rice cakes	16 Macadamia nuts	
8 Eggs, whole	7 cups Mushrooms	51 Walnuts	
24 oz Whitefish	4 1/2 cups Celery	4 tsp Mayonnaise	
8 oz Hard cheeses, light/low fat	11 Peppers (bell or cubanelle)	1 2/5 oz Sunflower seeds	
35 oz Chicken breast, skinless	12 cups Lettuce, romaine		
13 oz Turkey breast, skinless	4 Oranges		
4 oz Mozzarella cheese, light/low fat	22 slice Whole grain bread		
1/2 cup Cottage cheese, light/low fat	5 1/4 cups Onions		
	5 cups Salsa		
	8 Tomatoes		
	6 Apples		
	5 whole Pita		
	6 2/3 cups Applesauce		
	7 cups Spinach		
	4 cups Zucchini		
	18 tbsp Barley		
	2 Bananas		
	4 cups Baked beans		
	7 2/3 cups Rice		
	3 cups Raspberries		
	9 cups Cereal, cold		
	9 cups Strawberries		
	5 cups Chickpeas		
	2 cups Kidney beans		
	1 head Lettuce, iceberg		
	3 cups Cherry tomatoes		
	6 Pickles		
	6 oz Pretzels		
	4 Crackers		
	2 Tangerines		
	3 cups Grapes		
	6 tbsp Raisins		
	1 1/3 cups Fruit cocktail		
	4 cups Cauliflower		
	3 cups Cabbage		