

ReBalance30

*The 30-Day Anti-Inflammatory Reset
for Women 35+*

A Guided Workbook · Fillable Edition

30 Daily Logs

Sensitivity Swaps

Tracker Integration



I am not a doctor.

I am a woman who decided to figure it out.

I want to say that clearly, right at the start. I am a woman who spent over a decade in a corporate career – driven, organised, the kind of person who figures things out. And somewhere in my late 30s, something shifted. Not dramatically. Not in a way that showed up on any test. Just quietly, persistently, inconveniently.

My energy was different. Not gone, just unreliable. My digestion was unpredictable in ways it had never been. My weight redistributed without my diet changing. I would wake at 3am for no reason. By 2pm my brain felt like it was moving through fog. My face looked puffy on mornings when I had slept well.

I went to my GP. I was told I was fine. I went back. I was told it was stress. I was told it was my age.

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

What I found was inflammation. Not the dramatic, illness-level kind. The quiet, low-grade, background kind that builds slowly when hormones begin to shift – when cortisol runs high for too long, when the body stops receiving what it needs to stay in balance. The kind that is not serious enough for anyone else to take seriously. Until you are the one living inside it.

I started changing how I ate. Carefully, methodically, the way I approach anything I want to actually understand. I tracked what I noticed. Within thirty days I felt different enough to keep going.

“ReBalance30 is what I wish I had found at the beginning.”

If something feels quietly different – this is for you.

You are not imagining it. You are not failing. Your body is signalling you. There is a difference. And once you learn to hear it, everything changes.

Stella

@StellaTracksWellness

Your Day Zero Baseline

Rate yourself today. Return here on Day 30.

Before you eat a single meal from this plan, take five minutes to rate yourself honestly. Not to judge where you are — to create a reference point. In thirty days you will return to this page and see exactly what has shifted. That comparison is some of the most powerful information you will ever have about your own body.

Rate each area 1 (very poor) 5 (excellent) · Circle or fill your number

Energy Levels

How consistent and reliable is your energy accross the day

1 2 3 4 5 Notes today...

Sleep Quality

How rested do you feel when you wake up?

1 2 3 4 5 Notes today...

Digestion & Gut Comfort

How settled does your digestion feel most days?

1 2 3 4 5 Notes today...

Bloating

How often do you experience bloating? (1 = frequently, 5 = rarely)

1 2 3 4 5 Notes today...

Joint Comfort

How free from stiffness do your joints feel?

1 2 3 4 5 Notes today...

Mood Stability

How steady and predictable does your mood feel?

1 2 3 4 5 Notes today...

Skin Clarity

How clear and calm does your skin feel?

1 2 3 4 5 Notes today...

MY TOTAL SCORE TODAY: / 35

In one sentence — why did you start today?

Keep this page. You will need it on Day 30.

Why Your 35s and Beyond Feel Different

And why none of it means you are doing anything wrong

Here is something I want you to hear before we go any further. The changes you are noticing are not a failure of willpower, discipline, or self-care. They are chemistry. And chemistry responds to support.

From our mid-30s onwards, our bodies become increasingly sensitive to the cumulative load of daily life. Shortened sleep. Rushed meals. Long stretches of sitting. Emotional weight. Ultra-processed foods. Blood sugar swings. These things have always had an impact – but from 35 onwards, the buffer shrinks. What your body absorbed quietly in your 20s now leaves a fingerprint.

The reason is hormonal. Oestrogen levels begin to fluctuate. Progesterone starts to decline. These hormones are not just reproductive – they regulate blood sugar, muscle support, fat distribution, sleep quality, mood, and the body's inflammatory response. When they shift, everything feels connected to everything. Because it is.

Does any of this sound familiar?

Bloating

Appears without obvious cause

Energy shifts

Reliable energy now in shorter bursts

Slower recovery

After exercise or stress

Mood shifts

Disconnected from your circumstances

Weight redistribution

Without your habits changing

Brain fog

Arrives mid-afternoon, refuses to leave

*“This is not a crisis. It is chemistry.
And food is one of our most powerful tools.”*

About Your Sensitivities

Your Master Swap Guide — bookmark this page

GF Gluten-Free

DF Dairy-Free

NF Nut-Free

SF Shellfish-Free

EF Egg-Free

Many women in their 30s and beyond discover food sensitivities that were not present or noticed earlier in life. This plan was designed with that in mind. Every recipe can be adapted. This is your master reference — identify your swaps before you begin, and cook with confidence throughout.

DAIRY-FREE & LACTOSE-FREE

Greek yogurt	Full-fat coconut yogurt (Cocos Organic works beautifully)
Feta	Crumbled firm tofu + lemon juice + sea salt, or extra olives
Goat cheese	Dairy-free cream cheese, or extra avocado and tahini
Halloumi	Thick-sliced firm tofu, pan-fried in olive oil with smoked paprika
Cow's milk	Unsweetened almond, oat (GF-certified), or coconut milk

GLUTEN-FREE & GLUTEN-SENSITIVE

Sourdough bread	Certified GF sourdough (Genius / BFree) or thick rice cakes
Soba noodles	100% buckwheat soba (check label) or rice noodles
Miso paste	Certified GF miso — Clearspring is reliable in the UK
Wholegrain tortilla wraps	Certified GF corn tortillas or large lettuce leaves
Spice blends	Check labels for flour fillers — make your own from single spices

NUT-FREE

Almond butter	Sunflower seed butter or tahini in equal measure
Walnuts / almonds / pistachios	Pumpkin seeds, sunflower seeds, or hemp seeds
Nut milks	Oat milk (GF-certified if needed) or full-fat coconut milk

SHELLFISH & SEAFOOD-FREE

Prawns

Chicken strips, diced firm tofu, or edamame

Smoked salmon

Smoked mackerel, or avocado with lemon and sea salt

White fish

Chicken breast — adjust cooking time to 20–25 minutes

Stella's note:

GF-certified miso and coconut yogurt are the two swaps I use most. Stock both and you are covered for most days in this plan

The Five Principles of ReBalance30

Already built into every meal. Worth knowing why.

These principles guide every meal in this plan. You do not need to memorise them — they are already built in. But knowing them gives you something to return to when life gets complicated and the plan needs to flex.

01 Protein at Every Main Meal
Stabilises appetite, supports muscle retention, regulates blood sugar, and provides the building blocks for hormones. Not a supplement. Real food protein, every meal, every day.

02 Colourful Plants
Colour in plants signals phytonutrients — the compounds that feed beneficial gut bacteria and actively work against inflammation. More colours on your plate means a broader range of protection.

03 Purposeful Fibre
Beans, lentils, seeds, and whole grains slow glucose absorption, feed the microbiome, and support the digestive regularity central to hormonal health. Excess oestrogen is cleared through the gut.

04 Supportive Fats
Olive oil, avocado, nuts, seeds, 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.

05 Steady Blood Sugar
Every meal avoids the spike-and-crash cycle that drives cravings, fatigue, and cortisol elevation. Protein + fibre + healthy fat + colour, built into every meal, creates the internal environment where your hormones can function properly.

What this plan does NOT ask of you:

No calorie counting

No food guilt

No perfect days

No shrinking

Why Calming Inflammation Matters

Inflammation is not your enemy. It is your body's first line of defence. When you cut your finger or fight off a virus, inflammation is the rapid, intelligent response that begins healing. You want that inflammation. You need it.

The problem is a different kind entirely. Low-grade, chronic inflammation is what happens when the inflammatory response stays switched on when it has no acute injury to address – the background hum that builds when the body is consistently under stress, under-nourished, or overloaded with foods that trigger an immune response.

You cannot feel it as a sharp pain. It shows up as the afternoon fatigue, joint stiffness after rest, bloating that appears without explanation, brain fog, and weight that accumulates around the middle regardless of what you eat. These are not random. They are connected. And food is one of the most direct levers we have.

How the food in this plan works:

Colour-rich plants

Feed beneficial gut bacteria and protect cells from oxidative stress

Quality protein

Supports muscle, regulates blood sugar, provides hormone building blocks

Healthy fats

Build hormones, protect the brain, and reduce cellular inflammation

Purposeful fibre

Slows glucose absorption and maintains the microbiome balance that keeps inflammation quiet

*"This is not a diet. It is a thirty-day conversation with your body.
And your body already knows how to respond."*

The Breakfast Builder

A grounding start that loves your body back

Your first meal sets the hormonal tone for everything that follows. A calm, well-constructed breakfast steadies cortisol, stabilises blood sugar, and supports clear, even energy throughout the day.

