

A STELLA WELLNESS GUIDE · @STELLATRACKSWELLNESS

FREE 7-DAY RESET

The 7-Day Anti-Inflammatory Kickstart

Seven days of meals designed for women 35+ whose bodies have started signalling — and who are finally ready to listen.

No calorie counting

No food guilt

Daily log included

Women 35+

A NOTE BEFORE YOU BEGIN

I am not a doctor.

I am a woman who decided to figure it out.

Somewhere in my late 30s, something shifted. Not dramatically. Not in a way that showed up on any test. Just quietly, persistently, inconveniently.

By 2pm my brain felt like it was moving through fog. I woke at 3am and could not get back to sleep. My face was puffy on mornings when I had slept well. My clothes fit in the morning and felt tight by evening. I went to my GP. I was told I was fine.

I am not good at accepting answers that do not satisfy me. So I started researching.

What I found was **low-grade, chronic inflammation** — the kind that does not show up on standard blood tests, does not announce itself as pain, but builds quietly in the background when hormones begin to shift and the body stops receiving what it needs. The kind that explains everything you have been feeling and nothing your doctor can find.

I started changing how I ate. Carefully. Methodically. I tracked what I noticed. Within seven days I felt different enough to keep going.

"This is not a diet. This is seven days of giving your body exactly what it needs to begin quieting the noise. That is all it takes to feel the difference."

This kickstart is where everything begins. Seven days of meals, built around five simple principles that work with your hormones instead of against them. A daily log to capture what you notice. And at the end — a picture of what is possible when you keep going.

You are not imagining what you have been feeling. You are not failing. Your body is signalling you. And once you learn to read those signals, everything changes.

Stella

@StellaTracksWellness

HOW THIS WORKS

Five Principles. Seven Days.

Already built into every meal. Worth knowing why.

You do not need to memorise these. They are already in every meal in this plan. But knowing them gives you something to return to when life gets complicated and the plan needs to flex.

1 Protein at every meal

Stabilises blood sugar, quiets cravings, supports muscle, and provides the building blocks your hormones need. Not a supplement. Real food, every meal.

2 Colour on every plate

Colour in plants signals phytonutrients – the compounds that feed beneficial gut bacteria and actively work against inflammation. More colours means broader protection.

3 Purposeful fibre

Beans, seeds, and whole grains slow glucose absorption, feed your microbiome, and support the digestive regularity that is central to hormonal health.

4 Supportive fats

Olive oil, avocado, nuts, and oily fish are the raw materials from which hormones are made. They protect the brain, stabilise mood, and reduce inflammation at the cellular level.

5 Steady blood sugar

Every meal avoids the spike-and-crash cycle that drives cravings, fatigue, and cortisol elevation. Protein + fibre + healthy fat + colour, at every meal, every day.

"This plan does not ask you to count calories, eliminate food groups, or eat perfectly. It asks you to eat purposefully – and to notice what changes."

BEFORE YOU BEGIN

Your Weekly Shop

Everything you need for all 7 days – organised by section.

Check your pantry before you shop. Many staples carry across the week.

PRODUCE

- Spinach, kale, mixed salad greens
- Broccoli, cauliflower, Brussels sprouts
- Sweet potatoes (2–3)
- Carrots, courgette, bell peppers
- Red onions, garlic, fresh ginger
- Avocados (4–5)
- Cherry tomatoes, cucumber, beetroot
- Lemons (3–4)
- Blueberries, raspberries, strawberries
- Bananas, apples, oranges
- Fresh parsley, coriander, basil

PROTEIN

- Wild salmon fillets (3–4)
- Free-range chicken breast or thighs
- Eggs (12+)
- Dry lentils, chickpeas, black beans
- Greek yogurt (large tub, unsweetened)
- Plain kefir (small bottle)

GRAINS & PANTRY

- Steel-cut or rolled oats (GF if needed)
- Quinoa, brown rice
- True sourdough bread (fermented)
- Chia seeds, ground flaxseed
- Unsweetened almond milk
- Bone broth

HEALTHY FATS

- Extra virgin olive oil
- Raw walnuts, almonds
- Almond butter (no added sugar)
- Tahini

GUT SUPPORT

- Sauerkraut or kimchi
- Low-sugar kombucha (optional)

HERBS & SPICES

- Turmeric, cinnamon, cumin, black pepper
- Paprika, chilli flakes, sea salt
- Green tea, herbal teas
- Dark chocolate 70%+ (for snacks)

DAY

1

TODAY'S FOCUS

Begin. Just begin.

BREAKFAST

Steel-cut oats with chia, blueberries & cinnamon

Add a spoonful of almond butter for sustained energy

DINNER

Baked salmon with roasted broccoli, bell peppers & turmeric

Roast at 200°C for 25 min. Make extra for Day 2 lunch

LUNCH

Grilled chicken salad with avocado, mixed greens, olive oil & lemon

Use chickpeas instead of chicken for plant-based

SNACKS

Apple slices + almond butter · Handful of walnuts

STELLA SAYS

Your body has been waiting for this. The only thing required today is that you begin.

