

## Female Diet Plan

		<b>Why?</b>
<b>Meal 1: Breakfast</b> 7:30am	- fat free Greek yogurt - 1/4 cup of Oats (30g)	<i>The protein in fat free Yoghurt will prevent muscle staying in a catabolic state (muscle break down) from when you wake up. Oats are a slow releasing carbohydrate and will help give you more energy for the day</i>
<b>Meal 2: Mid-morning</b> 11am	- bag of Almonds (50g) - 1 Banana	<i>Almonds contain high quality protein and essential fats that are needed fat burning. The potassium in the banana will help prevent water retention and help aid in better muscle contraction</i>
<b>Meal 3: Lunch</b> 1 - 2pm	- Whole Meal Turkey Sandwich	<i>Whole meal bread is Low GI, meaning it will release energy at a slower rate. This will prevent the body turning it into storage (fat). Turkey is a very lean meat and has a higher protein value than chicken</i>
<b>Meal 4: Mid-afternoon</b> 5pm	- Protein Shake or Milk shake	<i>Whey protein is a quick release protein and contains essential amino acids that your body needs for new muscle growth. Milk shake also contains healthy proteins.</i>
<i>Train 6pm</i>		
<b>Meal 5: Dinner</b> 7 - 8pm	- Fish (Salmon) or Chicken - Green vegetables	<i>Fish is full of healthy fats and chicken has a low fat content. Potatoes will help restore glycogen levels in your muscles and vegetables will help boost your immune system as well as fibre which will help aid your digestion</i>
<b>Meal 6: Late Snack</b> 1 hour before bed	- 2 table spoons of Cottage Cheese	<i>Cottage cheese is a slow release protein (casein) which will provide you nutrients while you sleep.</i>