

*Nutrition, Healthy Habits &
Cortisol Reduction plan*

Workout plan

Day 1

Mobility

Day 2

Fitness Pilates

Day 3

Full Body

Day 4

Upper Body

Day 5

Midsection

Day 6

Stretch

Day 7

Posture

Also see your bonus WOW workouts

Nutrition, Healthy Habits & Cortisol Reduction plan

Shopping List

Please ask about any foods not on this list. Choose from the following foods:

Proteins

Beef
Chicken
Duck
Turkey
Lamb
Liver
Kidney
Veal
Bacon - very lean
Shellfish/Shrimp Crab
Lobster
Salmon
Cod
Plaice Halibut/Turbot Hake
Bream Prawns
Eggs Rainbow Trout
Haddock
Mackerel Sea Bass

Carbohydrates

Spinach
Courgette
Cucumber
Broccoli
Rocket
Aubergine
Squash
All leafy greens
Tomatoes
Onion
Kale
Cabbage
Celery
Mushrooms
Peas
Green Peppers
Green Beans
Purple Sprouting Broccoli
Broad Beans
Cauliflower
Root veg
Avocado

Nuts - Portion carefully

Almonds
Macadamia Nuts
Peanuts
Pecans
Hazelnuts

Keep away from too many high sugar fruits unless otherwise instructed.

Drink

Water - minimum 3 litres per day
Fruit teas
Licorice and Tulsi tea

On high protein / Vegetarian / Vegan meal plans you may be given more on your list such as:

Cottage cheese
Lentils
Chickpeas

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Shopping List (plant based)

Proteins

Shellfish/Shrimp
Crab
Lobster
Salmon
Cod
Plaice
Halibut/Turbot
Hake
Bream
Prawns
Eggs
Rainbow Trout
Haddock
Mackerel
Sea Bass

Other

We suggest on any vegetarian diet that you take supplements.

Fats

Use virgin Coconut Oil to cook with.
Dress and flavour your food with walnut or olive oil (don't cook with olive oil)

Nuts: Organic Macadamia / Almonds / Brazil nuts.

Spices

Herbs and Spices are fine to enhance and flavour, but don't overdo it.
Almond or Coconut Milk (minimal amounts for cooking)

Hydration

Water a minimum 3 litres per day
Fruit Teas

Carbohydrates

Brown Rice
Lentils
Basmati Rice
Sweet Potato
Courgette
Carrots
Parsnips
Bean sprouts
Swede
Cucumber
Broccoli
Aubergine
Squash
All leafy greens Spinach, Kale, Spring Greens Lettuce etc
Tomatoes
Onion
Cabbage
Celery
Mushrooms
Green, Red, Orange, Yellow Peppers
Green Beans
Purple Sprouting Broccoli
Cauliflower
Avocado
Apple
Lemons / Limes
Pulses
Beans
Quinoa

Nutrition, Healthy Habits & Cortisol Reduction plan

7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

Day 1

Breakfast:

- *Overnight oats with 50g rolled oats, 200ml unsweetened almond milk, 1 tbsp chia seeds, ½ tsp cinnamon, 50g blueberries, 1 tbsp ground flaxseed*

Lunch:

- *Grilled salmon (120g) with quinoa (70g cooked weight), steamed broccoli (100g), and spinach (50g), drizzle of extra virgin olive oil (1 tbsp)*

Dinner:

- *Roast chicken breast (120g), sweet potato mash (150g), roasted carrots (100g), and tenderstem broccoli (100g)*



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Day 2

Breakfast:

- *2 scrambled eggs with 50g spinach, ½ avocado, 1 slice wholegrain toast (40g), drizzle of olive oil*

Lunch:

- *Lentil & vegetable soup: red lentils (60g), carrots (100g), celery (50g), onion (50g), spinach (50g), cooked in vegetable stock, herbs, and spices*

Dinner:

- *Grilled sea bass (120g), brown rice (70g cooked), asparagus (100g), and courgette (100g) sautéed in olive oil*



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Day 3

Breakfast:

- *Smoothie: 200ml unsweetened oat milk, 1 scoop plant protein powder, 1 banana, 1 tbsp almond butter, 1 tsp cacao, handful spinach*

Lunch:

- *Turkey breast (120g) with quinoa salad: quinoa (70g cooked), cucumber (50g), cherry tomatoes (80g), rocket (40g), olive oil (1 tbsp), lemon juice*

Dinner:

- *Baked cod (120g), roasted butternut squash (150g), kale (80g), and green beans (100g)*



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Day 4

Breakfast:

- *Greek yoghurt (150g, unsweetened), mixed berries (100g), 1 tbsp pumpkin seeds, 1 tsp raw honey*

Lunch:

- *Chickpea salad: chickpeas (100g cooked), cucumber (50g), tomato (80g), red onion (30g), parsley, olive oil (1 tbsp), lemon juice*

Dinner:

- *Grilled chicken thigh (120g), brown rice (70g cooked), roasted courgette (100g), broccoli (100g)*



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Day 5

Breakfast:

- *2 boiled eggs, ½ avocado, 1 slice rye bread (40g), rocket (30g), squeeze lemon*

Lunch:

- *Mackerel fillet (120g), roasted beetroot (100g), quinoa (70g cooked), spinach (50g), olive oil (1 tbsp)*

Dinner:

- *Stir fry: tofu (100g), mixed peppers (100g), pak choi (50g), broccoli (100g), ginger, garlic, tamari soy sauce, served with brown rice noodles (70g cooked)*



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Day 6

Breakfast:

- *Porridge with 50g rolled oats, 200ml oat milk, 1 tbsp chia seeds, 1 tbsp almond butter, 1 tsp cinnamon, topped with 50g raspberries*

Lunch:

- *Chicken salad: grilled chicken breast (120g), spinach (50g), rocket (50g), cucumber (50g), cherry tomatoes (80g), olive oil (1 tbsp), balsamic vinegar*

Dinner:

- *Grilled salmon (120g), roasted cauliflower (100g), tenderstem broccoli (100g), sweet potato (150g)*



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Day 7

Breakfast:

- *Smoothie bowl: 200ml almond milk, 1 frozen banana, ½ scoop plant protein powder, topped with 30g oats, 1 tbsp sunflower seeds, and 50g strawberries*

Lunch:

- *Lentil & quinoa bowl: red lentils (60g), quinoa (70g cooked), kale (50g), roasted carrots (100g), tahini drizzle (1 tbsp)*

Dinner:

- *Roast chicken thigh (120g), roasted parsnips (100g), green beans (100g), kale (50g), and olive oil drizzle*



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Extras

- *Stable blood sugar → complex carbs + protein at each meal.*
- *Magnesium-rich foods → leafy greens, nuts, seeds, pulses.*
- *Omega-3s → salmon, mackerel, flaxseed.*
- *Vitamin C → berries, peppers, citrus, broccoli.*
- *Avoid caffeine late in the day, alcohol, and processed sugar.*

Snack ideas

1. Greek Yoghurt & Seeds/ fruit

- *100g unsweetened Greek yoghurt*
- *1 tbsp pumpkin seeds*
- *50g fresh blueberries*

2. Hummus & Veg Sticks

- *3 tbsp hummus (about 50g)*
- *Carrot sticks (80g)*
- *Cucumber sticks (80g)*

3. Apple with Nut Butter

- *1 medium apple (150g) sliced*
- *1 tbsp almond or peanut butter*

4. Boiled Egg & Avocado

- *1 boiled egg*
- *¼ avocado with a pinch of sea salt*

5. Oatcakes with Smoked Salmon

- *2 wholegrain oatcakes (20g each)*
- *40g smoked salmon*
- *Squeeze of lemon*