PROTEIN (essential)	COLOUR (1-2 choices)	HEALTHY FAT (1 choice)	STARCH (optional)
<ul style="list-style-type: none"> ● Greek or coconut yogurt ● Eggs any style ● Smoked salmon ● Turkey slices ● Tofu scramble 	<ul style="list-style-type: none"> ● Mixed berries ● Spinach or kale ● Cherry tomatoes ● Mushrooms ● Avocado ● Mango or pear 	<ul style="list-style-type: none"> ● Olive oil ● Nuts or seeds ● Nut/seed butter ● Avocado ● Coconut flakes 	<ul style="list-style-type: none"> ● GF oats or porridge ● GF sourdough ● Rice cakes ● Leftover wild rice

The ritual that matters as much as the food:

Sit down. Put your phone away for five minutes. A calm nervous system digests better. That is biology.

Example Morning Plates

Simple. Colourful. Made for your body.

Use these as starting points. Swap ingredients based on your preferences, your sensitivities, and what is in your fridge. The structure matters more than the specific ingredients.



The Creamy Bowl

Greek or coconut yogurt with mixed berries, cinnamon, and pumpkin seeds. Ready in two minutes.

The Savoury Plate

Two eggs in olive oil with cherry tomatoes and fresh herbs. Quiets cravings all morning.

The Overnight Bowl

GF oats soaked overnight with chia, blueberries, and almond or seed butter. Prepare the night before.

The Green Start

Smoothie bowl: spinach, mango, ginger, chia – with two boiled eggs on the side.

The Omega Plate

Avocado on GF sourdough with smoked salmon, a squeeze of lemon, and fresh herbs.

Sensitivity notes: Swap Greek yogurt for coconut yogurt (dairy-free). Use seed butter for nut-free.

Naturally GF Contains eggs Contains dairy Contains nuts/seeds

The Lunch Builder

Your mid-day anchor — fuel for an energised afternoon

Lunch is where the afternoon gets decided. A well-built lunch quiets cravings, steadies blood sugar through the 2pm and 3pm window, and prevents the energy dip that sends many women reaching for caffeine or sugar by mid-afternoon.

PROTEIN (essential)	2-3 COLOURS (fill the bowl)	SMART CARB (optional)	HEALTHY FAT (to finish)
<ul style="list-style-type: none"> ● Chicken or turkey ● Wild salmon or trout ● Prawns ● Lean beef ● Eggs ● Beans or lentils 	<ul style="list-style-type: none"> ● Leafy greens ● Roasted peppers ● Beetroot ● Carrots ● Tomatoes ● Cucumber 	<ul style="list-style-type: none"> ● Wild or black rice ● Quinoa ● Buckwheat soba (GF) ● GF pasta ● Lentils 	<ul style="list-style-type: none"> ● Extra virgin olive oil ● Tahini ● Avocado ● Sesame seeds ● Nuts or seeds
<ul style="list-style-type: none"> ● Firm tofu 	<ul style="list-style-type: none"> ● Fresh herbs 		

*“Lunch is not a moment for tiny portions.
It is a moment to genuinely fuel your afternoon.”*

The Dinner Builder

Evening meals that restore and repair

Dinner sets up your overnight recovery. While you sleep, your body repairs tissue, clears inflammatory byproducts, and consolidates the work your hormones started during the day. The food you eat in the evening either supports that process or creates additional work for it.

PROTEIN (choose one)	VEGETABLES (2 colours)	STARCH (if wanted)	HEALTHY FAT (to finish)
<ul style="list-style-type: none"> ● Wild salmon or oily fish ● Grass-fed beef or lamb ● Free-range chicken ● White fish ● Beans or lentils ● Firm tofu 	<ul style="list-style-type: none"> ● Leafy greens ● Cruciferous veg ● Root vegetables ● Bright veg ● Bok choy ● Artichokes 	<ul style="list-style-type: none"> ● Wild or black rice ● Quinoa ● Sweet potato ● Farro or barley ● Rice noodles 	<ul style="list-style-type: none"> ● Extra virgin olive oil ● Sesame oil ● Avocado ● Tahini ● Coconut milk

Quick dinner patterns for busy evenings:

The Sheet Pan

Protein, spices + 2 coloured vegetables. One pan, minimal washing up.

The Bowl

Protein + rice or quinoa + three colours + a drizzle. Works with anything.

The Broth Bowl

Bone broth + protein + noodles + greens. Soothing and fast.

The Stir Fry

High heat + olive oil + garlic + ginger + protein + whatever vegetables are in the fridge.



REBALANCE30 · YOUR 30-DAY PLAN

Week One

A foundation of calm, colour, and curiosity

This first week is not about perfection. It is about paying attention. Your body has been sending signals for a while. This week, you start listening with more intention.

DAYS 1 – 7



Day 1

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast
Green smoothie bowl (spinach, mango, ginger, chia) + 2 boiled eggs

Lunch
Mediterranean chickpea salad + grilled chicken

Dinner
Wild salmon + roasted purple sweet potato + broccolini

Snacks
Greek yogurt + cinnamon + walnuts · Apple + almond butter

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5
Digestion 1 2 3 4 5
Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Your body has been waiting for this. Just begin.



Day 2

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast

Overnight oats (chia, blueberries, cinnamon, almond butter) + smoked salmon

Lunch

Purple sweet potato bowl with wild salmon or trout + steamed greens

Dinner

Moroccan lamb bowl with quinoa

Snacks

Handful mixed nuts + dried berries · Dark chocolate (70%+) + green tea

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Colour is medicine. The more on your plate, the harder inflammation works to leave.



Day 3

WEEK ONE · REBALANCE30

TODAY'S MEALS

- Breakfast**
Greek yogurt with raspberries, walnuts, cinnamon + sourdough with avocado
- Lunch**
Lentil + turmeric soup with slow-cooked lamb or beef
- Dinner**
Coconut chicken curry with spinach over wild rice
- Snacks**
Rice cake + almond butter + banana · Olives + feta

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy (1) (2) (3) (4) (5)

Digestion (1) (2) (3) (4) (5)

Mood (1) (2) (3) (4) (5)

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Fermented dairy + fibre + healthy fats. This is what hormonal support looks like at breakfast.



Day 4

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast

Mediterranean savoury plate: scrambled eggs, sautéed tomatoes, herbs + mushrooms

Lunch

Roast chicken bowl with mixed leaves, avocado and pomegranate

Dinner

Miso-glazed cod with bok choy + shiitake mushrooms

Snacks

Roasted chickpeas · Blueberries + almond butter · Boiled egg + sea salt

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Cooked tomatoes in olive oil increase lycopene absorption. Small detail, real impact.



Day 5

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast

Moringa + citrus smoothie (moringa, citrus, banana, pumpkin seeds) + turkey slices

Lunch

Beef + broccoli stir fry over buckwheat soba noodles

Dinner

Coconut curry prawns with spinach over black rice

Snacks

Dark chocolate (70%+) + green tea · Apple + tahini · Pistachios

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Broccoli supports oestrogen detoxification pathways. Eat it and mean it.



Day 6

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast

Greek yogurt bowl with chia seeds, raspberries and a drizzle of honey

Lunch

Roast chicken with Mediterranean vegetables (aubergine, courgette, peppers)

Dinner

Vietnamese lemongrass chicken thighs with rice noodles and fresh herbs

Snacks

Pear + almond butter · Beetroot hummus + peppers · Walnuts + 2 Medjool dates

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Lemongrass contains citral, which actively calms inflammatory pathways. Flavour with purpose.



Day 7

WEEK ONE · REBALANCE30

TODAY'S MEALS

Breakfast
Avocado + smoked salmon on wholegrain sourdough with lemon + herbs

Lunch
Beetroot + lentil salad with goat's cheese + walnuts

Dinner
Slow-cooked lamb shoulder stew with carrots, celery, tomatoes + olive oil

Snacks
Greek yogurt + cacao nibs · Roasted almonds · Cucumber + guacamole

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5
Digestion 1 2 3 4 5
Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
You made it through Week One. That is not nothing. That is everything.

Week One Check-In

Pause. Notice. Continue.

Before you move into Week Two, sit with these questions. There is a writing space beneath each one. Use it. You are not measuring perfection. You are noticing direction.

Did any meals help you feel lighter or more grounded this week?

Specific meals or moments...

How was your energy through mornings and afternoons?

More consistent? Still variable?...

Did you notice any change in your digestion, however small?

Bloating, heaviness, regularity...

Did protein at every meal affect your appetite or cravings?

Fewer cravings? More satisfied?...

What worked well for you this week?

Meals, habits, timing – anything that felt right...

What would make next week feel even easier?

One small change you could make...

One thing my body is telling me this week:

Write what you are noticing beneath the surface...

