



+ 50

Meal Plan and Training Schedule

 FitFlavours

Presentation

Fitflavours is a brand of Nutritional Supplements for Fitness containing active ingredients from the Amazon Rain Forest. More than this, it is a life style!

We know that "All is All" and the balance between healthy eating, physical exercise, rest and adequate supplementation is the secret to achieving a healthy life for body and mind, that is, Complete Fitness.

That's why we've prepared this e-book with everything you need to know to achieve your goal: a complete weekly meal plan repared by our Nutritionist and a weekly training schedule designed by our Personal Trainer.



Food and Supplementation

The objective of this meal plan is the promotion and maintenance of health for people over 50 years.

The strategy is to balance the amount of macronutrients (carbohydrates, proteins and lipids) and micronutrients (vitamins and minerals) with maintenance of muscle mass for a healthier and more balanced life.

MEAL PLAN

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SUPPER
MONDAY	1 multivitamin pill + ½ papaya with 1 tablespoon of chia + 5 wholemeal crackers with light ricotta cheese + 1 glass of fruit juice. + 15 g FiThermo in 200ml of water	1 lactose-free yogurt + 1 teaspoon of chia + 1 tablespoon of Goji berry + 1 tablespoon of cranberry	Brown rice + chicken + cooked vegetables + leaves salad seasoned with salt, extra virgin olive oil and lemon	1 fruit + mix of nuts	grilled tilapia + cooked vegetables + salad at will seasoned with salt, extra virgin olive oil and lemon	1 cup of chamomile tea
TUESDAY	1 multivitamin pill + 1 slice of melon + 1 tablespoon of chia + wholemeal toasts with light ricotta cheese + 1 glass of fruit juice. + 15 g FiThermo in 200ml of water	2 slices of fresh coconut + 10 blackberries	Mashed cassavas + grilled chicken fillet + green leaves salad seasoned with salt, extra virgin olive oil and lemon	Muffin with oatmeal flour	Vegetable stock	Sugar-free granola with vegetable milk of nuts
WEDNESDAY	1 multivitamin pill + 1 peach + 1 slice of gluten-free bread with Ghee butter + 1 glass of fruit juice. + 15 g FiThermo in 200ml of water	Mix of nuts and dry fruits	Mashed pumpkin + grilled tilapia + cooked cauliflower + green leaves salad seasoned with salt, extra virgin olive oil and lemon	Pancakes with coconut flour	Cubed chicken + cooked vegetables + salad at will seasoned with salt, extra virgin olive oil and lemon	1 cup of fennel tea
THURSDAY	1 multivitamin pill + 10 strawberries with lactose-free yogurt and 1 teaspoon of chia + 1 slice of toasted wholemeal bread with light creamy cheese. + 15 g FiThermo in 200ml of water	1 glass of vegetable milk + beaten fruit pulp	Gluten-free pasta with homemade tomato sauce + chicken meatballs + green leaves salad seasoned with salt, extra virgin olive oil and lemon	1 lactose-free + 1 teaspoon of chia + 1 tablespoon of Goji berry + 1 tablespoon of cranberry	Minced knuckle meat + steamed stew + salad at will seasoned with salt, extra virgin olive oil and lemon	Sugar-free granola with vegetable milk of nuts
FRIDAY	1 multivitamin pill + 1 plum + 1 small tapioca filled with light creamy cheese and light turkey breast. + 15 g FiThermo in 200ml of water	1 glass of vegetable coconut milk with cacao powder at will + coconut sugar	Cooked sweet potatoes + grilled chicken with onions + green leaves salad seasoned with salt, extra virgin olive oil and lemon.	Red fruits juice with chia	Grilled salmon fillet + cooked broccolis and cauliflower + salad at will seasoned with salt, extra virgin olive oil and lemon	1 cup of Melissa tea
SATURDAY	1 multivitamin pill + shake with 1 banana + half portion FitShake + wholemeal peanut butter with no sugar + 15 g FiThermo in 200ml of water	Strawberries with almond butter	Wholemeal pasta + tuna fish + green leaves salad seasoned with salt, extra virgin olive oil and lemon	Mix of nuts and dry fruits	Grilled chicken + mix of cooked vegetables + salad at will seasoned with salt, extra virgin olive oil and lemon	Sugar-free granola with vegetable nut milk
SUNDAY	1 multivitamin pill + 1 shake of red fruits + half portion FitShake + 1 coffee spoon coconut oil + 15 g FiThermo in 200ml of water	Pancake of coconut flour + red fruits	Roasted sweet potato and rosemary + grilled chicken with onions + green leaves salad seasoned with salt, extra virgin olive oil and lemon	Dry Damascus with wholemeal peanut butter with no sugar	½ zucchini stuffed with minced meat + mix of cooked vegetables + salad at will easoned with salt, extra virgin olive oil and lemon	1 cup of mulungu tea
PRE-WORKOUT	Rice crackers + almond cream OR 40g FitEnergy in 200ml of water + 20g FitWhey in 200ml of water					
AFTER TRAINING	40g FitWhey in 200ml water					

