

GEN-TEC

NUTRITION

PROGRAMS

FAT LOSS / MUSCLE TONE

***WE RESEARCH AND DEVELOP
PRODUCTS WHICH HELP ATHLETES
AND EVERY DAY PEOPLE GET BETTER
RESULTS FROM THE TIME THEY SPEND
EXERCISING!***

The information contained in this brochure is of a general nature only and does not constitute advice on health or nutrition. Gen-Tec Nutrition makes no representations and gives no warranties about the accuracy, usefulness, suitability or application of the information in this brochure to your particular circumstances. You should seek professional advice appropriate to your circumstances before acting or relying on this information. Gen-Tec disclaims all liability for damage or loss arising from the use of, or any omission from the information provided.

Typical Monthly Supply:	2 x Pro Lean 1kg 1 x Ultimate Thermogenic Fuel 280ml 1 x ALCA Fuel 50g
Upon Rising:	Drink 300-500ml pure water 10ml Ultimate Thermo Fuel } <i>mix in 200ml</i> ½ tspn Alca Fuel } <i>pineapple juice or water</i> 30-40 mins power walk or other cardio exercise
Meal # 1: (8.00am)	3 egg whites + 1 whole egg or 100g low fat cottage cheese or Raw nuts and seeds + 1 serve rolled oats or wholemeal toast (1 piece) or apple
Meal # 2: (10.30am)	2 scoops Pro Lean (mix in 150ml water)
Meal # 3: (1.00pm)	1 serve chicken breast, fish, lean beef or tuna ½ serve brown rice, potato or pasta 1 large serve green veg or salad (olive oil dressing)
Meal # 4: (4.00pm) (if training)	2 scoops Pro Lean (in 150ml water) or 100g low fat cottage cheese 100g Nestle diet yoghurt or small apple
Meal # 5: (8.30pm)	1 serve chicken breast, fish or lean beef 2 serves non-starchy veg/salad

Immediately after all weight training:

2 scoops Pro Lean (mix in water)
1 x piece fruit

Serving sizes:

Protein: size of hand (palm only)
Carbs: size of clenched fist (cooked)

Note: Drink 42ml water/kg bodyweight/day
Rotate protein and carb sources. Have as much variety as possible within the guidelines. If hungry in the evening: snack on raw organic cashews and almonds.

Do not use Ultimate Thermo Fuel if sensitive to caffeine. Cycle Thermo 2 days on 2 days off.

Exercise: Low intensity cardio upon rising for fat burning (eg powerwalking, stationary Bike. Weight train evenings to maintain or build muscle tissue.

On Fat Loss: The key to nutrition for fat loss is not so much a focus on cutting calories but stimulating the body's metabolism so you naturally burn more calories even at rest. Consuming small meals often and exercise is the best way to increase your metabolic rate.

The information contained in this brochure is of a general nature only and does not constitute advice on health or nutrition. Gen-Tec Nutrition makes no representations and gives no warranties about the accuracy, usefulness, suitability or application of the information in this brochure to your particular circumstances. You should seek professional advice appropriate to your circumstances before acting or relying on this information. Gen-Tec disclaims all liability for damage or loss arising from the use of, or any omission from the information provided.