*“Progress is not perfection.
Progress is noticing what supports you and choosing to repeat it.”*



REBALANCE30 · YOUR 30-DAY PLAN

Week Two

Steady energy, deep nourishment, calmer digestion

By Week Two many women begin to notice subtle shifts — smoother energy, lighter mornings, less bloating, clearer thinking. These are not coincidences. They are the direct result of seven consecutive days of nourishment your body has been able to use.

DAYS 8 – 14



Day 8

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast

Sourdough toast with mashed avocado, soft-boiled egg, lemon + za'atar

Lunch

Warm quinoa bowl with roasted carrots, fennel and grilled chicken

Dinner

Harissa baked cod with roasted Mediterranean vegetables (aubergine, courgette, peppers)

Snacks

Pistachios + dark chocolate · Grapes + feta · Carrot sticks + almond butter

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Za'atar is rich in antioxidants and zinc. It is flavour doing serious nutritional work.



Day 9

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast

Greek yogurt bowl with blueberries, ground flaxseed and a small drizzle of honey

Lunch

Wild rice salad with roasted beetroot, rocket and sliced steak (grass-fed)

Dinner

Herb roasted chicken thighs with artichokes, lemon + olive oil and roasted carrots

Snacks

Cottage cheese with pineapple · Olives + almonds · Mango slices + coconut yogurt

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Freshly ground flaxseed helps the body metabolise excess oestrogen. Grind it fresh daily.

Day 10

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast

Chia pudding made with coconut milk, topped with strawberries + chopped Brazil nuts

Lunch

Herby turkey burgers (pan-seared) with roasted peppers, fennel + tahini drizzle

Dinner

Ginger-garlic stir fry prawns with broccoli + shiitake mushrooms over brown rice

Snacks

Apple slices + almond butter · Greek yogurt + raspberries

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Brazil nuts provide selenium – essential for thyroid health as metabolism shifts in your 40s.



Day 11

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast
Soft scrambled eggs in olive oil with cherry tomatoes, basil + smoked salmon

Lunch
Prawn + avocado salad with mixed leaves, cucumber, pomegranate seeds + lemon dressing

Dinner
Beef and vegetable stew (slow cooked) with carrots, celery, onions + herbs, served with wild rice

Snacks
Handful of cashews · Dark chocolate + green tea · Crudité's with beetroot hummus

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5
Digestion 1 2 3 4 5
Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Pomegranate contains powerful polyphenols that reduce oxidative stress. Especially important at midlife.



Day 12

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast

Cardamom coconut chia parfait layered with raspberries + chopped pistachios

Lunch

Za'atar roasted aubergine over quinoa tabbouleh + tahini drizzle

Dinner

Moroccan-spiced chicken thighs braised with apricots + onions over butternut squash mash

Snacks

Pomegranate + pistachio bowl · Dark chocolate dipped strawberries · Olives + almonds

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Cardamom supports digestion and gives this breakfast a treat quality that has nothing to apologise for.



Day 13

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast
Mint + mango smoothie bowl topped with coconut flakes + hemp seeds

Lunch
Thai basil beef bowl over black rice with cucumber ribbons + lime

Dinner
Herb-roasted salmon with crispy smashed baby potatoes + fennel + orange salad

Snacks
Pear slices + walnut butter · Greek yogurt + lemon zest · Handful of pistachios

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy (1) (2) (3) (4) (5)
 Digestion (1) (2) (3) (4) (5)
 Mood (1) (2) (3) (4) (5)

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Black rice is rich in anthocyanins. The colour on your plate is doing real anti-inflammatory work.



Day 14

WEEK TWO · REBALANCE30

TODAY'S MEALS

Breakfast

Savoury buckwheat porridge cooked with coconut milk + sautéed mushrooms + thyme

Lunch

Grilled lemon herb chicken with artichoke + olive salad

Dinner

Vietnamese lemongrass fish with ginger, garlic and bok choy over rice noodles

Snacks

Blackberries + chopped hazelnuts · Diced mango + lime juice · Dark chocolate (70%+)

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Buckwheat is naturally gluten-free and rich in rutin, which supports circulation and vascular health.

Week Two Check-In

Are you waking with clearer energy?

Before moving on, sit with these questions. Write your answers. You are not measuring perfection — you are noticing direction.

Are you waking with clearer energy than you were at the start?

Lighter mornings? More rested?...

How is your digestion — calmer? Smoother?

Less bloating, better regularity?...

Are cravings softer or less frequent than Week One?

What changed and when?...

Did any meals surprise you by how nourished they made you feel?

Which one stood out most?...

What worked well for you this week?

Meals, habits, timing — anything that felt right...

What small shift would make next week feel even better?

One specific change...

One thing my body is telling me this week:

Write what you are noticing beneath the surface...

*“Your body is adjusting with every colourful, steady, supportive meal.
You are not aiming for perfection. You are creating consistency.”*



REBALANCE30 · YOUR 30-DAY PLAN

Week Three

Lighter, cleaner, more intentional

Week Three shifts toward lighter preparations, broth-based cooking, and quick-cooked food that preserves the most nutritional value. Many women notice the quieter changes this week — less bloating, fewer cravings, calmer digestion, lighter mornings.

DAYS 15 – 21



REBALANCE30 · HALFWAY THERE

Day 15 — Halfway

You have shown up for yourself fifteen days in a row.

Take one minute to acknowledge that. Not because it is a performance to be praised — but because showing up consistently for yourself for fifteen days is genuinely significant. Most people do not. You did.

What is already different from Day Zero?

Energy, digestion, mood, skin, anything...

What has surprised you most about this process so far?

Something unexpected, a meal, a shift...

How do you want to feel on Day 30?

Be specific. Write it as if it has already happened...

*“The second half builds on everything
the first half has already started.”*



Day 15

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast
Greek yogurt with mango, coconut flakes and chia seeds

Lunch
Ginger chicken stir fry with broccoli + carrots over brown rice

Dinner
Korean-style gochujang chicken thighs with sesame cabbage slaw

Snacks
Edamame with sea salt · Handful blueberries + walnuts · Two squares dark chocolate (70%+)

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Week Three introduces lighter cooking. Your body often responds this week with the quieter changes.



Day 16

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast

Banana + almond butter smoothie with cinnamon and chia

Lunch

Mixed greens salad with turkey, avocado and lemon olive oil dressing

Dinner

Miso-ginger salmon broth bowl with baby bok choy and rice noodles

Snacks

Greek yogurt + cinnamon · Mandarin orange · Small handful of cashews

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Miso supports gut bacteria. Ginger and omega-3s work together to calm inflammatory responses.



Day 17

WEEK THREE · REBALANCE30

TODAY'S MEALS

- Breakfast**
Overnight oats with raspberries + hemp seeds (almond milk base)
- Lunch**
Vietnamese-style prawn rice noodle bowl with coriander + lime
- Dinner**
Japanese chicken udon soup with mushrooms, spinach and scallions
- Snacks**
Seaweed crisps + cucumber sticks · Apple slices + almond butter · Handful of pistachios

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy (1) (2) (3) (4) (5)
Digestion (1) (2) (3) (4) (5)
Mood (1) (2) (3) (4) (5)

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Warm broth soothes the gut and supports hydration. This is what a restorative evening meal looks like.

Day 18

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast

Strawberries with cottage cheese and freshly ground flaxseed

Lunch

Mediterranean quinoa bowl with chickpeas, roasted peppers, olives + tahini drizzle

Dinner

Five-spice salmon tray bake with roasted carrots + red pepper

Snacks

Raspberries + walnuts · One square dark chocolate + green tea

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Grind flaxseed fresh daily with a coffee grinder. Keep extra in an airtight jar in the fridge.



Day 19

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast
Avocado toast on whole-grain sourdough + chilli flakes

Lunch
Shrimp lettuce cups with garlic, ginger + lemongrass

Dinner
Pho-inspired beef + vegetable broth with rice noodles, bok choy + lime

Snacks
Banana + peanut butter · Small glass kefir · Grapes + feta cubes

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Long-simmered broth provides collagen and minerals that strengthen joints and gut lining.



Day 20

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast
Spinach + pineapple smoothie with ginger and chia

Lunch
Tamari turkey rice bowl with sesame and spring onion

Dinner
Honey-lime trout with sesame-roasted carrots and steamed greens

Snacks
Edamame handful · Blueberry yogurt bowl (small) · Dark chocolate square + almonds

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Pineapple's bromelain helps reduce inflammation. Ginger aids digestion and hormone metabolism.



Day 21

WEEK THREE · REBALANCE30

TODAY'S MEALS

Breakfast

Greek yogurt with blueberries, chopped Brazil nuts and cinnamon

Lunch

Moroccan chickpea + roasted vegetable bowl with tahini lemon drizzle

Dinner

Mediterranean baked sea bass with cherry tomatoes, olives, garlic + lemon

Snacks

Apple slices + almond butter · Dark chocolate + raspberries · Handful of pistachios

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

You are three weeks in. The changes happening now are the ones that last.

