

 **CRITICAL BENCH.com**
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NUTRITION MEAL PLANS

FOR LEAN MUSCLE BUILDING



WWW.EMPOWEREDNUTRITION.NET

QUICK START GUIDE

How to SELECT Your CriticalBench.com Nutrition Meal Plan for Lean Muscle Building

Gain 5 To 15 Even 20 Pounds Of Rock Hard Lean Body Mass And Shed 5 To 10% Of Ugly Body Fat In The Process

Thanks for your recent purchase. These meal plans are designed to make packing on mounds of muscle and shredding unwanted body fat as easy as walking down the street.

You know you already train hard...you are after all following one of the greatest Lean Muscle Building Programs in the world from CriticalBench.com or LeanHybridMuscle.com. If you're not get over there now and start training the right way for power and strength NOW!

Before you get started with these CriticalBench.com Nutrition Meal Plans for Lean Muscle Building I want to introduce you to my friend Patrick McGuire of Empowered Nutrition. He is the best in the business and the only person I would trust to design these meal plans for us.



Mike Westerdal
Founder of CriticalBench.com

Meet Patrick McGuire on the Next Page

First Things First, **“WHO The Heck Am I To Be Telling You What To Eat and When To Be ROCK HARD, Lean And Muscular And WHY Do I Think I Can Help You”...**

I’m Patrick McGuire, President of Empowered Nutrition Products Inc. I have been the skinny kid, turned fat boy and eventually competitive body builder, semi-professional athlete (hockey OHL and football NFC), Professional Trainer, Nutritionist, Certified Strength and Conditioning Specialist and Transformation Coach.

I started my quest for muscle in grade 8. I looked up to the bodybuilders of that era and those before. Of course Arnold, but I more liked Mike Mentzer, Tom Platz, then Berry DeMey, Bob Paris, Paul Demayo (Quadzilla), my friend Nimrod King, Lee Haney, turning to inspirations like Lee Priest, Flex Wheeler, Mike Francois, Dennis Newman, of course the “shadow” Dorian Yates and my personal favourite Kevin Levrone and many others, including the pro’s of today, tomorrow and beyond. I especially like the power and the physique of a previous Strongman and Professional Bodybuilder Curtis Leffler (RIP), he was clearly ahead of his time as well as Magnus Ver Magnussen.

I was a skinny, but strong kid playing hockey (typical Canadian eh!). Lacrosse was a sport of choice for me (more Canadiana, sorry), then football and rugby. I was the power player in all these sports and loved running over other kids, but I became fascinated with muscle and size as much as strength and power and that led me on the quest just like you.

Eventually realizing my injuries were holding me back from a professional hockey career I started to contemplate bodybuilding contest while studying Kinesiology at the University of Windsor and taking part in the Royal Canadian Armoured Corps as part of an elite tanker squad.

Actually in high school my nickname was **“fatboy”** and **“bigkid”**... simply because I figured out how to get bigger than the other kids without really being fat... yeah 5-foot-8 at 212 lbs and 12% bf is pretty big for a kid in grade 12... and I LOVED it!

After my stint with the RCAC I really focused on not just competitions, but on the ability to help others accomplish their goals as a personal trainer while I studied nutrition to become a Registered Nutritional Consulting Practitioner (RNCP) and Certified Strength and Conditioning Specialist (CSCS). That was the birth of Empowered Nutrition while selling supplements for various companies and training clients on the side, I kept my quest for MASS reaching 263 lbs at 28% body fat before cutting it down to 204 lbs on stage with just under 4% bf.



I know that through the unique applied nutrition strategies that I have been testing and administering for almost 2 decades that I will without hesitation guarantee you will grow big, lean and muscular without adding any fat... in fact using the Empowered Nutrition Advanced Lean Muscle Builder Meal Plans I can assure you that you will lose body fat while increasing lean body mass and dramatically increasing the visual impact of your physique within a few short weeks.

Before you get started I want to congratulate you on making the best decision you could make to gaining an incredible amount of lean muscle mass without the associated fat that is typical of **"weight gain"** programs spurted out by the muscle magazines and the bodybuilding media.

The Done-For-You nutrition program that I designed for CriticalBench.com with the goal of Lean Muscle Building, are very **DIFFERENT** than any Mass Building Meal Plans.

Many mass building plans including the MacroMASS Building Meal Plans I offer at my site are designed to provide you with the adequate nutrients and the calories in the precise ratios to allow for massive amounts of NEW Lean Muscle (LBM) and only gaining modest amounts of body fat.

The way to eat to grow without gaining ridiculous amounts of fat is actually quite easy.

DON'T Eat More Than You Need. DO Eat More Than Is Required.

Yeah that is a bit confusing isn't it? Let me clear that up for you.

You **MUST** eat what is **REQUIRED** to maintain your current level of lean mass and current activity level. You need to eat **MORE** than what is required in order to **GROW**.

