

GEN-TEC

NUTRITION

PROGRAMS

MUSCULAR SIZE AND STRENGTH FOR ATHLETES

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

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Typical Monthly Supply:

1 x Macro Whey 3 kg
 1 x Pure Carbs 2 kg
 1 x Ultimate Male Fuel 280ml
 1 x PUMP TCM Fuel 300g
 1 x SWELL NAG Fuel 300g

Meal # 1
 (7.30am) 5 egg whites + 1 whole egg or 200g low fat cottage cheese
 1 serve rolled oats or wholemeal toast (2 pieces)

Meal # 2
 (10.00am) 2 scoops Macro Whey
 1 scoop Pure Carbs and apple
 (mix in 300ml water)

Meal # 3
 12.00pm 1 serve chicken, fish(tuna) or lean beef
 1 serve rice, potato or pasta
 1 serve vegetable or salad

Meal # 4
 (3.00pm) Same as # 3 (but vary)

Pre Training
 (5.00pm) 10ml x Ultimate Male Fuel
 3 tspn PUMP TCM Fuel
 2 tspn SWELL NAG Fuel
 (or mix Fuels in water bottle and consume during extended training sessions)

Meal # 5
 (immediate after training) 3 x scoops Macro Whey + 3 scoops Pure Carbs
 (mix in 500ml water)
 2 x tspn SWELL NAG Fuel

Meal # 6
 (8.30pm) 1 serve chicken, fish or lean beef
 1 serve rice, potato or pasta
 2 serves vegetables or salad

Meal # 7 2 scoops Macro Whey }
 200g Nestle diet yogurt } **Blend in 300ml water**

NOTES:

- Consume 42ml water / kg bodyweight / day
- Vary exercises, rep range, rep tempo and set volume every 4 weeks
- Consume as much variety as possible of proteins, carbs (incl starches, fruit and veg)
- Serving Sizes: Protein: Size of hand (palm only)
 Carbs: Size of hand (clenched fist) cooked.

OR

- 2 ½ - 3 g protein / kg bodyweight /day
- 4-5 g carbs / kg bodyweight / day depending on metabolism
- E.F.A's and extra vitamin B and C may also be beneficial