Week Three Check-In

Noticing the quieter changes

Before moving on, sit with these questions. Write your answers. You are not measuring perfection — you are noticing direction.

What meals felt especially soothing or restorative this week?

Specific dishes or moments...

Did you notice any shifts in digestion or energy from Week Two?

What was different?...

Did joint comfort, skin, or sleep change at all this week?

Any shift, however subtle...

How did the lighter cooking style feel in your body?

Easier to digest? More energising?...

What would help Week Four feel even more supportive?

One specific thing...

What are you most proud of from this week?

Acknowledge something real...

One thing my body is telling me this week:

Write what you are noticing beneath the surface...

*“These gentle consistencies — not perfection —
are how inflammation softens and hormonal balance returns.”*



REBALANCE30 · YOUR 30-DAY PLAN

Week Four

Restore, rebalance, re-energise

By Week Four your body has settled into a different rhythm. This is the week where many women notice the most significant accumulation of change — smoother mornings, more predictable appetite, fewer energy crashes, clearer skin, better sleep.

DAYS 22 – 30



Day 22

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Chia pudding made with coconut milk, topped with strawberries + pumpkin seeds

Lunch

Thai-inspired chicken salad with cabbage, carrot, coriander + lime dressing

Dinner

Roasted chicken tray bake with sweet potato, red onion + rosemary

Snacks

Grapes + feta cubes · Kefir (small glass) · Walnuts + small square dark chocolate

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Pumpkin seeds contain zinc which supports immune function and hormone synthesis.



Day 23

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast
Oatmeal cooked with almond milk, topped with pear slices, cinnamon + chia

Lunch
Mediterranean lentil salad with roasted peppers, rocket and lemon-tahini dressing

Dinner
East African-inspired coconut chicken stew with spinach and tomatoes

Snacks
Orange slices + almonds · Apple chips + Greek yogurt dip · 2 Medjool dates + peanut butter

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5
Digestion 1 2 3 4 5
Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:
Coconut milk contains medium-chain fats that provide clean energy. Spinach supports iron and folate.



Day 24

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Smoothie with banana, spinach, flaxseed and a spoon of almond butter

Lunch

Mexican-inspired quinoa bowl with black beans, avocado, corn and tomato salsa

Dinner

Grilled trout with lemon, herbs and roasted Mediterranean vegetables

Snacks

Cucumber slices + hummus · Dark chocolate + pistachios · Pear slices + tahini

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Black beans are rich in resistant starch and fibre – both essential for reducing gut inflammation.

Day 25

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Blueberry protein pancakes (oats, eggs, banana) with Greek yogurt and berries

Lunch

Mediterranean lentil salad with roasted peppers, feta and parsley

Dinner

Vietnamese-style chicken pho with rice noodles, bean sprouts, lime and herbs

Snacks

Apple slices + almond butter · Edamame + sea salt · Small bowl berries + walnuts

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

This broth replenishes minerals and collagen. Aromatics like ginger gently support immune balance.

Day 26

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Greek yogurt parfait layered with raspberries, chia seeds and dark chocolate shavings

Lunch

Miso-ginger tofu bowl with brown rice, sautéed bok choy, shredded carrot and sesame seeds

Dinner

Thai coconut prawn soup with lemongrass, mushrooms and coriander

Snacks

Handful of roasted chickpeas · Medjool date filled with almond butter

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Miso and tofu support hormone balance. Sesame seeds supply calcium for bone strength.



Day 27

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Spinach and mushroom omelette in olive oil, topped with goat cheese + sliced tomatoes

Lunch

Quinoa tabbouleh with grilled chicken, cucumber, parsley, mint and lemon-olive oil dressing

Dinner

Japanese-style miso salmon with soba noodles, steamed broccoli and sesame dressing

Snacks

A small handful of pistachios · Carrot sticks with hummus

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Omega-3s from salmon reduce inflammation and protect joints. Miso adds probiotics for gut resilience.

Day 28

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Warm cinnamon quinoa porridge with almond milk, sliced pear and chopped walnuts

Lunch

Roasted vegetable and halloumi bowl with courgette, peppers, aubergine and basil pesto

Dinner

Korean-style beef bulgogi with spring onions, garlic, sesame oil and kimchi

Snacks

Greek yogurt with a drizzle of honey and pumpkin seeds · Handful blueberries + almonds

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Beef provides iron and zinc for energy and immunity. Kimchi's probiotics enhance gut health.

Day 29

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Overnight oats with rolled oats, chia seeds, almond milk, diced apple, cinnamon + almond butter

Lunch

Vietnamese-style rice paper rolls with prawns, lettuce, carrots, cucumber, mint + peanut-lime dip

Dinner

Pho-inspired chicken noodle soup with rice noodles, bean sprouts, coriander, lime + ginger

Snacks

Apple slices + tahini drizzle · Roasted edamame beans

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

Collagen and minerals for joint health. Ginger and star anise reduce inflammation beautifully.

Day 30

WEEK FOUR · REBALANCE30

TODAY'S MEALS

Breakfast

Greek yogurt parfait layered with raspberries, chopped pecans and hemp seeds

Lunch

Grilled chicken and avocado wrap in a wholegrain tortilla with mixed greens, red onion + lime

Dinner

Thai coconut prawn curry with baby corn, snap peas and lime over jasmine rice

Snacks

Medjool dates stuffed with almond butter · Cucumber slices + hummus · Chamomile tea + walnuts

YOUR DAILY LOG

Date:

Completed:

Breakfast Lunch Dinner Snack

Water:

500ml 1L 1.5L 2L+

How did I feel? (circle 1-5)

Energy 1 2 3 4 5

Digestion 1 2 3 4 5

Mood 1 2 3 4 5

One thing I noticed today:

Body signal, energy, mood, anything...

Swaps used today:

Stella says:

You made it. Thirty days. This is not the end of your story. It is where it starts to get interesting.

Week Four Summary

A restored, rebalanced, more energised you

By now your body has had thirty days of calm, colour, balance, and steadiness. Before you close this workbook, return to your Day Zero Baseline and rate yourself again. Then compare.

Marker	Day Zero Score	Day 30 Score	Change
Energy Levels	/ 5	/ 5	
Sleep Quality	/ 5	/ 5	
Digestion & Gut Comfort	/ 5	/ 5	
Bloating	/ 5	/ 5	
Joint Comfort	/ 5	/ 5	
Mood Stability	/ 5	/ 5	
Skin Clarity	/ 5	/ 5	
TOTAL SCORE	/ 35	/ 35	

What shifted most noticeably over the thirty days?

Be specific — what surprised you most...

What do you want to continue doing beyond Day 30?

Meals, habits, patterns that served you well...

What did you learn about your body that you did not know before you started?

Your most important insight from thirty days...

From Awareness to Intelligence

For thirty days you have been your own detective. You have tracked what you ate and noticed how your body responded. You have begun to understand which foods create calm and which ones create noise.

That picture is valuable. But right now it lives in this workbook, in handwritten notes, in impressions that may fade.

What if you could see it as data? What if every food you logged was automatically scored for its inflammatory load — and you could watch your score improve in real time? What if you had an AI coach who could look at your thirty days and tell you specifically which foods your body responds best to. Not generically. For you.

That is exactly what I built after my first thirty days.

ReBalance40 — The Tracker (coming soon)

Track food, symptoms, mood, and energy daily AI coach analyses your personal inflammation patterns.

See your data scored and visualised in real time.

Built for women 35+ · Continues where this workbook ends

As a reBalance30 reader, your 7 day trial is waiting.

Your body has spent thirty days learning.

ReBalance40 is where that learning becomes something you can see, keep, and build on.

Stella

@StellaTracksWellness



RECIPE LIBRARY · REBALANCE30

Recipe Library

Simple. Purposeful. Anti-inflammatory.

Every recipe was chosen for what it does to your body, not just how it tastes. Full ingredient lists and method steps for all 30 days of lunch and dinner, with sensitivity notes throughout.

DAY 1

Mediterranean Chickpea Salad with Grilled Chicken

GF · Dairy-free · Egg-free

Ingredients

Chicken breast
 Tinned chickpeas
 Cherry tomatoes
 Cucumber
 Red onion
 Parsley
 Lemon juice
 Olive oil
 Salt + pepper

Method

- 1 Season and grill chicken until golden and cooked through.
- 2 Rinse chickpeas and toss with diced tomatoes, cucumber, onion, and parsley.
- 3 Whisk lemon juice and olive oil. Pour over salad.
- 4 Slice chicken and serve on top.

Chickpeas provide resistant starch that feeds your gut microbiome directly.

