

30 DAY NUTRITION E-BOOK

INCREASE ENERGY, DECREASE BODY FAT,
REDUCE BLOATING & FEEL AMAZING



CONTENTS

Welcome	2
Eat a Rainbow every day	3
Increase & Decrease	3
You are sweet enough	4
Stellar's Top Tips	5
Kickstart your Day	6
Breakfast ideas	7
Lunch time	9
Dinners	13
Snack attack	17
Weekly Plan	19
The Stellar Beliefs	21

EMPOWERING WOMEN TO CREATE TRANSFORMATION THROUGH MOVEMENT & NOURISHMENT THAT FITS YOUR LIFE.

Welcome to the Stellar Performance 30 Day Nutrition E-Book!.

Get ready to rid the body of toxins and fuel your body with the vitamins, nutrients, and antioxidants that it needs to thrive!

We are super excited that you have decided to create change and good habits!

We will give you tips and tricks, a Weekly Meal Plan suggestion that you can follow and some recipes to substitute in there to give you 30 days full of nutrition and delicious food!

There is also no shortage of recipe inspiration on our #fuelFriday blog on our website or you can view them through our socials too.

By following our recommendations you will experience an increase in energy, decreased body fat, reduced bloating.

What are you waiting for...

It's time to kickstart things!

Dani, Jess
& the Stellar Team xxx





EAT A RAINBOW EVERY DAY

There is so much information out there regarding what to eat and what not to eat and honestly it can get confusing and feel overwhelming. Put simply however our bodies thrive on consuming whole foods that are chemical free and not genetically altered. Where possible rather than eating foods that are processed and come in a packet, choose a variety of whole foods rich in colour, goodness and freshness!

We understand however that sometimes eating wholefoods is not always possible and where it is not we recommend taking the time to look at the ingredients of packaged foods and try to choose ones that have whole foods as their core ingredients. rather than ones that are full of chemicals and who knows what

INCREASE

- Water intake 2-3 litres per day
- Green leafy vegetables
- Lean protein - at least 3 serves per day
- Regular small meals
- Fibre
- Wholefoods
- Whole fat products eg full fat ricotta Olive oil, avocado and coconut oil and nuts
- Low GI carbohydrates such as wholegrains/sweet potato etc

DECREASE

- High Gi carbohydrates such as white pasta/rice/bread
- Processed food
- Sugar & sugary drinks
- Alcohol
- Deep fried food
- Excess fruit - max 2 serves per day
- Cane sugar
- Low fat products - such as low fat cheese/milk
- Vegetable and canola oil
- Regular large meals

EAT LESS SUGAR, YOU ARE SWEET ENOUGH!

Lets keep it real - excess sugar is a deal breaker when it comes to achieving and maintaining a healthy body.

Amongst other things, sugar causes blood glucose to spike and plummet - unstable blood sugar often leads to mood swings, fatigue, headaches and cravings for more sugar!

It also increases the risk of obesity, diabetes and heart disease, interferes with immune function causes tooth decay and takes the place of important nutrients...the list goes on!

Added sugar is packed into so many foods that most of us wouldn't even know about (case and point: tomato sauce). When choosing processed/packaged foods we encourage you to read your Nutritional labels and steer towards foods that have 5 grams or less per 100gram serve.



WE HAVE PUT TOGETHER A GUIDE WITH SOME OF OUR FAVOURITE RECIPES, TIPS & IDEAS FOR YOU AND THE WHOLE FAMILY TO ENJOY OVER THE NEXT 30 DAYS AND BEYOND



Buy yourself a sexy water bottle that you can take everywhere. Make sure you are keep it filled up and sip on it through the day.



As a general rule though the more you stay away from processed foods, the better off you'll be!



Prepping food on the weekend for the week ahead or cooking extra roast vegetables/protein for dinner the night before for the following days lunch saves loads of time and prevents going for the processed food due to lack of choice and time



Feeling hungry? Try to firstly reach for water or herbal tea, you might actually just be thirsty.



If you need to use a sweetener for anything we recommend a few drops of Stevia.

