



# Hypertrophy

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 prepared by our Nutritionist and a weekly training schedule designed by our Personal Trainer.

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# Food and Supplementation

The objective of this meal plan is to increase lean mass.

The strategy is to increase the ingestion of carbohydrates and proteins, along with adequate intake of monounsaturated and polyunsaturated fats.

Addition of ergogenic supplements, such as energetics to improve performance during training, whey protein for adequate protein intake as well for increased protein synthesis. Finally, energy reposition for correct post-workout recovery.

## MEAL PLAN

	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SUPPER
MONDAY	Blend 200ml of water + vegetable coconut milk + 50g FitRecovery + 1 tablespoon of coconut oil + 40g FitWhey	1 banana + 30g oatmeal flour + 40g FitWhey + cocoa powder at will	Escondidinho of Sweet potatoes with chicken	Wholemeal bread + light ricotta cheese cream + shredded chicken	Cassava + tilapia fillet or chicken fillet + salad at will	Omelette of 5 egg whites
TUESDAY	Tapioca pancake stuffed with shredded chicken	Cooked eggs + cooked sweet potatoes + 1 handful cashew nuts	Wholemeal pasta with meatballs of knuckle meat	Cooked cassava + cubed chicken	Mashed sweet potatoes + grilled chicken + cooked vegetables + leaves salad at will	Oatmeal porridge with FitWhey
WEDNESDAY	Oatmeal pancake with FitWhey	Wholemeal bread with tuna fish + 3 brazilian nuts	Brown rice + grilled chicken + cooked vegetables	Wholemeal toasts with tuna fish	7 grains rice with grilled salmon and cooked vegetables	Blend 1 banana with oatmeal, peanut butter and FitWhey
THURSDAY	Tapioca pancake stuffed with scrambled eggs + shake of 40g FitWhey + cocoa powder + water + oatmeal	Cooked cassava + cubed chicken	Grilled cassava + minced knuckle meat + cooked cauliflower + salad at will	Cooked sweet potatoes + chicken	Fried Pumpkin + grilled tilapia + cooked cauliflower + salad at will	Omelette of 5 egg whites
FRIDAY	Blend 300ml of water + 100ml of vegetable coconut milk + 50g FitRecovery + 1 tablespoon of coconut oil + 40g FitWhey	Grilled Sweet potatoes + grilled cubed chicken	Roasted pumpkin + grilled tilapia + cooked cauliflower + salad at will	200ml of water + 40g FitWhey + oatmeal flakes	Brown rice + grilled chicken + cooked vegetables	Oatmeal porridge with FitWhey
SATURDAY	8 wholemeal toasts + light ricotta cream + 2 cans of tuna fish	Wholemeal bread with tuna fish + 3 brazilian nuts	Mashed sweet potatoes + grilled chicken + cooked vegetables + leaves salad at will	Wholemeal bread with chicken + 8 cashew nuts with no salt	Wholemeal pasta with meatball of knuckle meat	Blend 1 banana with water, oatmeal, peanut butter and FitWhey
SUNDAY	Scrambled eggs with oatmeal flakes and cottage cheese + toasted wholemeal bread	Wholemeal toasts with tuna fish	Grains rice with grilled salmon and cooked vegetables	4 eggs + grilled cassava + 1 handful nuts	Escondidinho of sweet potatoes with chicken	Blend 250ml water with avocado, 40g FitWhey and oatmeal flakes
PRE-WORKOUT	40g FitEnergy in 200ml of water + 40g FitWhey in 200ml of water + 1 banana					
AFTER TRAINING	40g FitWhey in 200ml water + 70g FitRecovery in 200ml of 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

Muscle hypertrophy is the desire of many gym goers. Basically, it consists in increasing the cross-sectional area of muscles. Being multifactorial, hypertrophy involves good workout, proper nutrition and adequate rest.

In this model, the training plan is well balanced and equalized, combining high intensity with the weekly schedule and consequently allowing the proper rest of each muscle group.

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6x per week training sessions for who are looking to achieve muscle hypertrophy.  
Do respect the interval between sessions and exercises.  
Feed properly before and after training.  
Do not miss workout sessions due to laziness.  
Attention with the posture and do not exceed weights.  
Include stretch exercises at the end of each session.

TRAINING SCHEDULE													
	EXERCICES												
MONDAY	Bench Press 4 series of 8 repetitions		Inclined Dumbbell Press 4 series of 8 repetitions		Straight Dumbbell Flyes 3 series of 9 repetitions		Lying triceps extension 6 series of 8 repetitions		Pulley Triceps 4 series of 8 repetitions	Lateral Elevation 9 series of 8 repetitions			
TUESDAY	Abdominal with Dumbbells at Smith 9 series of 10 repetitions		Oblique Abdominal at Curl Seat 9 series of 10 repetitions		Unilateral rowing with Dumbbell 4 series of 8 repetitions		Curved Rowing 4 series of 8 repetitions		Inverted Peck Deck 3 series of 8 repetitions	Barbell Curl 6 series of 8 repetitions	Inverted Dumbbell Flyes 3 series of 15 repetitions	Reverse Barbell Curl 4 series of 8 repetitions	
WEDNESDAY	Free Squatting 6 series of 8 repetitions		Leg Press 4 series of 8 repetitions		Leg Curl 4 series of 8 repetitions		Stiff 4 series of 8 repetitions		Machine calf raises 9 series of 10 repetitions		Adductor Seat 6 series of 10 repetitions	Abductor Seat 6 series of 10 repetitions	
THURSDAY	Bench Press 4 series of 8 repetitions		Inclined Dumbbell Press 4 series of 8 repetitions		Straight Dumbbell Flyes 3 series of 9 repetitions		Lying triceps extension 6 series of 8 repetitions		Pulley Triceps 4 series of 8 repetitions		Lateral Elevation 9 series of 8 repetitions		
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SATURDAY	Free Squatting 6 series of 8 repetitions		Leg Press 4 series of 8 repetitions		Leg Curl 4 series of 8 repetitions		Stiff 4 series of 8 repetitions		Machine calf raises 9 series of 10 repetitions		Adductor Seat 6 series of 10 repetitions	Abductor Seat 6 series of 10 repetitions	
SUNDAY	Rest												
BREAK	90 seconds between series												
INTENSITY	High (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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