Wild Salmon with Roasted Purple Sweet Potato + Broccolini

GF · Dairy-free · Egg-free

Ingredients

Wild salmon fillets
 Purple sweet potatoes
 Broccolini
 Olive oil
 Lemon zest
 Salt + pepper

Method

- 1 Cube sweet potatoes, toss in olive oil, roast at 200°C for 25 minutes.
- 2 Steam or lightly roast broccolini.
- 3 Season salmon and bake or pan-sear until it pulls apart gently — about 10–12 minutes.
- 4 Serve together with lemon zest over the top.

Anthocyanins in purple sweet potato actively help soothe inflammation at a cellular level.

DAY 2

Purple Sweet Potato Bowl with Wild Salmon + Steamed Greens

GF · Dairy-free · Egg-free

Ingredients

Salmon or trout fillet
 Purple sweet potato
 Kale or spinach
 Olive oil
 Garlic
 Salt + pepper

Method

- 1 Roast cubed sweet potato in olive oil until golden and tender.
- 2 Steam greens lightly with a touch of garlic.
- 3 Grill or pan-fry fish until just cooked through.
- 4 Assemble bowl with fish, greens, and sweet potato.

The deep purple signals anthocyanins — potent cell protectors that work against oxidative stress.

Moroccan Lamb Bowl with Quinoa

GF · Dairy-free · Egg-free

Ingredients

Diced lamb shoulder
 Quinoa
 Onion
 Tomatoes
 Garlic
 Cumin, coriander, cinnamon
 Olive oil
 Fresh parsley

Method

- 1 Brown lamb in olive oil with onion and garlic until caramelised.
- 2 Add spices and chopped tomatoes. Simmer for 30 minutes.
- 3 Cook quinoa separately and fluff with a fork.
- 4 Serve lamb over quinoa with fresh parsley.

Slow-cooked lamb delivers collagen and gelatin that support joint comfort and gut lining integrity.

DAY 3

Homemade Lentil + Turmeric Soup

GF · Dairy-free · Egg-free

Ingredients

Red lentils
Diced lamb or beef (optional)
Onion
Garlic
Carrot
Turmeric
Cumin
Olive oil
Good quality stock

Method

- 1 Sauté onion, garlic, carrot, and spices in olive oil until soft.
- 2 Add meat if using and brown lightly.
- 3 Pour in stock and lentils. Simmer 40 minutes until thick.
- 4 Season and serve warm. Deepens in flavour overnight.

Turmeric with black pepper activates curcumin absorption – a powerful inflammation resolver.

Coconut Chicken Curry with Spinach over Wild Rice

GF · Dairy-free · Egg-free

Ingredients

Chicken thighs
Coconut oil
Garlic + ginger
Turmeric
Coconut milk (full fat)
Spinach
Lime juice
Wild rice

Method

- 1 Brown chicken in coconut oil with garlic, ginger, and turmeric.
- 2 Pour in coconut milk and simmer gently for 15 minutes.
- 3 Stir in spinach and lime juice. Cook 1 minute until wilted.
- 4 Serve over cooked wild rice.

MCTs in coconut milk support metabolic stability – making this a genuinely calming evening meal.

DAY 4

Roast Chicken Bowl with Avocado + Pomegranate

GF · Dairy-free · Egg-free

Ingredients

Roast chicken breast or thigh
 Mixed salad leaves
 Avocado
 Pomegranate seeds
 Olive oil
 Lemon juice
 Black pepper

Method

- 1 Slice roasted chicken (leftover works beautifully here).
- 2 Combine salad leaves, avocado slices, and pomegranate seeds.
- 3 Whisk olive oil and lemon juice together.
- 4 Toss gently, top with chicken, and season.

Pomegranate contains punicalagins — among the most powerful anti-inflammatory polyphenols known.

Miso-Glazed Cod with Bok Choy + Shiitake Mushrooms

GF miso · Dairy-free · Egg-free

Ingredients

Cod fillets
 White miso paste (GF)
 Sesame oil
 Fresh ginger
 Bok choy
 Shiitake mushrooms
 Spring onions

Method

- 1 Mix miso, sesame oil, and grated ginger. Brush generously over cod.
- 2 Bake at 200°C for 10–12 minutes until the fish flakes easily.
- 3 Sauté bok choy and mushrooms in a little sesame oil.
- 4 Serve together with sliced spring onions.

Miso is a fermented food that actively supports the gut microbiome — especially important for hormone balance.

DAY 5

Beef + Broccoli Stir Fry over Buckwheat Soba

GF: use 100% buckwheat soba · Dairy-free · Egg-free

Ingredients

Thin beef slices

Broccoli florets

Garlic

Tamari (GF)

Sesame oil

Buckwheat soba noodles

Method

- 1 Boil soba noodles and drain. Rinse under cold water.
- 2 Stir-fry beef in sesame oil for 1 minute on high heat. Add garlic and broccoli.
- 3 Pour in tamari and toss well until broccoli is tender-crisp.
- 4 Serve over noodles with extra sesame oil if desired.

Broccoli contains sulforaphane precursors that support oestrogen detoxification pathways.

Coconut Curry Prawns with Spinach over Black Rice

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns

Coconut oil

Garlic + ginger

Full-fat coconut milk

Spinach

Black rice

Method

- 1 Cook black rice first — it takes about 35 minutes.
- 2 Sauté garlic and ginger in coconut oil. Add prawns and cook until pink.
- 3 Pour in coconut milk and simmer for 5 minutes.
- 4 Add spinach, cook 1 minute more. Serve over black rice.

Black rice contains anthocyanins that help protect cells against inflammation and oxidative stress.

DAY 6

Roast Chicken with Mediterranean Vegetables

GF · Dairy-free · Egg-free

Ingredients

Roast chicken pieces
 Aubergine
 Courgette
 Red pepper
 Red onion
 Olive oil
 Fresh thyme
 Salt + pepper

Method

- 1 Chop all vegetables. Drizzle with olive oil, season, roast at 200°C for 25 minutes.
- 2 Add chicken pieces and warm through for a further 10 minutes.
- 3 Serve together with fresh thyme and a drizzle of olive oil.

Rosemary and olive oil together support brain health and actively reduce inflammatory signalling.

Vietnamese Lemongrass Chicken with Rice Noodles

GF · Dairy-free · Egg-free

Ingredients

Chicken thighs
 Lemongrass (finely chopped)
 Garlic
 Lime juice
 Fish sauce (GF)
 Brown rice noodles
 Fresh coriander + mint

Method

- 1 Marinate chicken in lemongrass, garlic, lime juice, fish sauce for 30 minutes minimum.
- 2 Grill or pan-fry until caramelised and cooked through.
- 3 Cook noodles, rinse, toss with fresh herbs.
- 4 Serve chicken over noodles with extra lime.

Lemongrass contains citral, which actively calms inflammatory pathways in the body.

DAY 7

Beetroot + Lentil Salad with Goat's Cheese + Walnuts

GF · Contains dairy · Contains nuts

Ingredients

Cooked green lentils

Roasted beetroot

Goat's cheese

Walnuts

Rocket leaves

Olive oil

Balsamic vinegar

Method

- 1 Dice beetroot and combine with lentils and rocket.
- 2 Top with crumbled goat's cheese and roughly chopped walnuts.
- 3 Drizzle with good olive oil and balsamic before serving.

Beetroot increases nitric oxide production which supports circulation and exercise performance.

Slow-Cooked Lamb Shoulder Stew

GF · Dairy-free · Egg-free

Ingredients

Lamb shoulder chunks

Carrots

Celery

Onion

Tomato paste

Garlic

Olive oil

Mixed herbs

Good quality stock

Method

- 1 Brown lamb well in olive oil in a heavy pot.
- 2 Add chopped vegetables and tomato paste. Cook 5 minutes.
- 3 Pour in stock to just cover. Simmer on low for 1½ to 2 hours.
- 4 Serve warm with a squeeze of lemon. Better the next day.

Slow cooking increases collagen bioavailability from connective tissue — supporting joint health beautifully.

DAY 8

Warm Quinoa Bowl with Roasted Carrots, Fennel + Grilled Chicken

GF · Dairy-free · Egg-free

Ingredients

Chicken breast
 Quinoa
 Carrots
 Fennel bulb
 Olive oil
 Lemon juice
 Fresh thyme
 Salt + pepper

Method

- 1 Slice carrots and fennel. Toss in olive oil and thyme. Roast at 200°C until tender.
- 2 Grill chicken breast until golden and cooked through.
- 3 Cook quinoa and fluff with lemon juice.
- 4 Assemble bowl and season to taste.

Fennel contains plant compounds that soothe digestion and support gut comfort mid-day.