KICKSTART YOUR DAY!

This drink is a great way to stabilise blood sugar levels. Doing so improves the amount of nutrients your body absorbs from the meals you eat throughout the day and helps you to avoid binge eating. The Glutamine and Manuka honey will help strengthen your immune system and activate enzymes. If digestion is activated before you eat you will digest more efficiently, avoid bloating, increase nutrient absorption and avoid fat storage... that's a tick, tick, tick, tick!

Combine ingredients:

Glass of warm water

1 Tablespoon of Apple Cider Vinegar

1 Teaspoon of Glutamine

1 Tablespoon of Lemon Juice

1 Teaspoon of Manuka Honey



BREAKFAST IDEAS

OMLETTE

Ingredients:

2-3 Eggs
Spinach,
Feta
Capsicum
Tomato.



Method:

1. Whisk 2 -3 eggs.
2. Chop baby spinach, tomato and capsicum (great fat burning properties).
3. Pour eggs into a small frypan, fill one side of omelette with chopped filling, top with feta and fold over.
4. Add lid to pan to cook through and serve.

BLUEBERRY, ALMOND OVERNIGHT OATS

Ingredients:

1/3 cup oats (gluten free or regular),
1/2 cup almond milk
1 teaspoon chia seeds
A few drops of Stevia (to taste)
1 teaspoon vanilla extract
2 tablespoons slivered almonds
1/2 medium banana,
1/3 cup blueberries



Method:

1. In an airtight container, mix oats, almond milk, chia seeds, stevia and vanilla.
2. Seal the container and place in the fridge overnight.
3. In the morning, stir oats and top with slivered almonds, sliced banana, and blueberries.

STELLAR SMOOTHIE

Ingredients:

- 1 1/2 cups of almond milk (or coconut water)
- 1/2 tray ice cubes
- 1 small frozen banana or cup of frozen berries
- 2 Tablespoon chia seeds
- 1 x Tablespoon cocoa
- 2 x Tablespoon chocolate protein
- 2 x TBS "I quit sugar" granola

Method:

1. Blend all ingredients (except granola) until smooth.
2. Pour into glass and top with granola.
3. Eat with a spoon as its thick.

You could also have as post workout drink or desert



LUNCH TIME

ROAST VEGETABLE FRITTATA

Ingredients:

- 1 punnet of cherry tomatoes,
- Red onion, diced
- 2 zucchinis
chopped
- 6 cloves of garlic
- 6 whole eggs
- 1/3 cup of almond milk
- 80g grated cheddar cheese
- 2 cups of rocket leaves
- 2 cups of spinach leaves



Method:

1. Preheat the oven to 220 degrees.
2. Spray a deep 8-cup capacity baking dish with Rice Bran oil. Line baking tray with baking paper.
3. Add the tomatoes, onions, zucchini and garlic cloves to the tray and spray with some Rice Bran oil. Roast in the oven for approximately 30 minutes or until vegetables are tender.
4. Remove garlic cloves.
5. Whilst roasting, whisk eggs and almond milk together. Reduce oven temperature to 190 degrees C.
6. Place the roasted vegetables in the bottom of the baking dish. Pour over the egg and almond milk mixture. Top with cheddar cheese.
7. Bake frittata in the oven for 25 minutes or until golden brown and eggs are cooked through.
8. Serve on the bed of rocket and spinach.

TRY DIFFERENT VEGETABLES E.G.: BROCCOLI, PUMPKIN, ASPARAGUS & CAPSICUM.
EXPERIMENT WITH EXTRA HERBS AND SPICES LIKE SAGE, THYME & CUMIN.



