



Weight Loss and Toning

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.



Food and Supplementation

The purpose of this meal plan is to reduce body fat. The strategy is to reduce body fat by ingesting complex carbohydrates, lean proteins and good fats, in addition to reducing carbohydrates in the evening. Addition of ergogenic supplements such as whey protein and thermogenic, so that fat reduction is performed more quickly with maximum maintenance of lean mass.

MEAL PLAN						
	BREAKFAST	MORNING SNACK	LUNCH	AFTERNOON SNACK	DINNER	SUPPER
MONDAY	Blend 200ml of water + 100ml vegetal milk (coconut or chestnut) + 35g FitShake + 1 teaspoon of coconut oil + 1 teaspoon of chia + 15g FitThermo in 200ml water	100% wheat bread sandwich with cottage cheese and light turkey beast	Coarse rice + grilled chicken + Boiled broccoli + salad at will	1 apple + 2 brazilian nuts	grilled chicken + cooked vegetables + salad at will	1 diet yogurt
TUESDAY	½ papaya with 1 tablespoon oatmeal flakes + 1 slice of bread with cottage cheese + 15g FitThermo in 200ml water	1 cereal bar	Boiled sweet potatoes + minced knuckle meat + cooked pod + leaves salad	1 guava with peel	½ zucchini filled with minced knuckle meat + salad at will	1 cup chamomile tea + 1 handful of cashew nuts
WEDNESDAY	1 slice of melon with 1 teaspoon of chia + 1 slice of gluten-free bread with light ricotta cream + 15g FitThermo in 200ml water	1 low sugar peanut candy	Cooked cassava + grilled tilapia + cooked cauliflower + leaves salad at will	2 date fruits + 1 small handful of cashew nuts	grilled knuckle meat with onions + mix of cooked vegetables + leaves salad at will	1 lactose-free yogurt
THURSDAY	1 small tapioca (cassava starch pancake) filled with scrambled eggs + 5 strawberries + 15g FitThermo in 200ml water	1 small piece of fresh coconut + 1 glass of strawberry juice with lemon and no sugar	wholemeal pasta + minced knuckle meat	1 Diet greek yogurt + 2 sliced strawberries + 1 teaspoon of chia	½ eggplant filled with shredded chicken + leaves salad at will	1 teacup of fennel + 3 brown rice crackers
FRIDAY	Blend 200ml of water + 100ml coconut milk + 35g FitShake + 1 teaspoon peanut butter without sugar + 15g FitThermo in 200ml water	5 cranberries + 3 strawberries with sugar-free peanut butter	smashed cassava + minced knuckle meat + salad at will	1 cereal bar	Spaghetti with zucchini and homemade tomato sauce and minced meat	1 tablespoon of sugar-free peanut butter
SATURDAY	2 wholemeal toasts with white cheese and light turkey breast + 1 plum + 15g FitThermo in 200ml water	2 apricot fruits + 1 small handful of cashew nuts	Coarse rice + grilled salmon + steamed vegetables + salad at will	1 glass of watermelon juice with 1 teaspoon of chia and ginger powder	Omelet + assorted cooked vegetables + salad at will	1 glass of passionfruit juice with 1 teaspoon coconut sugar
SUNDAY	35g FitShake with 250ml water + 5 cashew nuts + 1 guava + 15g of FitThermo in 200ml of water	1 pear + 1 teaspoon of roasted peanuts with no salt	Hamburger bread + 1 homemade knuckle meat hamburger + salad at will	5 brown rice crackers with cottage cheese	Cubed chicken with tomato, cayenne pepper and curry + small portion of cooked vegetables + salad	1 teaspoon of lemon balm with mulungu fruit + wholemeal toast
PRE-WORKOUT	Blend 200ml of water + 20g FitShake + 1 tablespoon of sugar-free peanut butter + 1 frozen fruit pulp.					
AFTER TRAINING	200ml of water + 40g FitWhey					
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
CRN: 44777

Physical exercise and rest

The objective of this program is, together with the meal plan, to help in the process of weight loss. However, we additionally incorporated a muscular effort program to obtain corresponding toning, leading to a more harmonious shape.

With predominantly metabolic sessions, this training schedule will help you increase your basal metabolism and, consequently, oxidize more fat.

4x per week training sessions for beginners who are looking to lose weight without giving up muscle tone. 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	Abdominal board 4 series of 30 seconds	Treadmill 15 minutes in moderate intensity	Dumbbell squatting 3 series of 15 repetitions	Leg press 3 series of 15 repetitions	Bi-Set Standing Twins (Calves) + Leg Curl machine 6 series of 15 repetitions	Straight Dumbbell Press 3 series of 15 repetitions	Incline bench 3 series of 15 repetitions	Treadmill 15 minutes in moderate intensity
TUESDAY	Lateral inclination with dumbbell 4 series of 15 repetitions	Biking 20 minutes in moderate intensity	Rowing machine 3 series of 15 repetitions	Leg press 3 series of 15 repetitions	Front pulley 3 series of 15 repetitions	Combined series: Triceps pulley + Biceps Pulley 4 series of 15 repetitions	Inverted crucifix 3 series of 15 repetitions	Biking 20 minutes in moderate intensity
WEDNESDAY	Free for aerobic activities like biking, walking, swimming							
THURSDAY	Abdominal board 4 series of 30 seconds	Treadmill 15 minutes in moderate intensity	Dumbbell squatting 3 series of 15 repetitions	Leg press 3 series of 15 repetitions	Bi-Set Standing Twins (Calves) + Leg Curl machine 6 series of 15 repetitions	Straight Dumbbell Press 3 series of 15 repetitions	Incline bench 3 series of 15 repetitions	Treadmill 15 minutes in moderate intensity
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SATURDAY	Free for aerobic activities like biking, walking, swimming							
SUNDAY	Rest							
BREAK	45 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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