Harissa Baked Cod with Roasted Mediterranean Vegetables

GF · Dairy-free · Egg-free

Ingredients

Cod fillets
 Harissa paste
 Aubergine
 Courgette
 Red pepper
 Olive oil
 Fresh parsley

Method

- 1 Rub cod generously with harissa and leave 10 minutes.
- 2 Chop vegetables, drizzle with olive oil, roast at 200°C until soft.
- 3 Bake cod for 10–12 minutes until it flakes easily.
- 4 Serve together with fresh parsley over the top.

Harissa brings gentle heat and flavour without relying on sugary sauces — anti-inflammatory by design.

DAY 9

Wild Rice Salad with Roasted Beetroot + Sliced Steak

GF · Dairy-free · Egg-free

Ingredients

- Sirloin steak (grass-fed)
- Wild rice
- Roasted beetroot
- Rocket
- Olive oil
- Balsamic vinegar
- Salt + pepper

Method

- 1 Cook wild rice and allow to cool slightly.
- 2 Slice beetroot and toss with rice and rocket.
- 3 Grill steak to preference and slice thinly.
- 4 Drizzle with olive oil and balsamic just before serving.

Pairing beetroot with iron-rich beef supports energy levels and circulation simultaneously.

Herb Roasted Chicken Thighs with Artichokes + Roasted Carrots

GF · Dairy-free · Egg-free

Ingredients

- Chicken thighs
- Artichoke hearts (jarred)
- Carrots
- Garlic
- Olive oil
- Fresh rosemary
- Lemon slices

Method

- 1 Toss chicken with olive oil, garlic, rosemary, and lemon. Roast at 200°C for 30–35 minutes.
- 2 Add carrots and artichokes halfway through.
- 3 Serve together warm with pan juices poured over.

Artichokes contain prebiotic fibre which feeds the gut bacteria that help regulate inflammation.

DAY 10

Herby Turkey Burgers with Roasted Peppers, Fennel + Tahini

GF · Dairy-free · Egg-free

Ingredients

- Minced turkey
- Garlic
- Fresh parsley
- Onion
- Salt + pepper
- Red peppers
- Fennel
- Tahini
- Lemon juice

Method

- 1 Mix turkey with garlic, parsley, onion, and seasoning. Form into patties.
- 2 Roast peppers and fennel in olive oil until soft.
- 3 Grill burgers until golden and cooked through.
- 4 Mix tahini with lemon juice and water. Drizzle generously.

Tahini is rich in calcium and healthy fats that support bone health and sustained satiety.

Ginger + Garlic Stir-Fried Prawns with Broccoli over Brown Rice

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns
Broccoli florets
Garlic
Fresh ginger
Olive oil
Tamari (GF)
Brown rice

Method

- 1 Cook brown rice and set aside.
- 2 Stir-fry garlic and grated ginger in olive oil on high heat. Add prawns.
- 3 Add broccoli and a generous splash of tamari. Cook until tender-crisp.
- 4 Serve over brown rice.

Ginger contains gingerols — anti-inflammatory compounds that reduce muscle soreness and support digestion.

DAY 11

Prawn + Avocado Salad with Pomegranate + Lemon Dressing

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Cooked prawns
Avocado
Cucumber
Pomegranate seeds
Mixed greens
Lemon juice
Olive oil
Black pepper

Method

- 1 Combine prawns, sliced avocado, diced cucumber, and mixed greens.
- 2 Whisk lemon juice and olive oil together.
- 3 Toss the salad gently and top with pomegranate seeds.

Pomegranate polyphenols reduce oxidative stress — especially supportive during midlife hormonal transition.

Beef + Vegetable Stew with Wild Rice

GF · Dairy-free · Egg-free

Ingredients

Beef chunks (grass-fed)

Carrots

Celery

Onion

Tomato paste

Garlic

Olive oil

Fresh herbs

Good quality stock

Wild rice

Method

- 1 Brown beef well in olive oil.
- 2 Add chopped vegetables and tomato paste.
- 3 Pour in stock to cover. Simmer on low for 1½ hours until tender.
- 4 Serve warm with a spoon of wild rice and fresh herbs.

Slow cooking makes collagen more available, supporting joints, skin, and gut lining simultaneously.

DAY 12

Za'atar Roasted Aubergine with Quinoa Tabbouleh + Tahini

GF · Dairy-free · Egg-free

Ingredients

Aubergine
Za'atar spice mix
Olive oil
Quinoa
Fresh parsley
Fresh mint
Tomato
Cucumber
Lemon juice
Tahini

Method

- 1 Slice aubergine, brush with olive oil and za'atar. Roast at 200°C for 25 minutes.
- 2 Cook quinoa and mix with herbs, tomato, cucumber, and lemon juice.
- 3 Whisk tahini with lemon juice and a splash of water.
- 4 Plate tabbouleh, top with aubergine, drizzle with tahini.

Za'atar is rich in antioxidants and minerals including zinc, which supports hormone metabolism.

Moroccan Spiced Chicken with Apricots + Butternut Mash

GF · Dairy-free · Egg-free

Ingredients

Chicken thighs
Onion
Dried apricots
Cinnamon
Cumin
Olive oil
Butternut squash
Good quality stock

Method

- 1 Sauté onion and spices in olive oil. Add chicken and apricots.
- 2 Pour in stock and simmer gently for 25–30 minutes.
- 3 Steam butternut squash and mash with olive oil.
- 4 Serve chicken over mash.

Dried apricots add natural sweetness and antioxidants. Cinnamon improves insulin sensitivity.

DAY 13

Thai Basil Beef Bowl with Black Rice + Cucumber Ribbons

GF · Dairy-free · Egg-free

Ingredients

Minced beef (grass-fed)
 Garlic
 Fresh chilli
 Thai basil leaves
 Tamari (GF)
 Black rice
 Cucumber
 Lime

Method

- 1 Cook black rice and set aside.
- 2 Stir-fry garlic and chilli in a little oil. Add beef and cook until browned.
- 3 Add tamari and basil leaves. Cook for 2 minutes more.
- 4 Serve over rice with cucumber ribbons and lime.

Black rice anthocyanins help protect cells. Thai basil adds aromatic anti-inflammatory compounds.

Herb Roasted Salmon with Smashed Potatoes + Fennel-Orange Salad

GF · Dairy-free · Egg-free

Ingredients

Salmon fillets
 Fresh dill
 Olive oil
 Baby potatoes
 Fennel bulb
 Orange
 Mixed leaves

Method

- 1 Roast salmon with olive oil and dill at 200°C for 12 minutes.
- 2 Boil baby potatoes, lightly smash, then roast until crisp.
- 3 Thinly slice fennel and orange, toss with mixed leaves.
- 4 Serve salmon alongside smashed potatoes and the fennel salad.

Citrus pairs beautifully with fennel for digestion while salmon provides omega-3s for brain and joint health.

DAY 14

Grilled Lemon + Herb Chicken with Artichoke + Olive Salad

GF · Dairy-free · Egg-free

Ingredients

Chicken breast
Lemon juice
Dried oregano
Olive oil
Artichoke hearts
Olives
Rocket
Cherry tomatoes

Method

- 1 Marinate chicken in lemon juice, olive oil, and oregano for 20 minutes.
- 2 Grill until golden and cooked through.
- 3 Toss artichokes, olives, rocket, and tomatoes for the salad.
- 4 Serve chicken on top of the salad.

Artichokes + olive oil deliver monounsaturated fats and prebiotic fibre that stabilise inflammation pathways.

Vietnamese Lemongrass Fish with Bok Choy + Rice Noodles

GF · Dairy-free · Egg-free

Ingredients

White fish fillet

Lemongrass (finely chopped)

Garlic

Fresh ginger

Tamari (GF)

Lime

Bok choy

Rice noodles

Method

- 1 Marinate fish in lemongrass, garlic, ginger, and tamari for 15 minutes.
- 2 Steam bok choy until just tender.
- 3 Pan-sear fish for 3–4 minutes each side.
- 4 Serve with noodles and a generous squeeze of lime.

Lemongrass + ginger create a powerful anti-inflammatory partnership that also supports digestion.

DAY 15

Ginger Chicken Stir Fry with Broccoli + Carrots over Brown Rice

GF · Dairy-free · Egg-free

Ingredients

Chicken breast
 Broccoli florets
 Carrots
 Garlic
 Fresh ginger
 Tamari (GF)
 Olive oil
 Brown rice

Method

- 1 Cook brown rice and set aside.
- 2 Stir-fry garlic and grated ginger in olive oil. Add chicken and cook through.
- 3 Add vegetables and tamari. Stir until tender-crisp.
- 4 Serve over brown rice.

Ginger reduces inflammatory markers while colourful vegetables deliver antioxidants for joint and skin health.

