

Girls (ladies, woman of many wonders and just all round cool chicks included)

Welcome to your PUSH 10 Week Meal Plan. Included are healthy and tasty meals that are packed with good nutrition.

If you are doing your training as guided by the push program and including great nutrition you will get great results.

If you are unsure of what to do make sure you ask someone about it. We are there to help.

To lose body fat you will need to create a calorie deficit. To gain muscle tone you need to eat well and have access to good nutrition. If your goal is to gain weight you need a calorie surplus. The meals in the plan include good nutrients, so all you need to do is see how many calories they are all adding up to. The broad guideline to follow in this program for girls is to select meals up to 1200-1400 calories per day. Adjust that accordingly to suit you were required. (E.g. if fat loss is your goal aim to lose 500g – 1kg per week for a healthy loss) Initially you may lose fluid and show a larger loss, often we are carrying fluid. So that is lost too. It is likely body fat you are aiming to change and to gain muscle tone which will be healthier than various forms of dieting. So measurements are a great indicator of these changes rather than the scale some times.

Your calorie requirements will be individual and you can work this out specifically if you like, on the app My Fitness Pal by adding in your daily intake and exercise for a week. This will give you a guide line to follow from there (esp if activities are similar each week) and daily amounts you may be burning generally. Then you can pick your snacks/meals even more accurately and create a deficit or surplus of 150 – 200cal per day for gain or loss respectively.

So what this means, is that you can have your three meals for the day as in the plan. There will be options to swap some meals here and there. (Some meals you are to make double and then include some of that meal for a meal the next day. Instructions are included on each day for this and in recipes.) Then add snacks and protein supplements as required to meet your calorie needs.

Protein Supplement Calorie break down as follows (with 250ml of 2% milk)

<i>Item</i>	<i>Calories</i>	<i>kJ</i>	<i>Fat</i>	<i>Saturated Fat</i>	<i>Cholesterol</i>	<i>Protein</i>	<i>Carb.</i>	<i>Sugar</i>	<i>Fibre</i>	<i>Sodium</i>	<i>Calcium</i>
30g Protein Drinks: Whey Protein Isolate,	111	463	0.2	0.2	-	26.8	0.8	0.2	0	64	-
1 cup (250mL) of Milk: Semi-Skim, 2% Fat	130	543	5	3.5	-	8	13	13	-	100	300
Total	241	1005	5.2g	3.7g	-	34.8g	13.8g	13.2g	0g	164mg	300mg

Before starting a Fitness challenge you should check with your doctor that you don't have any health conditions and are fit to do so. This nutrition plan is a general guideline and not for specific needs or prescribed for any one individual. It is up to you to take responsibility for your health and wellness and we will try and help you by giving you information that can help you achieve your best.