VIETNAMESE RICE PAPER ROLLS

Ingredients:

- 1 cup shredded barbecued chicken
- 1/8 Chinese cabbage shredded
- 1/2 cup beansprouts, trimmed
- 1 small red capsicum, sliced
- 1/3 cup fresh mint leaves
- 1/2 cup fresh coriander leaves
- 1 lime, juiced
- 1 tablespoon fish sauce
- 12 x 22cm rice paper rounds

Method:

1. Combine chicken, cabbage, beansprouts, capsicum, mint, 1/3 cup coriander, 2 tablespoons lime juice and fish sauce in a large bowl.
2. Place 1 rice paper round in a medium bowl of lukewarm water for 15 seconds or until just soft. Place on a clean tea towel or paper towel.
3. Arrange 1/4 cup of the chicken mixture along the centre of rice paper round. Fold ends in and roll up firmly to enclose filling. Repeat with remaining rice paper rounds and filling. Serve with sweet chilli sauce and remaining coriander.

Serves 3

WE LIKE TO ACCOMPANY THIS WITH SARAH WILSONS SWEET CHILLI SAUCE!



CHILLI CHICKEN AND WARM QUINOA SALAD

This is a great throw together meal using leftovers. We steamed some greens, used leftover roast vegetables, grilled some chicken (you could use leftover meat) and tossed through some Quinoa.

Serves 4

Ingredients:

Jamie Oliver Chilli, garlic and rosemary chicken fillets
1 cup of tricolour Quinoa
Small Broccoli chopped into small pieces
Zucchini chopped into 1cm cubes
Roast vegetables
Large handful of baby spinach
1/3 cup roasted slivered almonds
1/2 cup large chunks of crumbled feta

Dressing Ingredients

1 small lemon (juiced)
1 Tablespoon EVOO
1 clove crushed garlic
S + P

Method:

1. Cook quinoa as per packet instructions.
2. Steam greens.
3. Warm up leftover roast veges in oven whilst roasting almond
4. Mix dressing ingredients in separate bowl.
5. Once quinoa is cooked pour into large mixing bowl and allow to cool slightly
6. Add greens, roast veges, spinach, feta, almonds, and dressing and toss around gently with open fingers until mixed through
7. Meanwhile BBQ or pan fry chicken fillets.
8. Divide quinoa mix into 4 and add sliced chicken on top with a squeeze of lemon.

SPROUTING BUCKWHEAT

Follow these steps to make delicious Buckwheat that makes a fabulous accompaniment to many dishes.

Method:

1. Rinse Organic Buckwheat in a colander until the water until it doesn't have a slimy feel to it and place it in a glass container/dish and cover with a tea towel for 12 hours on your kitchen bench.
2. Rinse again well, drain and place it back in the glass container/dish, this time with no water. Rinse again 2-3 times over a 24 hour period each time doing so until the water loses its slimy feeling. Place them back into the container/dish. Over this period you will see that the Buckwheat is sprouting and it will have tail like bits growing off it.
3. You can eat the Buckwheat raw at this point or cook it by placing it in a saucepan of boiling water (with a pinch of salt) for a few minutes. I did this for 2 minutes and this was to my liking. Drain.
4. In a blender combine a small clove of garlic, good quality olive oil, Sea salt, large handful of Parsley and Basil, Juice of 1/2 Lemon and 2 caps of Apple Cider Vinegar.
5. Mix the dressing through the warm Buckwheat and place in a container in the fridge. This can be stored for 1 week.

I've served the Buckwheat here with some shredded organic Chicken, Boiled Egg, Mixed Green Salad, Roasted Sweet Potato (20 min on 250 degrees in oven) and I also made Aioli.

AIOLI

Place 1 Egg, a dash of Apple Cider Vinegar, Sea Salt and a squeeze of Lemon in a mixing jar and use a hand held blender to gradually mix in the olive oil.

Store in a glass jar in your fridge to use at your convenience over the following 2 weeks.



DINNERS

BAKED SALMON WITH AVO SALSA



Ingredients:

150g salmon

1/2 clove crushed garlic
(optional)

Tomato diced ½ avocado
diced

Half capsicum (red or
yellow)

½ finely diced red onion

Chopped coriander or basil
to taste

Squeeze of fresh lime juice

Dash olive oil

Salt and pepper

EXPERIMENT WITH DIFFERENT FLAVOURS: DILL AND LEMON OR CHILLI AND

LEMON. THIS DISH COULD BE MADE WITH ANY FISH FILLET OR CHICKEN.