On the flip side, don't eat more than you **NEED**. **WANTS** and **NEEDS** are two different beasts.

You **WANT** to grow to be **BIG** and **RIPPED**. You **WANT** to eat the whole thanksgiving dinner table of food, have your cake and eat the whole thing too. What you need is a quarter of the turkey, 2 heaping scoops of mashed potatoes, a plateful of greens and veggies, a healthy scoop of stuffing and polish it off with slice (or two) of pumpkin pie and double churned vanilla ice cream.

What you **WANT** is to eat like this for days on end. What you **NEED** is to get back on track and get your [CriticalBench.com](https://www.criticalbench.com) Lean Muscle Building Meal Plan working for you starting with your very next meal. It's not like you are going to starve, it's just the calories are calculated, clean and healthy and will not let you turn into a stuffed pig who can't lift his own bodyweight without blowing a gasket, a blood vessel or coming up short out of breathe. *Besides who really wants to look like that these days anyways?*

So when we are trying to grow our brain is telling us two things and our bellies are telling us something different.

The brain says to grow you must eat. *No thanks to the hyped up ghost writers in the bodybuilding magazines.*

The brain says you get to eat whatever you want. *Again ghost writers are not helping with that notion.*

The belly says I am NOT full yet... I got another pocket of space in here somewhere, shovel it down buddy.

Now with that in mind a few months later and you brain and your belly get on the same page. They both look in the mirror and say ***“You’re FAT!”***

When we are trying to get RIPPED, CUT and SHREDDED, our brain and bellies miscommunicate again. AGAIN no thanks to the skinny fat guys posing as fitness ghost writers for the BIG and RIPPED MUSCLE MAGS out there.

You can NOT out
exercise a bad diet...
YES, even when
BULKING!

Most of society says that to diet is the only way to get lean and ripped. Many think you need to starve to look shredded with onion thin skin. Lots think you need to be near dead and sick in body and mind to look like that. Everybody seems to think you cannot GROW New Muscle and get Shredded at the same time.

Well let me tell you something very important. Not everybody is a professional. Not everybody is an expert. Not everybody has your level of commitment and drive in your quest for the BIGGEST Most Muscular RIPPED Body that you desire.

Not everybody has a coach like me that has done it before, done it for thousands of individuals and is going to do it again and get you the **Big Muscular Ripped To The Bone Dry, Thin Skin Body Of Your Dreams.**

To accomplish this we need to control **insulin** and **glucagons** as much when building muscle as we do when dieting to cut up for a show. *The calories, the ratios and the training are what make the difference... I got you covered on those.*

Don't worry you will not need to worry about the 2 hormones I just mentioned (Insulin / Glucagons) with these Done-For-You CriticalBench.com Meal Plans for Lean Muscle Building. All you need to do is some dirt simple simple math, open the correct calorie plan file and get eating.

Notice I said current goals? This is different than the actual goal. It is okay to re-assess every 30-days and move on to a different calorie plan. It's perfectly fine to finish the entire 84-day plan but if you feel like you need to make adjustments, feel free to follow the instructions below to pick a new calorie plan every 30-days if you feel inclined. This allows for fine-tuning. If you're happy with the way things are going, just continue with the entire 84-day meal plan before re-evaluating and moving on to the next one.

Really with the CriticalBench.com Meal Plans for Lean Muscle Building all you need to do is follow the right plan that will help you accomplish your goals, feed and nourish the body, keeping you lean and muscular. What will make the difference at this point is supporting that effort with the style and intensity of your training program to increase the rate of growth or the rate of fat loss.

So let's get right to it.

How to Select the Correct Calorie Plan for You

Critical Step 1: Write Down Your Total Weight (TW)

Take your **Total Weight**. Do this naked, first thing in the morning, after getting rid of the waste products and toxins in your body (go pee, take a poop, whatever you do). Check your weight. Write it down.

Example: Total weight is 206 lbs first thing in the morning.

TW = 206 lbs

Critical Step 2: Write Down Your Body Fat (BF)

The first step is to get your body fat percentage. There are several ways to do this. Please note that most of these ways of measuring your body fat percentage are not completely accurate, but as long as you use the same method to measure your results you will be able to track your improvement.

The only way to really get a very accurate body fat percentage reading is to find a facility that has access to a Bod Pod or hydrostatic (underwater) testing. Both methods are very expensive and not needed to follow these meal plans. I recommend get your body fat percentage using any of the methods listed below.

Option 1: If you have access to one you can use a body fat analyzer as pictured below. Make sure you chose “athletic” in the settings if you use this tool.



Option 2: We have an online calculator for you on the Web site. All you have to do is enter your current weight and your waist size. Here is the page to get your body fat percentage using our online calculator: <http://www.criticalbench.com/calcs.htm>

Option 3: Hire someone to take your body fat percentage. A personal trainer from the gym should be able to do it for you using a set of calipers.

