



Lean Mass Plan

- **What to Eat to Gain Lean, Hard Muscle Mass!**
 - **Supplements to Cover!**
 - **Tips & Information**

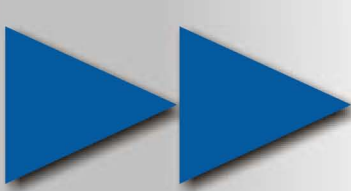
SUPPLEMENTS LOWEST PRICES GUARANTEED





Consult a physician before starting any weight-loss program. Results will vary; be sure to use in conjunction with an exercise program. This guide is not intended to diagnose, treat, cure or prevent any disease.

	Basic Meal Template Suggestions	Additional Meal "Variety" Suggestions	Foundation of Health Suggestions
Breakfast 7:00AM	Omelette & Oatmeal 46g Protein - 500 Calories <ul style="list-style-type: none"> • 5 Egg Whites and 1 Whole Egg • 1 cup of Oatmeal • ½ cup Diced Peppers & Onions • 1 cup of Milk 	Fruit Smoothie Delight 45g Protein - 595 Calories <ul style="list-style-type: none"> • 1 cup of Skim Milk • 1 scoop Slow Release Protein • 1 Banana & 1 tbsp Udo's Oil • 1 cup Frozen Organic Berries 	Not to be Counted as Calories in the Meal Guide <ul style="list-style-type: none"> • 1 scoop Vege-Greens • Essential Fat (Liquid) • Multi-Vitamin
Morning Snack 9:30 AM	Nuts, Yogurt & Berries 18g Protein - 400 Calories <ul style="list-style-type: none"> • 250g (1 cup) No Fat Yogurt • 1 cup Berries & 3oz Trail Mix 	Get Your Fibre 50g Protein - 545 Calories <ul style="list-style-type: none"> • 3 oz All Bran Cereal & 8 oz Milk • 1 scoop Whey 	Training Days Post Workout Shake <ul style="list-style-type: none"> • 2 scoops Lean Weight Gainer • 5g (1 tsp) Glutamine
Lunch 12:30 PM	Chinese Chicken 43g Protein - 598 Calories <ul style="list-style-type: none"> • 4.5 oz Chicken (Diced Breast) • ½ cup Pineapple & Diced Onion • 1 tbsp Lemon Juice & Pepper • 1 cup Steamed Rice • 1 tbsp Olive Oil 	Stuffed Pita Pocket 40g Protein - 506 Calories <ul style="list-style-type: none"> • 1 Whole Grain Pita Wrap • 4.5 oz Turkey or Ham • 1 oz Low Fat Cheddar • ½ cup Diced Tomato, Peppers • 2 tbsp No-Fat Mayo; Spice 	Not to be Counted as Calories in the Meal Guide <ul style="list-style-type: none"> • Multi-Vitamin
Afternoon Snack 3:00 PM	Fishy... 44g Protein - 482 Calories <ul style="list-style-type: none"> • 2 Slices of Whole Grain Bread • 4.5 oz of Tuna & Low Fat Mayo 	Bar None... 35g Protein - 512 Calories <ul style="list-style-type: none"> • EAS Myoplex Deluxe Bar • 1 oz Unsalted Mixed Nuts 	Lean Gainer Shake 40g Protein – 460 Calories <ul style="list-style-type: none"> • 2 scoops of Lean Mass Gainer • Mix with Water or Milk for Additional Calories
Dinner 6:00 PM	Salmon Steak 47g Protein - 621 Calories <ul style="list-style-type: none"> • 4.5 oz Salmon • 1 tbsp Lemon Juice; Garlic Clove • 1.5 cups Asparagus (Steamed) • 1 cup Whole Grain Pasta • 1 tbsp Olive Oil 	Beef n' Broccoli 53g Protein - 667 Calories <ul style="list-style-type: none"> • 4 oz Lean Beef (Sliced) • 1 cup Mushrooms & Peppers • 1 cup Broccoli • 1 cup Chickpeas • No-Fat Peppercorn Sauce 	Not to be Counted as Calories in the Meal Guide <ul style="list-style-type: none"> • Essential Fat (Caps or Liquid) • Multi-Vitamin
Snack 8:30 PM	Power Snack 36g Protein - 214 Calories <ul style="list-style-type: none"> • 1 Cup No Fat Cottage Cheese • 1 Cup Blueberries 	Shake n' Juice 32g Protein - 246 Calories <ul style="list-style-type: none"> • 1 scoop Sustained Release Protein • 1 cup of Orange Juice 	To be Taken Before Going to Bed <ul style="list-style-type: none"> • 10g (2 tsp) Glutamine



Fast Forward



Get there a little bit faster... Give yourself a performance edge!