JUST ALTER THE COOKING TIMES TO ACCOMMODATE.

Method:

1. Preheat oven to 180 degrees, place salmon on piece of foil , wrap salmon loosely in foil and bake for 13-15 min.
2. Combine Salsa ingredients and serve with Salmon.

Serves 1

SPICED LAMB CUTLETS + TOMATO AND PARSLEY SALAD

Ingredients:

- 1½ tsp ground cumin
- ½ tsp ground coriander
- 3 french-trimmed lamb cutlets
- 1 medium egg tomato quatered
- ½ tsp olive oil
- ½ tbsp. vinegar
- ½ clove of garlic, crushed
- ½ Lebanese cucumber chopped coarsely
- 25grams reduced fat cottage cheese
- ¼ cup loosely packed fresh flat leaf parsley

Method:

1. Combine spices and lamb in a bowl
2. Cook lamb and tomato, in batches on heated oiled grill plate
3. Meanwhile, to make dressing, combine oil, vinegar and garlic in a screw top jar, shake well.
4. Combine tomato with dressing and remaining ingredients in a medium bowl to make salad
5. Serve lamb with Tomato and parsley

Serves 1



BBQ BEEF AND MACADAMIA SALAD

Ingredients:

2 dried lemon myrtle leaves
2 rosemary sprigs, leaves picked
3 garlic cloves
1 tablespoon macadamia oil
2 tablespoons Australian Bush Spices Red Meat Blend or chopped fresh thyme
600g eye or scotch fillet (or lamb back strap)
2 cups each baby spinach & rocket leaves
1/2 red onion, thinly sliced
1 red capsicum, thinly sliced
1/2 cup (75g) roasted macadamia



Dressing Ingredients:

Honey mustard dressing:
2 teaspoons honey
1 teaspoon mustard
2 tbsp apple cider vinegar
80ml macadamia oil

Serves 4

Method:

1. Using a mortar and pestle, pound the lemon myrtle, rosemary leaves, garlic cloves and macadamia oil to a paste. Transfer to a bowl and stir in the spice mix. Add the sliced beef fillets and turn to coat in the spice mixture. Cover with plastic wrap and chill for at least 1 hour, preferably overnight.
2. Heat chargrill pan or barbecue over high heat. When hot, add the beef fillets and cook for 2-3 minutes each side for medium-rare or until the fillets are cooked to your liking. Transfer to a plate and rest, covered loosely with foil, for 5 minutes.
3. For the dressing, whisk the mustard, vinegar and oil in a bowl until combined.
4. Combine spinach and rocket in a large bowl. Slice the fillets 1cm thick and scatter over the leaves with the onion, capsicum and macadamias.
5. Drizzle with dressing and serve immediately.

Serves 4

TIP : MARINATE THE MEAT THE NIGHT BEFORE

SAN CHOY BOW

Sauce Ingredients:

1 1/4 tsp arrowroot
3 tbsp water, separated
1 1/2 tbsp light soy sauce
1 tsp dark soy sauce
2 tbsp oyster sauce
1 tsp sesame oil
2 tbsp Chinese cooking wine

Serving Ingredients:

8 leaves large or 16 - 20 small
lettuce cups
Crushed peanuts
Finely sliced scallions / shallots

Filling Ingredients:

1 tbsp peanut oil
1 clove large garlic, minced
1/2 tsp ginger, minced
300g pork mince (ground
pork, chicken or turkey
mince works)
1/2 onion, finely chopped
1 small carrot, finely chopped
100g canned water
chestnuts, drained and finely
chopped
5 baby corn, fresh
finely chopped
5 mushrooms, finely
chopped (shiitake is best, I
used Swiss Brown)

Method:

1. Mix arrowroot with 1 tbsp water until lump free. Then add remaining Sauce ingredients and mix.
2. Heat oil in a wok or large skillet over high heat. Add garlic and ginger, give it a quick stir then add onion.
3. Cook for 1 minute then add pork. Cook pork until it turns white.
4. Add all the vegetables. Cook for 2 minutes until the carrot is softened and pork is cooked through.
5. Add Sauce and cook for 1 1/2 minutes or until it thickens and glossy, coating the Filling.
6. Transfer Filling into serving bowl. Lay out lettuce leaves, peanuts and scallions on the side.
7. To serve, spoon some Filling into a lettuce leaf. Top with peanuts and scallion and enjoy!

