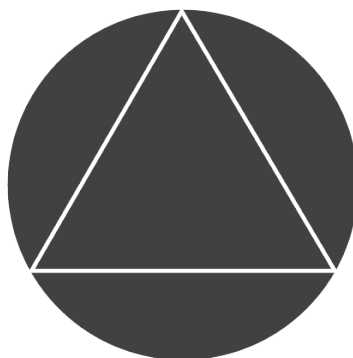


30-Day **Cleanse & Weight Loss** **Nutrition Program**



Created by STEPHANIE MALOUF
Accredited Nutritionist
B.Hlth.Sci (Nut.Med); B.Bus



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/

Services Available

Nutrition Consultations
Express Health Assessment
Personalised Meal Planning / Goal Setting
One-On-One Shopping Excursions

Specialised Testing

Food Intolerance Testing
DNA Health Testing
DNA Diet Testing
DNA Sort Testing
[Learn More](#)

For more information

Visit: <https://www.stephaniemalouf.com.au>
Email: info@stephaniemalouf.com.au
Phone: 0434 109 922

FOLLOW ME [@sm_nutrition](#)

LIKE ME [smnutritionsyd/](#)

FOODS TO AVOID

High Sugar/Glycemic Load

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

Gluten Containing Grains & 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:

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.g. 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

Aim for 2 handfuls

- Asparagus
- Broccoli
- Cabbage
- Brussels sprouts
- Cauliflower
- Leafy greens etc.

P- Protein

1 serve = approx.

- 100-150g chicken
- 1-2 eggs
- 150g fish
- ½ cup lentils
- 20-30g natural protein powder

C- Complex Carbohydrate

1 serve = approx

- 1 med apple
- 1/2 cup cooked oats
- ½ cup beans or chickpeas
- 1 slice of buckwheat bread

F- Fat

1 serve = approx.

- ¼ avocado
- 1/4 cup Nuts & seeds
- 1 Tbsp extra virgin olive oil
- 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 from 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 is 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
- MEATBALLS IN FRESH TOMATO SAUCE served on zucchini pasta, steamed veggies or with a salad
 - FISH IN A BAG: BLUE EYE COD WITH OLIVES, CAPERS, CHERRY TOMATOES & BASIL WITH SAUTÉED SILVERBEET WITH PARSLEY & DILL

For more recipes & inspiration visit

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

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



STEPHANIE MALOUF

Accredited Practicing Nutritionist
B.Hlth.Sci (Nut.Med); B.Bus

m: 0434 109 922

a: 377 New South Head Road, Double Bay