

The following information has been written as a general guide to assist you with implementing a nutrient rich diet that's support healthy weight loss over a 30-day period. Dietary needs and portion sizes will vary based on your weight, metabolic function, individual health needs and goals. Any specific recommendations provided to you by myself or another formally trained health practitioner take precedence over the general recommendations provided in this booklet and please adjust accordingly.

If you are interested in a tailored program to suit your personal body and health goals, please schedule a consultation via www.stephaniemalouf.com.au/structure-fees/

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STEP 1: EAT REAL FOOD

Eating real food provides your body with all the important nutrients it needs to function and in a form that it can recognise. Foods that have been altered from its natural state (i.e. white bread or fat and sugar free vanilla yoghurt) lacks nutrients and contains information the body doesn't recognise. This overburdens and damages our body systems (such as metabolism, liver, gut flora) and as a result drives weight gain, poor immunity, food intolerances, stress, depression and other health related issues.

There needs to be a shift away from QUANTITY and more focus given to the QUALITY of the food you eat. Before eating a meal ask yourself; "Is this food natural and will this nourish me?"

Below is a list of foods recommended you Enjoy/Avoid strictly for the next 30 Days to reset your body and support healthy weight loss.

This program is a whole and natural food approach, and the majority of the suggested habits and recommendations can be integrated into a long term healthy lifestyle.

FOODS TO ENJOY								
All Vegetables:	All Poultry (skinless free	Flavourings						
Artichoke, asparagus, broccoli,	range/organic): chicken,	Dijon/wholegrain mustard						
cabbage, kale, cauliflower,	turkey etc.	Himalayan/Celtic sea salt						
carrot, celery, cucumber,		Pepper						
eggplant, sweet potato*, Peas,	Meat (fat removed/grass fed):	Vinegar: raw unfiltered apple						
Corn, Pumpkin* etc	e.g. beef, veal, etc.	cider vinegar, red/white						
All Herbs & Spices: Parsley,	Whole Eggs (organic/free-	vinegar, balsamic (not caramelised versions)						
dill, ginger, turmeric etc.	range)	Tamari (soy sauce alternative)						
diii, giriger, turmenc etc.	range)	Miso paste						
Whole Fruits (except those	Tempeh & Tofu	Sauerkraut						
listed in the avoid food list)								
especially grapefruit, berries	Dairy Substitutes	Sweets/Sweeteners:						
(organic/frozen), papaya, kiwi	(unsweetened) e.g.	Stevia*						
fruit & apples.	Almond milk, rice milk	Raw honey or Manuka honey*						
	hemp milk, coconut milk /	Rice malt syrup*						
All Beans & legumes e.g.	coconut yoghurt (small	Pure maple syrup*						
kidney, cannellini, black beans,	amounts as it's high in fat)	Raw Cacao						
chickpeas, chickpea pasta, lentils etc.	Oils	70%+ Dairy Free Dark Chocolate*						
lentiis etc.	Extra virgin olive oil, avocado	Chocolate						
Gluten Free Whole Grains*	oil, avocado, coconut oil	Beverages						
e.g. Whole rolled oats (no	on, avocado, esconar en	Bone broth						
quick oats) buckwheat, quinoa,	All Raw Nuts/Nut butters &	Coffee - limit to 1 a day e.g.						
wild rice (no quick rice)	Seed/Seed Spreads e.g.	long black, espresso or with						
	almonds, walnuts, papita	almond milk						
All fish and shellfish e.g.	seeds, chia seeds, flaxseeds,	Water - Aim for 2.5L a day						
salmon, tuna, sardines,	raw almond butter, tahini etc.	Tea; black, green, herbal						
mussels and oysters etc.		Vegetable juice						
Preferably wild caught and if		Kombucha						
tinned, in springwater or extra	* E • • • • • • • • • • • • • • • • • • •	Coconut water*						
virgin olive oil.	*Enjoy in small amounts							



FOODS TO AVOID

High Sugar/Glycemic Load

Fruits e.g. Mango, grapes, cherries, pomegranate, persimmon, figs, dried fruit, fruit juice

Foods e.g. Barley, bread (rye wheat, spelt) pasta, crackers, cookies, cakes, chips, white flour etc.

Dairy e.g. Milk, yoghurt, cheese, dairy milk chocolate etc.

Processed/Fatty Meats e.g. Bacon, canned meats, salami,

sausages, packaged sliced turkey etc.

