



6 WEEK NUTRITION GUIDE

INCREASE ENERGY
DECREASE BODY FAT
REDUCE BLOATING
& FEEL AMAZING

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INTRODUCING A HAPPIER, HEALTHIER, MORE CONFIDENT YOU!

Welcome to the Stellar Performance 6 Week Nutrition Program.

Introducing a healthy eating plan generally accounts for 80% of your results - that's why we have put together this yummy, easy to follow 4 step process to a healthy eating lifestyle.

This program is designed to strip fat, build lean muscle, lift your mood and provide your body with enough fuel to boost your energy levels and switch your body's fuel source from carbohydrate to fat. A process otherwise known as ketosis.

By following our recommendations you will experience increased energy, decreased body fat and reduced bloating.

In addition to the recipes and tips in this Guide make sure you check out our website and social media for recipe inspiration on our #fuelfriday blog.

What are you waiting for...It's time to feel energised, healthy and happy!!

Dani, Jess & the Stellar Team xxx



STEP 1 : CLEANSE

Rid the body of toxins and increase foods that provide the vitamins, nutrients, and antioxidants that the body needs for detoxification!

Depending on what your nutrition has been like previously these 3 days might be a little tough but trust us it is the perfect way to eliminate toxins and get your body ready for fat burning!

These points needs to be adhered to:

- ✓ 1-2 tablespoon of ACV approx. 20 minutes prior to each shake and meal. It can be taken in warm or cold water.
- ✓ 2 + Litres of Water per day, Buy yourself a sexy water bottle and keep it near you all the time, filling it up once its empty.
- ✓ Additonal drinks: Maximum of 1 black tea or coffee (no milk), Herbal tea (ensure it contains no sugar), Soda Water (eg with fresh mint and lime)
- ✓ During the cleanse, keep exercise to a minimum, low impact walking, Pilates, light weights only.
- ✓ 2-3 x juice per day prepared in good blender, thermomix or bullet.
- ✓ 2 x Meals per day consisting of the any of the options of protein and vegetables in our list of foods to consume.
- ✓ Use ingredients from the extras list to add flavour and variety to your meal.
- ✓ Meals can either be oven baked, steamed, poached, dry stir-fried or combined to make a soup with salt reduced natural stock.
- ✓ Try not to drink whilst eating as it dilutes the stomach enzymes which make digestion difficult. Poor digestion = fat storage.

PROTEINS

Skinless chicken, Turkey breast, Pork, White fish, Tuna in spring water, Egg whites, Tofu (unflavoured) or Tempeh

VEGGIES

Artichoke, Asparagus, Bamboo shoots, Broccoli, Broccolini, Bok Choy, Capsicum, Cabbage, Carrots, Cauliflower, Celery, Cucumber, Eggplant, Fennel, Garlic, Green beans, Herbs (parsley, basil, rosemary, thyme, oregano, chives etc), Kale, Leeks, Lettuce, Mixed greens, Mushrooms, Olives, Onions, Peppers, Chili, Pumpkin (<1/2 cup), Radish, Rhubarb, Rocket, Sauerkraut, Snow peas or pea pods, Shallots, Spinach, Squash, Tomato (or natural tinned tomato), Turnips, Water chestnuts, Watercress, Zucchini

EXTRAS

Herbs, Spices, Pepper, Chili, Ginger, Garlic, Curry powder, Fresh lemon or lime, White or balsamic vinegar.



We like to bake a large batch of vegetables twice a week. This will ensure that you are reaching your vegetable intake and reduces the chance of you reaching for foods that don't align with your goals! Get creative and add in some yummy herbs for flavour - our current crush is fennel seeds and cumin!



CLEANSE MEAL PLAN

Following is a 3 Day plan that you can use as a guide over the Cleanse. 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! Just remember to amend any ingredients to ensure that it fits the Cleanse guidelines.



When you feel hungry, drink a large cup of water. If you are still hungry, snack on protein, vegetables or have an extra green juice.

DAY 1:

B: Green Juice

S: Tin Tuna in Spring water

L: 15 min Tomato soup

S: Green Juice

D: Butterflied Chicken (remove skin) with your choice of vegetables

DAY 2:

B: Green Juice

S: 100g of shaved oven roast turkey

L: Lean Mean Omlette

S: Green Juice

D: 15 min Tomato Soup (left over from Day1)

DAY 3:

B: Green Juice

S: 100g of shaved oven roasted turkey

L: Tin Tuna with Veggie Salad w/dressing of olive oil and a squeeze lemon

S: Green Juice

D: Butterflied Chicken (remove skin) with your choice of vegetables (leftovers)

YOUR WEEKLY PLANNER

Use this blank planner to write down your meals for the following week, use it to write your grocery list and stick it on your fridge so you can refer to it easily through the week. Planning and preparation is your key to success!

