

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