Fats & Oils:

Gluten Containing Grains & Industrial seed/vegetable oils e.g. margarine, Canola oil, corn oil, peanut oil etc.

Flavourings:

Tomato sauce, BBQ Sauce, commercial sauces, pre-made salad dressings, table salt, soy sauce, commercial stock cubes etc.

Processed

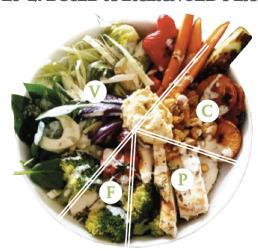
Sweets/Sweeteners e.q.

Lollies, sugar free lollies, sugar; white and brown, artificial sweeteners; aspartame, sucralose, corn syrup, agave syrup, jam, malt etc.

Beverages

Alcohol, soft drink, fruit juice, energy drinks, protein powders/pre-work out containing artificial sweeteners e.g. aspartame, sucralose, cordial, milk/dairy containing drinks etc.

STEP 2: BUILD A BALANCED PLATE



V- Non-Starchy Vegies	P- Protein	C- Complex Carbohydrate	F- Fat	
Aim for 2 handfuls	1 serve = approx.	1 serve = approx	1 serve = approx.	
- Asparagus	- 100-150g chicken	- 1 med apple	- ¼ avocado	
- Broccoli	- 1-2 eggs	- 1/2 cup cooked oats	- 1/4 cup Nuts &	
- Cabbage	- 150g fish	- ½ cup beans or	seeds	
- Brussels sprouts	- ½ cup lentils	chickpeas	- 1 Tbsp extra virgir	
- Cauliflower	- 20-30g natural	- 1 slice of buckwheat	olive oil	
Leafy greens etc.	protein powder	bread	- 8-10 olives	



WHY NO GLUTEN OR DAIRY?

Gluten & Dairy are common drivers of inflammation in the body therefore when cleansing it's best to remove them from the diet and allow your body to reset. If and when you decide to reintroduce them back into the diet, see if you notice any unfavourable symptoms such as fatigue, headaches, skin rashes etc. and best to keep them eliminated or get further advice form a health practitioner.

Learn more about inflammation here.

TIPS:

- The bulk of your plate should be made up of colourful non-starchy vegetables daily especially ones from the cruciferous family such as broccoli, cauliflower, Brussel sprouts and cabbage
- Aim for 1-2 serves of fruit a day, it in its whole form containing the fibre, not just the
 juice!
- Aim for 3 serves of wild fatty fish/seafood a week; ideally choosing wild salmon, sardines and shellfish, limiting farmed fish and high mercury fish such as tuna, swordfish and sea perch.
- Limit red meat to 1-2 times a week
- Load up on fibre rich foods Eating high-fiber foods helps the body stay full, slows the release of sugars into the bloodstream to prevent fat storage and helps the body eliminate toxins. My favourites include lentils, beans, grapefruit, asparagus, broccoli, chia seeds and psyllium husk!
- Ensure protein in consumed with each meal and snack to increase fullness and satiety
- For faster weight loss, limit/avoid starchy vegetable intake and avoid carbohydrates with dinner (choose protein + non starchy veg), unless consuming within 30mins of finishing exercise.
- Limit caffeine intake as this increases blood sugar levels and triggers hunger and sugar craving
- Portion control by eating off a smaller plate
- When dining out don't be afraid to ask questions such as what's in it, how it's prepared and to make alterations to suit your needs.

RECOMMENDED SUPPLEMENTS

- ✓ Good quality high strain probiotic
 - ✓ Activated B Vitamin
 - ✓ Magnesium
 - ✓ Buffered Vitamin C



STEP 3: DON'T FORGET TO

CHEW:

Digestion begins in the mouth with chewing and the secretion of enzymes. Eating quickly affects digestion and doesn't allow your brain to register your full, causing you to overeat.

EAT REGULARLY:

Eat at least every 4 hours. Our bodies need regular fuel to maintain blood sugar levels and metabolism, but leave enough time to complete digestion before more food is eaten. Avoid skipping meals by having balanced snacks on hand for busy times. Hunger is a sign of low blood sugar and will lead to poor choices if ignored.

AVOID OVEREATING:

Overeating occurs when we skip meals, eat too quickly or don't satisfy our taste buds (lack of fats). To reduce the risk of overeating, spread your meals evenly throughout the day and don't leave the largest meal until the evening. Our digestive fire is at its peak around noon, a time that is most efficient at converting food into energy rather than storing it as fat.