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|---|-----------|-------|-------|-------|--------|
| 1 | | | | | |
| 2 | | | | | |
| 3 | | | | | |
| 4 | | | | | |
| 5 | | | | | |
| 6 | | | | | |
| 7 | | | | | |

STEP 2 : RESTORE

Restore will be adhered to for a period of 2-4 weeks depending on how much weight/body fat you would like to shift. In this phase we avoid carbohydrates, refined/processed foods and sugars and increase protein and fats so that the body switches from burning CARBOHYDRATES for energy and begins burning FAT for its main energy source.

As a result you will experience serious fat loss results over the next 6 weeks and beyond. When the body is free of carbohydrates it moves into a state known as ketosis in which it has no choice but to use the fat stores for energy and you will be sizzling away unwanted fat in no time.

Once your body is comfortable and efficient with the new process you can start to gradually add back in your carbohydrates in the next phase.

-  It is important to eat regularly and aim for 4 x protein serves per day, 3 fat serves and 4 serves of vegetables.
-  Start each day with our ACV Kickstart!
-  Drink a minimum of 2.5 to 3L of water daily.
-  If you drink Coffee, black is best or have it with almond milk with no sugar (you can use stevia to sweeten if desired).. You can have as much Herbal & Green Tea as you like.
-  Try to eat breakfast as soon as you wake up then a meal every 2.5-3 hours.
-  Always have a snack option with you in the event you get held up and can't get to your next meal.
-  You will still have the opportunity each week (ever 7 days) to have a treat meal.

AVOID

Carbohydrates i.e.: Bread, Rice, Pasta, Noodles, Quinoa, Couscous, Cereals, Oats, Potato, Sweet potato, Corn, Tinned beetroot, Beans (eg; baked, kidney, etc), Chick peas, Sugar, Fruit, Fruit juice, Soft drink, Cordial, Confectionary products (including baked goods, desserts, lollies, chocolate, etc),.

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.

MOVEMENT

- ✓ Exercise minimum 3- 4 times per week
- ✓ Pre Training Meal (consumed 1-2 hours pre training or whatever timing is practical)
- ✓ Post Training (immediately post session - 1 scoop protein powder)
Post Training Meal (must be consumed within 1 hour of training – ideally protein and veggies).
- ✓ Training protocols are for intense resistance (weights) OR HIIT sessions only. You should be sore for 24-48hrs after your weights sessions and you should feel as though you are pushing your physical limit in each HIIT session. When you do this you can expect your fitness and muscle tone to increase rapidly.

BUMPS IN THE ROAD

There are going to be bumps in the road...but thats exactly what they are...if you get one flat tyre you don't go and slash your remaining three tyers do you? The same goes for looking after your body.

Don't get discouraged or give up when stumbles happen. Get up, dust yourself off, and jump right back on. Don't wait until Monday. Start with your very next meal.

Remember your WHY. Why you started in the first place, why you want to get healthier, why you are taking this journey. Announce it to your friends, family, any support groups you have, tell them WHY you are doing this and ask for accountability.

When you share our goals and have people in our lives holding us accountable, we're more likely to succeed. Most of all, LET IT GO!!! Don't live in the past. You don't need to beat yourself up. Just move forward and keep doing your best.

LETS TALK ALCOHOL

Lets be honest, to really get the out of this program we highly recommend (at this point) reducing your alcohol intake to one drink per week or nothing if possible.

When you consume alcohol the breakdown of food for energy stops while your body is trying to process the alcohol, resulting in the food being stored as fat.

If you are going to drink, vodka and soda or dry wine are good options. Be mindful of what you eat when you consume alcohol



Struggling to kick the booze? We highly recommend muddling lime and lemon in a cocktail shaker, adding it to crushed ice and soda water in your best crystal!

The perfect craving crusher!

TREAT MEAL

This weekly meal allows you to enjoy food that is not included on the above list. The purpose of the meal is to not only possibly to have some foods that you may have been wanting, it also helps re-set hormones that drop when following a fat loss plan. In short, this means this meal will actually help you decrease body fat. This meal can include 1-2 carb serves.

Modify your servings during the day to accommodate your Treat Meal e.g. if you plan to have pizza or pasta reserve your fat serves for your that meal. Think about what you will be having for this meal in advance and work it into food intake for the day rather than viewing it as an opportunity to binge without thought. This meal is to be consumed in one sitting. You return back to making nutrient-dense food choices from your very next meal.

RESTORE MEAL PLAN

Following is a weekly plan that you can follow whilst in the Restore phase. You can substitute and mix and match meals as needed and modify meals to suit your next two phases of Fuel & Maintain. Don't forget that we have lots of awesome recipes on our #fuelFriday blog on the website and on our socials! Just remember to amend any ingredients to ensure that it fits the guidelines.