SNACK ATTACK!



YOGHURT WITH BLUEBERRIES & ALMONDS

Be mindful of your choice of yoghurt and ensure that you aren't consuming yoghurts high in sugar (check your labels are approx. <5gram of sugar pre 100gram serve).

GUACAMOLE

Ingredients:

1 teaspoon ground cumin
1 teaspoon ground coriander
2 ripe avocados mashed
1/2 red onion
Finely chopped 1 red birdseye chilli
1/4 cup chopped fresh coriander
2 tablespoons lime juice
Serves 8

Method:

Mix all ingredients together and serve with carrot, cucumber and celery.



APPLE OR CELERY WITH NUT BUTTER

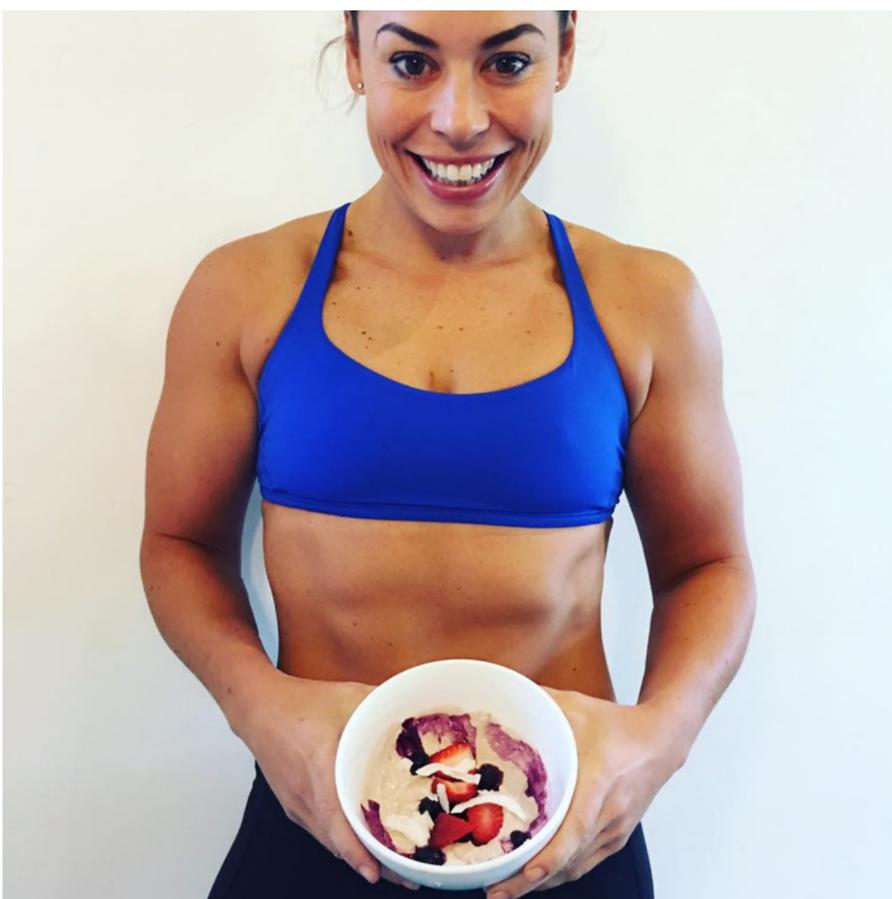
GREEN JUICE

Ingredients:

150 ml Pure Coconut water
200 ml cold water
1/2 tray of ice cubes
1/2 large cucumber
1/2 small carrot (optional)
1-2 sticks celery large handful of baby spinach or kale
1 whole lemon or lime (skin removed)
Handful of mint leaves (optional)
1cm knob of ginger (optional)
Handful frozen blueberries, pineapple or raspberries (optional)
Scoop of plain/vanilla whey or pea protein (if for lunch)
Stevia drops to sweeten (optional)

Method:

In your nutribullet, thermomix or high powered blender add ingredients and blend. Add additional water if needed.