Korean Gochujang Chicken Thighs with Sesame Cabbage Slaw

GF · Dairy-free · Egg-free

Ingredients

Chicken thighs
 Gochujang paste
 Garlic
 Honey
 Rice vinegar
 Cabbage
 Sesame oil
 Spring onions

Method

- 1 Mix gochujang, garlic, honey, and rice vinegar. Marinate chicken 30 minutes minimum.
- 2 Bake or grill until caramelised and cooked through.
- 3 Shred cabbage and toss with sesame oil and spring onions.
- 4 Serve chicken with slaw alongside.

Fermented gochujang adds deep flavour and gut-supporting compounds. Cabbage supports natural detox pathways.

DAY 16

Mixed Greens Salad with Turkey, Avocado + Lemon Olive Oil Dressing

GF · Dairy-free · Egg-free

Ingredients

- Cooked turkey slices
- Mixed greens
- Avocado
- Cherry tomatoes
- Lemon juice
- Extra virgin olive oil
- Black pepper

Method

- 1 Arrange greens, sliced avocado, and tomatoes in a bowl.
- 2 Whisk lemon juice and olive oil together.
- 3 Toss salad gently and top with sliced turkey.

Avocado's monounsaturated fats protect heart health and improve absorption of fat-soluble vitamins.

Miso-Ginger Salmon Broth Bowl with Bok Choy + Rice Noodles

GF miso · Dairy-free · Egg-free

Ingredients

- Salmon fillets
- White miso paste (GF)
- Fresh ginger
- Garlic
- Vegetable stock
- Bok choy
- Rice noodles
- Spring onions

Method

- 1 Whisk miso into warm stock with grated ginger and garlic.
- 2 Simmer salmon gently until just cooked through.
- 3 Add bok choy and noodles. Cook for 2–3 minutes.
- 4 Serve topped with sliced spring onions.

Miso supports gut bacteria and ginger + omega-3s work together to calm inflammatory responses.

DAY 17

Vietnamese Prawn Rice Noodle Bowl with Coriander + Lime

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns
Rice noodles
Cucumber
Carrot
Fresh coriander
Fresh mint
Lime juice
Fish sauce (GF)
Chilli (optional)

Method

- 1 Cook noodles, rinse under cold water, set aside.
- 2 Pan-fry prawns with a little oil and chilli until pink.
- 3 Toss noodles with herbs, cucumber, carrot, and lime juice.
- 4 Add prawns and drizzle with fish sauce.

Prawns provide lean protein and zinc. Lime adds vitamin C to aid collagen formation.

Japanese Chicken Udon Soup with Mushrooms + Spinach

GF: substitute rice noodles · Dairy-free

Ingredients

Chicken breast
Udon or rice noodles
Mushrooms
Spinach
Fresh ginger
Garlic
Tamari (GF)
Good quality stock

Method

- 1 Bring stock to a simmer with garlic, ginger, and tamari.
- 2 Add sliced chicken and cook until tender.
- 3 Stir in noodles and vegetables.
- 4 Simmer 2–3 minutes and serve hot.

Warm broth soothes the gut lining and supports hydration. Mushrooms offer immune-regulating beta-glucans.

DAY 18

Mediterranean Quinoa Bowl with Chickpeas, Peppers + Tahini

GF · Dairy-free · Egg-free

Ingredients

Quinoa
 Tinned chickpeas
 Roasted red peppers
 Olives
 Fresh parsley
 Lemon juice
 Tahini
 Olive oil

Method

- 1 Cook quinoa and allow to cool slightly.
- 2 Mix with chickpeas, chopped roasted peppers, olives, and parsley.
- 3 Whisk tahini, lemon juice, and olive oil for the dressing.
- 4 Drizzle generously and serve.

Chickpeas provide slow-release energy. Tahini adds calcium and healthy fats for bone support.

Five-Spice Salmon Tray Bake with Roasted Carrots + Red Pepper

GF · Dairy-free · Egg-free

Ingredients

Salmon fillets
 Carrots
 Red pepper
 Olive oil
 Chinese five-spice powder
 Sesame seeds

Method

- 1 Chop vegetables, toss with olive oil and five-spice. Roast at 200°C for 15 minutes.
- 2 Add salmon fillets to the tray.
- 3 Roast for a further 10–12 minutes until salmon is just cooked.
- 4 Sprinkle sesame seeds before serving.

Cinnamon and cloves in five-spice improve insulin sensitivity. Salmon's omega-3s nurture brain and joint health.

DAY 19

Shrimp Lettuce Cups with Garlic, Ginger + Lemongrass

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns

Lemongrass (finely chopped)

Garlic

Fresh ginger

Chilli

Gem lettuce leaves

Lime juice

Olive oil

Method

- 1 Sauté prawns with lemongrass, garlic, and ginger in olive oil.
- 2 Add chilli and lime juice. Toss well.
- 3 Spoon mixture into crisp lettuce cups.
- 4 Serve immediately with extra lime.

Lemongrass and garlic exhibit antimicrobial properties and assist liver detoxification pathways.

Pho-Inspired Beef + Vegetable Broth with Rice Noodles

GF · Dairy-free · Egg-free

Ingredients

Beef strips (grass-fed)
Rice noodles
Bok choy
Onion
Star anise (2)
Fresh ginger
Garlic
Beef stock
Lime

Method

- 1 Simmer stock with star anise, ginger, and garlic for 15 minutes.
- 2 Add beef strips and rice noodles. Cook for 5 minutes.
- 3 Stir in bok choy and lime juice just before serving.
- 4 Garnish with fresh coriander if available.

Long-simmered broth provides collagen and minerals that strengthen both joints and gut lining.

DAY 20

Tamari Turkey Rice Bowl with Sesame + Spring Onion

GF · Dairy-free · Egg-free

Ingredients

Minced or sliced turkey
 Brown rice
 Sesame oil
 Tamari (GF)
 Spring onions
 Garlic
 Spinach

Method

- 1 Cook brown rice and set aside.
- 2 Stir-fry turkey with garlic and tamari until browned.
- 3 Add spinach and sesame oil. Toss until wilted.
- 4 Serve over rice with chopped spring onions.

Tamari adds umami without added sugars. Sesame supports calcium needs which matter increasingly in midlife.

Honey-Lime Trout with Sesame Roasted Carrots + Steamed Greens

GF · Dairy-free · Egg-free

Ingredients

Trout fillets
 Carrots
 Sesame oil
 Honey
 Lime
 Garlic
 Spinach or kale

Method

- 1 Toss carrots in sesame oil and roast at 200°C until tender.
- 2 Brush trout with honey and lime. Bake for 10–12 minutes.
- 3 Lightly sauté greens with garlic.
- 4 Serve everything together warm.

Trout offers high omega-3 and vitamin D content. Honey and lime add brightness without inflammatory sauces.

DAY 21

Moroccan Chickpea + Roasted Vegetable Bowl with Tahini Lemon Drizzle

GF · Dairy-free · Egg-free

Ingredients

Tinned chickpeas
 Aubergine
 Courgette
 Peppers
 Olive oil
 Cumin
 Paprika
 Lemon juice
 Tahini

Method

- 1 Roast all vegetables with olive oil, cumin, and paprika at 200°C until golden.
- 2 Mix chickpeas through the roasted vegetables.
- 3 Whisk tahini with lemon juice and a splash of water.
- 4 Drizzle generously and serve.

Spices like cumin and coriander deliver polyphenols which lower oxidative stress in the body.

Mediterranean Baked Sea Bass with Cherry Tomatoes, Olives + Garlic

GF · Dairy-free · Egg-free

Ingredients

Sea bass fillets
 Cherry tomatoes (on the vine)
 Olives
 Garlic cloves
 Extra virgin olive oil
 Lemon slices
 Fresh parsley

Method

- 1 Place sea bass in a baking dish with tomatoes, olives, and garlic.
- 2 Drizzle generously with olive oil and lay lemon slices over the fish.
- 3 Bake at 200°C for 15–18 minutes until fish flakes easily.
- 4 Garnish with fresh parsley and serve from the dish.

Omega-3s from sea bass combined with olive oil actively reduce inflammatory markers in the body.

DAY 22

Thai-Inspired Chicken Salad with Cabbage, Carrot + Coriander

GF · Dairy-free · Egg-free

Ingredients

- Cooked chicken breast
- Shredded cabbage
- Grated carrot
- Fresh coriander
- Fresh mint
- Lime juice
- Fish sauce (GF) or tamari
- Olive oil

Method

- 1 Shred chicken and combine with cabbage, carrot, coriander, and mint.
- 2 Mix lime juice, fish sauce (or tamari), and olive oil.
- 3 Toss salad gently with the dressing.
- 4 Serve fresh — this does not keep well once dressed.