MONDAY

B: Scrambled eggs with cheese, 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: Pork Meatballs with Zoodles

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) or Omelette

S: 100g of shaved oven roast turkey

L: Left over dinner

S: Yoghurt with stevia & Nuts & seeds

D: Baked salmon & Avocado Salsa (see recipe)

WEDNESDAY

B: Protein smoothie

S: Veggie sticks with Guacomole

L: 3 egg vegetable omelette (lightly fry red onion, capsicum), then add grated zucchini and blanched broccoli, fetta, red onion, herbs

S: 20 almonds

D: Lemongrass and Chilli Chicken Stir-fry

THURSDAY

B: 2 – 3 eggs scrambled, poached, fried with bacon & Avo & roast tomato

S: Green Juice

L: Left over Stire-fry

S: 3/4 cup whole milk Jalna yoghurt with a few drops of stevia berries & crushed nuts

D: San Choi Bow

FRIDAY

B: Protein smoothie

S: Roast vegetable frittata (see recipe)

L: Crust-less Quiche

S: 1/2 mixed punnet of strawberries and blueberries

D: Baked lamb roast (or any meat) with pumpkin (1/2 cup), green beans and roasted spiced cauliflower (see recipe for this)

SATURDAY

B: Left over Quiche

S: Green Juice

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

S: Veggie sticks with Guacamole

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

SUNDAY

B: 2 x Boiled Eggs with 1/4 Avo, S & P and squeeze of lemon.

S: Yoghurt (Jalna organic sweetened with stevia liquid) with blueberries

S: 20 almonds or can of tuna

D: Spiced Lamb Cutlets

STEP 3 : FUEL

In this phase that will last 2-4 weeks you will add in carbohydrates to your diet approximately every second day.

You can use the Restore Meal Plan, just substitute in any Fuel friendly recipes or use some of your own favourites keeping the below list in mind.

-  Try to have your carbohydrate serve, around and on your training days.
-  Enjoy your treat meal every 7 days. On that day however have lower serves of fat/protein for the rest of that day to compensate.
-  Stick to the allowed macronutrient serves per day and always weigh your proteins.
-  Drink plenty of water and decaffeinated herbal tea.

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

 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

 Eating out? To avoid choosing a meal that doesn't align with your goals, we recommend checking out the restaurant menu online and choose your meal before you head out.

PROTEIN : 4-5 SERVES PER DAY

2-3 whole eggs
140-170g cooked weight
chicken breast/ lean red meat/
turkey
150-200 grams white fish/
salmon steak
1 scoop protein powder
1 x 95g tin of tuna

FATS: 3 SERVES PER DAY

20g of Almonds
40g of cheddar cheese
70g of cottage cheese
1 tablespoon of natural nut
butter
1/2 avocado
80g yoghurt (<5g carbs per
100g)

CARBS: 1 SERVE PER 1-2 DAYS

50 grams Traditional Oats/Cereals
1 piece of fruit OR 1/2 cup of
blueberries
100g cooked brown rice
80 grams of pasta/ basmati rice
120 grams of quinoa
3x rice cakes/corn thins
80 grams of couscous
150g white potato/ sweet potato
1x slice of desired bread OR 2x
burgen bread
1x mountain wrap
150 grams of corn/ canned beetroot
2x ry-vitas/cruskits

VEGGIES : 4 SERVES PER DAY

1 Cup Salad
Approx. 200g vegetables

EXTRAS

Herbs, Spices, Pepper, Chili,
Ginger, Garlic, Curry powder,
Fresh lemon or lime, White or
balsamic vinegar.



STEP 4 : MAINTAIN

Congratulation!! By the time you move into your maintenance plan you may be experiencing the following positive changes:

-  Your clothes are feeling looser and more comfortable to wear.
-  Measuring and weighing portion sizes as well as counting the allowed daily serves of macronutrients should be second nature by now.
-  No sugar or processed carbohydrate cravings.
-  Increased energy levels.
-  Increased strength and muscle tone.
-  Confidence in asking staff at restaurants to put sauces and dressings on side etc so you can add sparingly.
-  Easily making healthy choices on a menu.
-  Visible reduction in body fat and cellulite.

If you have been following the plan closely, you should be ticking off most of them. By now your shopping list should be easy and fresh and you are actively searching for new and exciting recipes on the internet so you don't make the same thing every day and get bored! This is when you go back to old habits!

-  You should be adding carbs into your diet now particularly on the days you train.
-  The idea is to gradually increase your carb intake to 1-2 serves per day and this is what we call sustainable eating. A plan that becomes your everyday habit and is sustainable for life!
-  Still have a treat MEAL every 7 days.
-  Nourish your body with clean, whole, real food and continue this plan ongoing going back to any of the steps when you feel that you need a re-boot!

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.