DAY 2 · YOUR BODY IS ADJUSTING

BREAKFAST

Blueberry & spinach smoothie with flaxseed, banana & almond milk

DINNER

Lentil soup with true sourdough bread

Lentils feed your gut microbiome directly

LUNCH

Leftover baked salmon with roasted vegetables

SNACKS

Greek yogurt with berries · Cucumber with hummus

YOUR DAILY LOG · DAYS 1 & 2 · CIRCLE YOUR NUMBER, NOTE WHAT YOU NOTICE

Energy 1 2 3 4 5 → Digestion 1 2 3 4 5

One thing I noticed:

DAY 3 · THE FIRST SIGNAL

Many women notice their morning bloating is slightly less pronounced by today. Not gone — but different.

BREAKFAST

Scrambled eggs with spinach and cherry tomatoes in olive oil

LUNCH

Quinoa bowl with black beans, avocado, corn & lime vinaigrette

DINNER

Chicken stir-fry with ginger, olive oil, brown rice & colourful vegetables

Make extra for Day 4 lunch

SNACKS

Orange slices · Small handful of almonds

STELLA SAYS

Ginger reduces inflammatory markers. Add more than the recipe says — it will not hurt.

DAY 4 · BUILDING MOMENTUM**BREAKFAST**

Chia pudding with coconut milk, topped with berries & pumpkin seeds

LUNCH

Leftover chicken stir-fry with extra salad greens

DINNER

Turkey meatballs with courgette noodles & tomato sauce

Use olive oil in the sauce, not seed oil

SNACKS

Cucumber + avocado + chilli flakes · Grapes + dark chocolate

YOUR DAILY LOG · DAYS 3 & 4

Energy

① ② ③ ④ ⑤ →

Digestion

① ② ③ ④ ⑤

One thing I noticed:

DAY 5 · THE EARLY SHIFT

By Day 5 many women report waking more rested and having fewer cravings in the afternoon. You are not imagining it.

BREAKFAST

Avocado on true sourdough toast with a poached egg & chilli flakes

LUNCH

Salad with wild salmon or tuna, mixed greens & olive oil dressing

DINNER

Vegetarian chilli with sweet potato & black beans

Make extra — this improves overnight

SNACKS

Celery + almond butter · Small apple · Chamomile tea

STELLA SAYS

Chamomile lowers cortisol gently. Drink a cup this evening instead of reaching for something sweet.

DAY 6 · THIS IS BECOMING A PATTERN**BREAKFAST**

Overnight oats with raspberries, chia seeds & almond butter

Prepare the night before — takes 2 minutes

LUNCH

Leftover vegetarian chilli with a large handful of mixed greens

DINNER

Baked chicken breast with sweet potato & steamed green beans

Season with turmeric and black pepper

SNACKS

Hard-boiled egg · Handful of mixed berries · Green tea

YOUR DAILY LOG · DAYS 5 & 6

Energy

1 2 3 4 5 →

Digestion

1 2 3 4 5

One thing I noticed:

DAY

7

TODAY'S FOCUS

*Notice what has changed.***BREAKFAST****Greek yogurt parfait with berries, walnuts & a drizzle of honey****DINNER****Flatbread on chickpea or almond flour base, topped with roasted vegetables, olive oil & salmon****LUNCH****Large salad with spring mix, tomatoes, cucumber, beetroot & your choice of protein****SNACKS****Mixed nuts · Sliced fruit · Dandelion root tea****STELLA SAYS**

You showed up for yourself seven days in a row. That is not nothing. That is the beginning of everything.

Your Day 7 Reflection

Before you close this plan, take five minutes. These questions matter more than they look.

DAY 7 · END OF WEEK CHECK-IN**How is my energy compared to Day 1?****Did my bloating change this week?****What surprised me most?****What do I want to keep doing?***"Seven days shows you the direction. Thirty days changes the destination. What you have started here is worth continuing."*

WHAT COMES NEXT

Seven days showed you what is possible. Thirty days changes everything.

You have spent seven days giving your body what it needed. You have noticed things — in your energy, your digestion, your mornings, your appetite. That awareness is real. And it is just the beginning.

- **ReBalance30** takes everything you started here and deepens it across 30 structured days — with richer meals, weekly phase coaching, and a daily log that builds into a complete picture of how your body responds to food.
- Each week has its own arc: **relief, early wins, pattern awareness, and lasting consistency**. By Day 30 you will know more about your body than any standard GP appointment will ever tell you.
- ReBalance30 includes **30 daily meal logs, a complete recipe library, four weekly check-ins, sensitivity swap guides**, and a Day Zero to Day 30 baseline comparison — all in Stella's voice.
- And when you finish ReBalance30, **ReBalance40 — The Tracker** is waiting. AI-powered. Built for women 35+. The tool I built after my own first thirty days, because I wanted to see my patterns as data — not guesswork.

ReBalance30 is available now at [stellatracks wellness.com](https://stellatracks.com/wellness)

Your 7-day free trial of ReBalance40 is included with every purchase.

Stella

You are not imagining what you have been feeling. You are not failing.

Your body has been signalling you for a long time. Now you know how to listen.