NOTE: THIS MEAL PLAN WAS PREPARED WITH QUALITATIVE NUTRITIONAL GUIDANCE. FOR QUANTITATIVE AND INDIVIDUALIZED ORIENTATION, AIMING FOR BETTER RESULTS, ASK YOUR NUTRITIONIST.



Meal Plan prepared by Carolina Arjonas – Fitflavours Nutritionist
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Physical exercise and rest

It's never too late to start, and one of the best allies in this phase is the strength training. With this training plan, a general workout is recommended, but emphasizing what is most necessary: lower limbs and central region of the body (CORE).

Pains, risk of falls, osteopenia and osteoporosis are some of the problems that have their risk diminished when performing strength training regularly.

2x week workout suggestion for people of 50 years or older who seek to live better.
Complete check-up should be done with your doctor before starting this program.
Every workout should have the supervision of a physical education professional.
Feed properly before and after training. Do not miss workout sessions due to laziness.
Never train with joint pain or with poor posture Attention with the posture and not to exceed weights.
Include stretch exercises at the end of each session.

TRAINING SCHEDULE							
	EXERCISES						
MONDAY	Free squatting without weights (afterwards include weights) 4 series of 10 repetitions	Regular sit-ups om mattress 4 series of 15 repetitions	Rowing machine 4 series of 12 repetitions	Chest Press machine 4 series of 12 repetitions	Lateral Elevation 9 series of 8 repetitions	Standing Calf with body weight 4 series of 10 repetitions	
TUESDAY	Free – Outdoor hiking and other activities with moderate and intensity and duration						
WEDNESDAY	Free – Outdoor hiking and others activities						
THURSDAY	Unilateral Leg Press 4 series of 12 repetitions each leg	Standing hip flexion (elevate knees unilaterally) 3 series of 10 repetitions	Crunch board 3 series of 20 seconds	Inverted Peck Deck 4 series of 12 repetitions	Chest Press Machine 4 series of 12 repetitions	Triceps Pulley 4 series of 12 repetitions	Inclined dumbbell Curl 4 series of 12 repetitions
FRIDAY	Free – Outdoor hiking and other activities with moderate and intensity and duration						
SATURDAY	Free – Outdoor hiking and other activities with moderate and intensity and duration						
SUNDAY	Free – Outdoor hiking and other activities with moderate and intensity and duration						
BREAK	60 seconds between series						
INTENSITY	Moderate (in case of doubt, prefer lighter weights and increase gradually).						
NOTE: LIKE ANY SUGGESTION, ADJUSTMENTS COULD BE MADE INDIVIDUALLY.							



Training Schedule prepared by Gustavo Zorzi, Fitflavours Personal Trainer
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