

# **GEN-TEC**

**NUTRITION**

**PROGRAMS**

## **WEIGHT GAIN FOR SLIM BODY TYPES**

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

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<b>Typical Monthly Supply:</b>	1 x Macro Whey 1 x Pure Carbs 1 x Creatine 320 500g 1 x Glutamine 320 500g
<b>Upon Rising:</b>	1 x tspn Creatine, 1 tspn Glutamine 320, 400ml non acidic juice
<b>Meal # 1:</b> (7.30am)	3 x whole eggs or 200g low fat cottage cheese 2 serves rolled oats or wholemeal toast (4 pieces)
<b>Meal # 2:</b> (10.00am)	2 scoops Macro Whey        } 2 scoops Pure Carbs        } <b>Shake or blend</b> 1 x piece fruit
<b>Meal # 3:</b> (12.30pm)	1 serve chicken, fish, lean beef or tuna 2 serves rice, potato, pasta, wholemeal bread (4 pieces) 1 serve of veg or salad
<b>Meal # 4:</b> (3.30pm)	1 serve chicken, fish, lean beef or low fat cottage cheese 2 serves rice, potato, pasta, wholemeal bread or cheese
<b>Pre Training:</b> (5.30pm)	1 x tspn Creatine 320, 1 x tspn Glutamine 320 mix in 400ml non-acidic fruit juice
(6.00pm)	Train
<b>Meal # 5:</b> (Immediately after training)	3 scoops Macro Whey        } 4 scoops Pure Carbs        } <b>Mix in water</b> 1 x tspn Creatine 320        } 1 x tspn Glutamine 320        }
<b>Meal # 6:</b> (8.30pm)	1 serve chicken, fish, lean beef 1 serve rice, potato, or pasta 2 serves veg. or salad
<b>Meal # 7:</b> (10.30pm) Before Bed	2 scoops Macro Whey        } 1 serve yoghurt        } <b>Blend or shake in water</b> 1 tspn glutamine 320 (if sore)

**Serving sizes:**

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

**Note:** Drink 42ml water/kg bodyweight/day

**Exercise:** Weight train to build muscle – stick to mainly compound movements  
Rep range: 6 – 10 reps  
Train each muscle group once/week over 3-4 workouts

eg: Monday - Shoulders, Triceps  
Tuesday - Back, Hamstrings, Calves  
Wednesday - Rest  
Thursday - Chest, Biceps, Abs, Forearms  
Friday - Quads, Calves  
Sat / Sun - Rest

Multivitamins may be beneficial after Meal # 1 and # 6