

The
Balanced Gal
Society 

3 DAY NUTRITION
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Guide

DAY 1

PLAN YOUR MEALS FOR THE DAY!

In our opinions, this is one of the most underrated tips for success when it comes to nutrition, whatever your goals are!

It can be SO easy to reach for the convenient, often less nutritional option, which is why planning your meals for the day (and for the week) can be a complete game-changer in ensuring you hit a higher daily protein and fibre intake, feel satisfied, and most importantly actually ENJOY what you're eating!

Today, take two minutes at the start of the day, or ideally the night before, to plan out what you're going to have!

Aim to eat proper meals regularly to avoid letting yourself get too hungry, as this often results in overeating at the next opportunity!

DAY 2

PRIORITISE PROTEIN!

We're sure that by now you've heard about protein, and maybe know that it's something you should be trying to include more of within your diet... but putting that into practice can be a different story!

Protein is essential for helping to build and maintain muscle. It is also a game-changer when it comes to dieting and sticking to a calorie deficit, as it increases satiety and feelings of fullness, reducing the likelihood of overeating due to hunger.

Aim for around 1.2-1.6g of protein per kg/bodyweight per day, split into roughly 25-40g servings.

Our recommended go-to protein sources include:

- Lean beef
- Chicken breast
- Fish
- Shellfish e.g. prawns
- Turkey
- Dairy products
- Eggs
- Nuts & seeds
- Processed protein sources e.g. protein yogurts, protein bars, protein shakes

DAY 3

TRY A NEW MEAL!

One of the most common problems when people start dieting, is that they cut out everything that tastes good and stick to only bland, boring foods... we've all been there, trust us!

It doesn't need to be like that! There are SO many incredible recipes out there these days that you can incorporate into your diet, no matter what your goals are!

Rather than cutting foods out, think about how you can adjust the meals you already enjoy to align with your goals.

We recommend basing your meals around a protein source as it tends to be the thing most of us struggle to get enough of, but including all three macronutrients (protein, carbs & fats) within your diet.

Some of our favourite Instagram pages for recipe inspo are:

1. **Our own! (@emmadonfit, @eilidhmacfit, @coached_by_chirsty)**
2. **@hollybfitness**
3. **@ellena_fit**
4. **@alexkitchenbangers**
5. **@thegoodbite**
6. **@boredoflunch**
7. **@emthenutritionist**