Gaining lean muscle mass takes time, effort and dedication to some basic principles – eating, sleeping and training. Simply put, if you are failing in one of those three basics you are not maximizing your results, and even worse can be sabotaging potential gains! People often err with respect to eating the appropriate caloric level; comments such as “I eat all the time” are common with hard gainers. To put on size is technically simple – you must ingest more calories than you burn!

How do performance supplements help? Basically they can address “holes” in nutrition, vastly improve recovery (muscle repair) and maximize the release of natural hormones through a more restful sleep. Others magnify gym efforts by focusing overall intensity and stamina or reduce muscle wasting by preserving an anabolic state in the body at all times. Clearly, performance supplements lend a very direct and potent hand to reaching your fitness goals!

MENTAL FOCUS	MAXIMIZE ENDURANCE	REST & RECOVERY
		
PRE-WORKOUT	POST WORKOUT	BEFORE BED

Muscle Growth - Supplements Proven to Work:

Creatine

- Improves user strength between 5 – 15%
- Boosts strength gains by recycling spent ATP for re-use

Branch Chain Amino Acids (BCAA)

- Leucine, Isoleucine and Valine
- 3 most critical parts of protein jointly protect against muscle breakdown
- Promotes an anabolic environment for maximizing muscle growth



Vasodilators

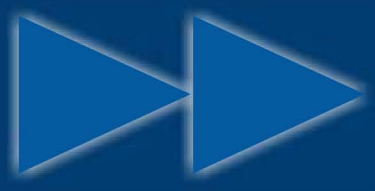
- “Fun” factor boosting blood flow to muscle tissue for huge “pumps”
- Improves nutrient flow & recovery

ZMA & Tribulus

- Improves overall both stamina and energy levels by increasing LH
- Boosting testosterone levels
- Increases recovery, strength and sexual vigor

Tips & Suggestions:

- Fuel the body; 6 meals per day are mandatory, not an option!
- Your protein intake is critical; 1g of protein per lb of body weight will give your body the raw material to grow
- Carbohydrates should be focused on “low” Glycemic (slow release) and should be unprocessed
- Nutrient dense foods are critical when building dense, hard muscle
- Mass building exercises such as Squats, Deadlifts & Bench Press trigger growth through out the entire body
- Sleep (8 hours un-interrupted) is critical for recovery as your body rebuilds muscle fibre during this critical period



Fast Forward



POPEYE'S FOUNDATION OF GAINING

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Lean Mass Plan

Essential Fatty Acids (EFA) Benefits:

- In liquid form provide a massive supply of incredible clean calories for the body
- EFA's play a role in the formation of nerve tissue development
- Omega 3's (fish source preferred) act as an anti-inflammatory (reduce swelling) – great when resistance training!

Vege-Greens Benefits:

- Normalizes body pH level; this is critical when gaining size
- Improves immune function - great for removing exercise induced free radicals (damaged cells)

Multi-Vitamins Benefits:

- Increased training increases usage of key vitamins and nutrients
- Multi's provide increased energy by reducing deficiencies
- Look for formulas that include BCAA's for maximum recovery
- Strengthens overall immune function

SUPPLEMENTS LOWEST PRICES
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Post Exercise Gainer

Combining anabolic Whey protein & slower acting Casein, use this as a great post workout lean gainer.

Heavy Gainer

For individuals requiring additional calories, heavy gainers provide a potent 3:1 ratio of carbs to protein.

Sustained Release

Keep it anabolic! Combine proteins EFA's and fibre to release amino's while you sleep to maximize recovery.

Sample Guidelines for Gaining Muscle Mass...

How many calories should I eat to gain weight? The answer depends upon a number of factors such as age and activity level. A very effective way of looking at "calories" is to look a metabolic range calculation that your Popeye's associate can help you determine:

Calorie Consumption Ratio: Calorie Range (9-20)

Protein: 40%
 Carbohydrates: 40%
 Fats: 20%
 Pro & Carbs: 1g = 4 calories
 Fats: 1g = 9 calories

Male, 20 Years @ 5'10" 200lbs Exercise Level: Heavy

Calories: $200 * 18 = 3600$
 Protein (40%) = 360g (1440 cal)
 Carbohydrates (40%) = 360g (1440 cal)
 Fat (20%) = 80g (720 cal)
 Per Meal (Pro/Carbs/Fat) = 60g/60g/13g

Male, 40 Years @ 5'8" 150lbs Exercise Level: Moderate

Calories: $150 * 16 = 2400$
 Protein (40%) = 240g (960 cal)
 Carbohydrates (40%) = 240g (960 cal)
 Fat (20%) = 53g (480 cal)
 Per Meal (Pro/Carb/Fat) = 40g/40g/8g