FROPRO (FROZEN PROTEIN)

Mix yoghurt your choice of Protein Powder in a bowl and leave in freezer. When you are ready to eat, top with shredded coconut!

ADDITIONAL SNACK IDEAS:

AIR POPPED POPCORN, HERBAL TEAS, HANDFUL OF RAW NUTS, BOILED EGG

WEEKLY PLAN

Following is a weekly plan that you can follow through the month and ongoing. You can substitute and mix and match meals as needed and keep in mind that we have lots of awesome recipes on our #fuelfriday blog on the website and on our socials!

MONDAY

B: Scrambled eggs with feta, ham, tomato, mushroom

S: Protein shake with 1 1/2 cup almond milk

L: Salad with Baby spinach, Tomato,, Cucumber, Avo, Snow peas, Walnuts or other nuts, 100g BBQ chicken (no skin) dressed with 1tbs olive oil, 1/2 juiced lemon, S+P, 1/2 tsp wholegrain mustard

S: 20 Almonds or 30g Brazil nuts

D: Baked salmon & Avocado Salsa (see recipe)

TUESDAY

B: Protein breakfast smoothie (1 1/2 cups of cows milk or unsweetened Almond milk with 1/2 cup frozen berries, physillium husk 1 tsp in blender, scoop of protein powder)

S: 100g of shaved oven roast turkey

L: Chicken, Veg and Egg with Buckwheat salad (see recipe)

S: 20 almonds

D: Baked lamb roast (or any meat) with roast pumpkin, cauliflower and green beans

WEDNESDAY

B: Protein smoothie

S: Veggie sticks with Guacomole

L: Large green salad with pine nuts, feta or haloumi & left over lamb (balsamic & olive oil)

S: 1-2 Boiled Eggs

D: Grilled fish with your choice of vegetables

THURSDAY

B: 2 to 3 eggs scrambled, poached, fried with bacon, tomato, mushrooms with 1/4 Avo

S: Green Juice

L: Rice Paper rolls (see recipe)

S: Yoghurt with Blueberries and nuts

D: Spiced lamb Cutlets with Tomato and parsley salad (see recipe)

FRIDAY

B: Protein smoothie

S: 90g can tuna/salmon with spring water or olive oil

L: Chilli Chicken & Warm Quinoa Salad (or you could mix with Buckwheat if you have leftovers)

S: ½ mixed punnet of strawberries and blueberries

D: Roast Vegetable Frittata

SATURDAY

B: Overnight Oats (see recipe)

S: Yoghurt with 1/2 punnet Berries

L: Left over Vegetable Frittata

S: Celery with nut butter

D: Treat Meal, you can include desert if you wish (do not go too crazy though)

SUNDAY

B: 2 to 3 eggs scrambled, poached, fried with bacon, tomato, mushrooms with 1/4 Avo

S: Can of 90g Tuna

L: Chargrilled chicken breast or chicken tenderloins and vegetable salad, you could also use bbq chicken

S: 20 almonds

D: San Choi Bow (see recipe)

AT STELLAR WE BELIEVE...



1. HEALTH IS YOUR GREATEST ASSET, FITNESS IS FUN AND MOVEMENT IS HAPPINESS.

2. CONFIDENCE IS YOUR BEST ACCESSORY.

3. ALL WOMEN ARE BEAUTIFUL, REAL, AUTHENTIC AND BRAVE.

4. WINE IS PART OF A BALANCED DIET.

5. STRONG IS SEXY.

6. LIFE IS AN ADVENTURE.

7. SELF LOVE IS NOT SELFISH.

8. IMPERFECTION IS PERFECTION.

9. A COMMUNITY OF EMPOWERED WOMEN CAN CHANGE THE WORLD.