Option 4: Using a pair of cheap body fat calipers you can take your own 9-Point Body Fat Test.

Here is a video that shows you exactly how to take your measurements:

<http://www.viddler.com/explore/FitnessAtlantic/videos/59/>

And a FREE PDF Chart to record your measurements:

http://www.fitnessatlantic.com/compete-in-show/BODYFAT_CHART.pdf

Buy a pair of calipers for \$14 here:

<http://www.bodybuilding.com/store/acc/accu.html>

Example: Using the online calculator let's say your body fat percentage came out to 15%.

Critical Step 3: Get Your Lean Body Mass (LBM)

Let us figure out how many pounds of fat you are carrying using the previous example. Total Weight or (TW) was 206 pounds and the Body Fat Percentage was 15%.

Multiply your weight times your body fat as a decimal:

$206 \times .15 = 31$ pounds of fat.

$TW - BF \text{ pounds} = LBM$

Example: $206 \text{ lbs} - 31 \text{ lbs} = 175 \text{ lbs}$ of Lean Body Mass

Your LBM is your starting point where you are today and will be the basis for leaning out or growing or building insane power and muscle.

Critical Step 4: Classify Yourself to Get Your (ENF)

Next you must classify yourself as one of the following and note the Empowered Nutrition Factor (ENF) beside the classification [XX]

-**HARD GAINER:** Skinny Ectomorph [21]

-**MUSCLED MONSTER:** Good Build, Athletic Mesomorph [17]

-**BIG BEAST:** Fatty Muscular Endomorph [15]

Critical Step 5: Choose Your Meal Plan

Multiply Your Lean Body Mass by your Empowered Nutrition Factor $LBM \times ENF = XXXX$

Example: 175 lbs x 17 = 2975 calories

This is your total calories for meal plan selection. Using this information you will open your Meal Plan folder on your computer, find the nearest total calories plan for you and select that plan by opening the PDF with a simple CLICK. This is one of the few times I will suggest that you round up instead of down, but only to the next closest caloric meal plan, not above and beyond that.

You just did the hardest part of the entire muscle building process. Yeah, it really is that easy with the Critical Bench / Empowered Nutrition Meal Plans. Now for the next hardest part of project – NEW BODY; start eating. That's it done. Time to GROW!

Growth is NOT easy and MASSIVE growth while keeping lean is NOT easy. Exercise alone is NOT the answer. The problem is that most people eat too much and to make it worse they eat all the wrong things at the wrong times in the wrong ratios and the wrong food combinations.

Don't worry we've got you covered. We have taken care of all the problems, headaches, and hassles of nutrition for you. That is the exact reason we exist and the partnership of CriticalBench.com and Empowered Nutrition came to be. Two of the industry's most honest and straight up guys and good friends want to see you finally grow and build the superhuman super muscular, super lean body that you have always dreamed of.

Enjoy the process,

Mike Westerdal – Critical Bench & Patrick McGuire – Empowered Nutrition

The Next Step for the Super Dedicated Personalized Nutrition Programs

Once you have completed these Done-For-Your Meal Plans I recommend you get in contact with Patrick McGuire directly at <http://www.empowerednutrition.net> to set up a personalized nutrition program.

If your goals change and you want to add mass without losing body fat or you are just concerned with reducing body fat and don't care about building muscle Patrick can design you a meal plan and nutrition program.

The best part is Patrick will customize the entire program around your goals and the foods you enjoy.

Usually these programs are pretty expensive as expected, but I was able to wrestle him into submission and he is giving all CriticalBench.com customers a massive discount on his personalized services. If you're looking for a hard copy version, Patrick can provide that as well.

To learn more about Patrick's personalized nutrition programs and transformation coaching visit this page I had set up for you: <http://www.empowerednutrition.net>



This is a nutrition program that is tailored to your goals. It's your information, your goals, your schedule and your foods. The only outcome is powerful proven results... Your Results.

<http://www.empowerednutrition.net>

Disclaimer

Patrick McGuire BSc. is a Registered Nutritional Consulting Practitioner (RNCP), a Certified Strength and Conditioning Specialist (CSCS), Certified Professional Trainer (CPT), Coach and Consultant. Patrick is a sought after nutritional author and speaker.

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All risks and liabilities are assumed by the participant.

Practice safe eating.

Do not consume this information while participating in food games, sexual intercourse, driving a motorized vehicle or under the influence of alcohol, pharmaceuticals or narcotics prescribed or otherwise. It could be dangerous to your health or it could rub off by osmosis to your friends, family members and partners. Heaven forbid we start something great and destroy obesity, creating an army of Empowered Warriors to create change one bite at a time.

(Yeah I added that last part, but the legal eagles made me keep the other stuff) – Patrick.