

# **GEN-TEC**

**NUTRITION**

**PROGRAMS**

## **ADVANCED MUSCLE GAIN**

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

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<b>Typical Monthly Supply:</b>	1 x Macro Whey 3 kg 1 x Pure Carbs 2 kg 1 x Ultimate Male Fuel 280ml 1 x NITRIC AAKG Fuel 300g 1 x Glutamine 320 300g 1 x PUMP TCM Fuel 300g
<b>Upon Rising:</b>	tspns Pump, 1 tspn Nitric, 1 tspn Glutamine
<b>Meal # 1</b> (7.30am)	5 egg whites + 1 whole egg or 200g low fat cottage cheese 1 serve rolled oats or wholemeal toast (2 pieces)
<b>Meal # 2</b> (10.00am)	3 scoops Macro Whey 1 scoop Pure Carbs and apple (mix in 300ml water)
<b>Meal # 3</b> 12.00pm	1 serve chicken, fish(tuna) or lean beef 1 serve rice, potato or pasta 1 serve vegetable or salad
<b>Meal # 4</b> (3.00pm)	Same as # 3 (but vary)
<b>Pre Training</b> (5.00pm)	10ml x Ultimate Male Fuel 3 tspn PUMP TCM Fuel 2 tspn NITRIC AAKG Fuel 1 tspn Glutamine 320
<b>Train</b> (6.00pm)	
<b>Meal # 5</b> (immediately after training 7.15pm)	3 x scoops Macro + 3 scoops Pure Carbs 2 x tspn PUMP TCM Fuel, 1 tspn Glutamine 320 Mix in 400ml water
<b>Meal # 6</b> (8.30pm)	1 serve chicken, fish or lean beef 1 serve rice, potato or pasta 2 serves vegetables or salad
<b>Meal # 7</b>	2 scoops Macro Whey } 200g Nestle diet yogurt } <b>Bend in 300ml water</b>
<b>3.00am</b>	2 x tspn NITRIC AAKG Fuel, 2 tspns Glutamine 320 (when going to toilet)

**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

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