Lime and coriander both support liver detoxification pathways, reducing the burden of inflammatory metabolites.

Roasted Chicken Tray Bake with Sweet Potato, Red Onion + Rosemary

GF · Dairy-free · Egg-free

Ingredients

- Chicken thighs
- Sweet potato
- Red onion
- Fresh rosemary
- Olive oil
- Salt + black pepper

Method

- 1 Chop sweet potato and onion and scatter in a large roasting dish.
- 2 Add chicken thighs on top and drizzle everything with olive oil.
- 3 Season generously with rosemary, salt, and pepper.
- 4 Roast at 200°C for 35–40 minutes until chicken skin is golden.

Rosemary is a powerful anti-inflammatory herb that also supports circulation and cognitive function.

DAY 23

Mediterranean Lentil Salad with Roasted Peppers, Rocket + Lemon Tahini

GF · Dairy-free · Egg-free

Ingredients

Cooked green or puy lentils
Roasted red peppers
Rocket leaves
Fresh parsley
Lemon juice
Tahini
Olive oil

Method

- 1 Toss lentils with chopped roasted peppers and rocket.
- 2 Whisk tahini, lemon juice, olive oil, and a splash of water.
- 3 Drizzle over salad and mix lightly.
- 4 Serve at room temperature.

Lentils provide fibre that feeds beneficial gut bacteria. Gut balance lowers systemic inflammation.

East African-Inspired Coconut Chicken Stew

GF · Dairy-free · Egg-free

Ingredients

Chicken thighs
Onion
Garlic
Fresh ginger
Tinned tomatoes
Full-fat coconut milk
Spinach
Chilli (optional)
Olive oil

Method

- 1 Sauté onion, garlic, and ginger in olive oil until soft.
- 2 Add chicken and brown lightly on all sides.
- 3 Stir in tomatoes and coconut milk. Simmer gently for 20 minutes.
- 4 Add spinach and cook for 2 minutes before serving.

Coconut milk contains medium-chain fats that provide clean energy while spinach supports iron and folate balance.

DAY 24

Mexican-Inspired Quinoa Bowl with Black Beans + Avocado

GF · Dairy-free · Egg-free

Ingredients

Quinoa
 Tinned black beans
 Avocado
 Corn (frozen or tinned)
 Tomatoes
 Fresh coriander
 Lime juice
 Olive oil

Method

- 1 Cook quinoa and allow to cool slightly.
- 2 Mix beans, corn, chopped tomatoes, and coriander together.
- 3 Combine with quinoa and top with sliced avocado.
- 4 Squeeze over lime and drizzle with olive oil.

Black beans are rich in resistant starch and fibre, both essential for reducing inflammation in the gut.

Grilled Trout with Lemon, Herbs + Roasted Mediterranean Vegetables

GF · Dairy-free · Egg-free

Ingredients

Trout fillets
 Lemon juice
 Extra virgin olive oil
 Mixed herbs
 Aubergine
 Peppers
 Courgette

Method

- 1 Chop vegetables and roast in olive oil at 200°C until tender.
- 2 Brush trout with lemon juice, olive oil, and herbs.
- 3 Grill for 4–5 minutes each side until just cooked.
- 4 Serve trout over the roasted vegetables.

Trout provides omega-3s that protect the heart and brain, while colourful vegetables add antioxidant protection.

DAY 25

Mediterranean Lentil Salad with Roasted Peppers, Feta + Parsley

GF · Contains dairy (omit for DF) · Egg-free

Ingredients

- Cooked green lentils
- Roasted red peppers
- Feta (or omit)
- Fresh parsley
- Olive oil
- Lemon juice

Method

- 1 Combine lentils with chopped roasted peppers and parsley.
- 2 Add crumbled feta if using.
- 3 Dress with lemon juice and good olive oil.
- 4 Serve at room temperature.

Lentils feed gut bacteria that lower systemic inflammation. A simple lunch with serious nutritional power.

Vietnamese-Style Chicken Pho with Rice Noodles + Herbs

GF · Dairy-free · Egg-free

Ingredients

- Chicken breast
- Rice noodles
- Good quality chicken stock
- Fresh ginger
- Garlic
- Star anise (2)
- Lime
- Bean sprouts
- Fresh coriander

Method

- 1 Simmer stock with ginger, garlic, and star anise for 10–15 minutes.
- 2 Add sliced chicken and poach gently until cooked through.
- 3 Add noodles and bean sprouts for the last 3 minutes.
- 4 Finish with lime juice and fresh coriander.

This broth replenishes minerals and collagen. Aromatics like ginger and garlic gently support immune balance.

DAY 26

Miso-Ginger Tofu Bowl with Brown Rice + Sautéed Bok Choy

GF miso · Dairy-free · Egg-free · Vegan

Ingredients

- Firm tofu
- White miso paste (GF)
- Fresh ginger
- Garlic
- Brown rice
- Bok choy
- Sesame oil

Method

- 1 Cook brown rice and set aside.
- 2 Pan-fry tofu in sesame oil until golden on all sides.
- 3 Stir in miso paste, garlic, and ginger with a splash of water.
- 4 Add bok choy and cook until wilted. Serve over rice.

Miso and tofu offer fermented and plant-based proteins that support hormone balance. Sesame seeds supply calcium for bone strength.

Thai Coconut Prawn Soup with Lemongrass + Mushrooms

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns
Full-fat coconut milk
Lemongrass (2 stalks, bruised)
Mushrooms
Fresh ginger
Garlic
Lime juice
Fresh coriander

Method

- 1 Simmer coconut milk with lemongrass, ginger, and garlic for 5 minutes.
- 2 Add mushrooms and prawns. Cook until prawns are just pink.
- 3 Finish with lime juice and fresh coriander.
- 4 Remove lemongrass stalks before serving.

Anti-inflammatory compounds from lemongrass and ginger, while prawns deliver lean protein and zinc for tissue repair.

DAY 27

Quinoa Tabbouleh with Grilled Chicken, Cucumber, Mint + Lemon

GF · Dairy-free · Egg-free

Ingredients

Quinoa
 Chicken breast
 Fresh parsley
 Fresh mint
 Cucumber
 Tomatoes
 Lemon juice
 Extra virgin olive oil

Method

- 1 Cook quinoa and allow to cool.
- 2 Grill chicken breast and slice.
- 3 Mix quinoa with finely chopped herbs, cucumber, and tomatoes.
- 4 Add lemon and olive oil generously. Top with chicken.

Quinoa delivers all nine essential amino acids. Herbs like parsley and mint supply polyphenols that calm inflammation.

Japanese-Style Miso Salmon with Soba Noodles + Broccoli

GF: use 100% buckwheat soba · GF miso · Dairy-free

Ingredients

Salmon fillets
 White miso paste (GF)
 Sesame oil
 Buckwheat soba noodles (GF)
 Broccoli
 Spring onions

Method

- 1 Brush salmon with miso and sesame oil. Bake at 200°C for 12 minutes.
- 2 Cook soba noodles and drain.
- 3 Steam broccoli until just tender.
- 4 Serve salmon over noodles with broccoli and spring onions.

Omega-3s from salmon reduce inflammation and protect joints. Miso adds probiotics for gut resilience.

DAY 28

Roasted Vegetable + Halloumi Bowl with Basil Pesto

GF · Contains dairy · Egg-free · Vegetarian

Ingredients

Halloumi (or firm tofu for DF)
 Courgette
 Aubergine
 Peppers
 Olive oil
 Basil pesto
 Rocket

Method

- 1 Chop vegetables into generous chunks. Roast in olive oil at 200°C until soft.
- 2 Slice halloumi (or tofu) and grill or pan-fry until golden.
- 3 Combine roasted vegetables and halloumi with rocket.
- 4 Toss with pesto and serve.

Colourful vegetables deliver antioxidants that protect cells and reduce the oxidative burden of inflammation.

Korean-Style Beef Bulgogi with Rice + Kimchi

GF · Dairy-free · Egg-free

Ingredients

Thin beef slices (grass-fed)
 Tamari (GF)
 Garlic
 Fresh ginger
 Sesame oil
 Spring onions
 Jasmine rice
 Kimchi

Method

- 1 Marinate beef in tamari, garlic, ginger, and sesame oil for 20 minutes minimum.
- 2 Stir-fry on very high heat until caramelised.
- 3 Serve over jasmine rice with spring onions and kimchi alongside.

Beef provides iron and zinc for energy and immunity. Kimchi's live cultures enhance gut and metabolic health.

DAY 29

Vietnamese Rice Paper Rolls with Prawns + Peanut-Lime Dip

GF · Dairy-free · Egg-free · Contains shellfish + peanuts

Ingredients

- Rice paper sheets
- Cooked prawns
- