



THE MUM GYM

Week 4 Nutrition

Welcome to week 4 of your nutrition guidance.

This week is based on you having being consistent with your tracking last week. If you haven't, take another week and come back to this then.

We are going to look at your numbers and see if they are working for you in the way we want them to.

When taking your measurements this week I want you to focus on your waist or hips.

If there is no change or you have gained it means we need to reduce calories.

If there is about 0.5 to 2cm off your waist or hips we want to keep the calories as they are.

If there is any more than 2cm we will look at increasing your calories.

But again this will only work if you have been consistent with tracking calories and staying within your calorie goals for the last week or so. We want to get to know how the numbers are working for you as everyone is different.

How to change your calories

Initially we got our bodyweight in pounds and multiplied it by 13.

If you are seeing a 0.5-2cm drop on your waist or hips then leave everything the same.

If you are seeing no change or a gain, get your bodyweight in pounds and multiply by 12.

If you are seeing a huge drop of over 2cm on your waist or hips in a week, increase calories by multiplying bodyweight by 14.

Use this as your calorie goal now and go back and recalculate your protein, fats and carbs(balancing figure)

Don't be afraid to increase calories. Too much of a loss, too quick will mean you are not getting enough food and will fatigue quicker which usually ends in bingeing or giving up.

Instead see the extra calories as a good thing and enjoy!



THE MUM GYM

Week 4 Nutrition

This week I also want you to focus on getting plenty of vegetables.

I think at times when tracking food and concentrating on your protein goal it is easy to let your fruit and vegetable intake slip.

Having a little goal to add fruit or veg to every meal is a great way to ensure you get 5 to 7 portions a day.

Fruit and vegetables are extremely important for all the vitamins and minerals they contain and also are high in fibre.

They are usually very low in calories but can help fill you up.

Ideas might be to add spinach, tomato, avocado or a piece of fruit to your breakfast. Add a salad at lunch to your protein source and plenty of veg with your dinner.

Don't feel the need to track foods such as spinach, lettuce, spring onions etc as they are so minimal they really don't matter. I would track fruit and vegetables such as carrots, parsnips etc. If you are using a bag of frozen veg you could just scan the barcode but don't get too bogged down on it.

Do also bear in mind that you don't have to be overly restrictive. You want this to work long term, so don't forget to add in those desserts and sweet treats too!!