



THE MUM GYM

Week 1 Nutrition

We are going to start off with basic nutrition rules.

Next week we will be looking at counting calories.

- **This week I want you to focus on having 3 main meals and 1-2 snacks with a guide on portion control.**
- **Imagine your plate divided into four quarters.**
- **Fill a quarter of your plate with protein, a quarter with carbs and the other half of the plate with lots of colourful vegetables.**

For protein options check the Protein Sources PDF.

Protein is the building block of the body. It helps keep you fuller for longer and it helps the muscles recover and grow, as well as becoming an energy source for the body.

This is not about starving yourself. It is about fuelling your body to have the energy, we all know mums need energy and sleep isn't always in our control. You can eat whatever you want, but I want you to try to keep processed and packaged foods to a minimum. Look at your vegetables and protein sources and really concentrate on them. But it is important not to cut carbs or fats. We don't want to cut any food group from our diets as I feel this is not sustainable long term.

If you have used MyFitnessPal before, you can start tracking what you are having but please never use the MFP goals / calories they give you. These are nearly always too low and not beneficial long term. For those of you who have not used MFP before, we will go through this next week. But feel free to download it and have a look around.