EAT WITH AWARENESS:

Mindful eating increases metabolism. Ask yourself how hungry you are before each meal. Take 5 minutes to relax before a meal if you feel stressed.

PREPARE:

Shop for fresh food regularly and keep your pantry stocked with good staples. Whenever you cook or prepare food, make double portions and/or freeze in individual containers for future meals. Use the weekly meal planning template provided below to plan your meals and to avoid falling off track. Check out my recipes on my website or follow my Instagram for more healthy meal inspiration.

STAY HYDRATED:

Drink at least 2 litres (8 glasses) of liquid between meals each day. Avoid drinking excessively during a meal as this can reduce enzyme activity and dilute the stomach acid needed to break down the food. Sip constantly throughout the day, instead of sculling it all at once as this won't be absorbed. Add a tea bag, lemon or sliced fruit to your water to make it more interesting.

GO 50% RAW 50% COOKED:

Enjoy half of your vegetables and fruits raw (e.g. salads) unless otherwise advised. Fruit and vegetables contain enzymes which aid digestion, so aim to eat some with every meal.

EXERCISE:

Aim for at least 45 minutes three times a week.

80/20 RULE:

80% for the body 20% for the soul. Allow the odd treat to satisfy your mind, soul and social life.

SET GOALS:

Set Yourself 1-2 weekly focuses for the week and slowly build on them to create healthy habits that stick. Achieving positive outcomes through small incremental steps is often more successful than trying to achieve everything all at once.

SAMPLE MEAL PLAN

Upon Rise:

Warm water with a tablespoon of apple cider vinegar or lemon + 1 tsp pf psyllium husk

Breakfast Ideas / RECIPES

- Fried eggs with sautéed greens cooked in extra virgin olive oil
- Whole rolled oats with pumpkin seeds, sunflower seeds, cinnamon, raw cacao nibs and almond milk
 - COCONUT CHIA & GRANOLA CUPS (DAIRY FREE)
 - Brekkie plate with smoked salmon, hummus, cucumber, tomato + piece of fruit

Lunch Ideas / RECIPES

Tuna salad with carrot, avocado, sprouts, spinach, grated carrot, grated raw beetroot with lemon and extra virgin olive oil dress

- MOROCCAN SPICED CHICKPEA & ROASTED EGGPLANT SALAD
- Chicken salad with radish, baby spinach, tomato's, beans and a sprinkle of pine nuts
 - Tuna and TABOULI WITH MINT & CAULIFLOWER RICE
 - VEGETABLE FRITTATA
- RICE PAPER ROLLS Chicken or tuna + veggies (avoid teriyaki as this contains sugary sauces)
- Lamb salad with eggplant, zucchini and capsicum with quinoa or chickpeas and tahini dressing CREAMY MUSHROOM & THYME SOUP (DAIRY FREE) + side of bean salad

Snack Ideas

- Vegie sticks with hummus
- Seed mix with sunflower seeds, almonds, and walnuts + piece of fruit
 - Cup of bone broth or miso soup
 - Apple with cinnamon and smear of nut butter

Dinner Ideas / RECIPES

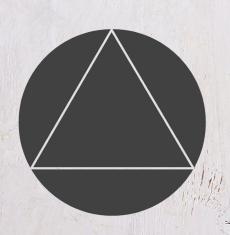
- SALMON WITH DILL, SUNDRIED TOMATO, GREEN OLIVES & SUNFLOWER SEEDS
 + MEDITERRANEAN STYLE EGGPLANT IN TOMATO SAUCE
 - LEMON & HERB CRUSTED CHICKEN With CREAMY CAULIFLOWER MASH
 - CHICKEN SANG CHOY BAO + shredded cabbage salad
- <u>MEATBALLS IN FRESH TOMATO SAUCE</u> served on zucchini pasta, steamed veggies or with a salad
 - <u>FISH IN A BAG: BLUE EYE COD WITH OLIVES, CAPERS, CHERRY</u>
 TOMATOES & BASIL WITH SAUTÉED SILVERBEET WITH PARSLEY & DILL

For more recipes & inspiration visit

https://www.stephaniemalouf.com.au/recipes/

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Supplements	Dinn⊕r	Afternoon snack	Lunch	Mid-morning Snack (If needed)	Breakfast	On rising/ Supplements	Meal
							Monday
							Tuesday
							Wednesday
							Thursday
							Friday
							Saturday
							Sunday





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