

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



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



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



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)





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

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





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

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)





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

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)





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

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)





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

Day 6

Breakfast:

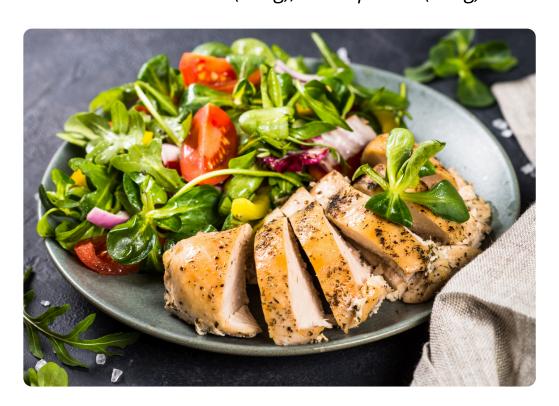
• Porridge with 50g rolled oats, 200ml oat milk, 1 tbsp chia seeds, 1 tbsp almond butter, 1 tsp cinnamon, topped with 50g raspberries

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)





7-Day Cortisol-Reducing Meal Plan

(portions for one, scale up as needed)

Day 7

Breakfast:

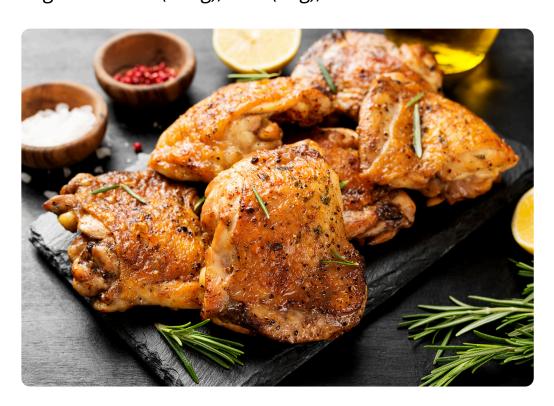
 Smoothie bowl: 200ml almond milk, 1 frozen banana, ½ scoop plant protein powder, topped with 30g oats, 1 tbsp sunflower seeds, and 50g strawberries

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





Extras

- Stable blood sugar → complex carbs + protein at each meal.
- Magnesium-rich foods \rightarrow 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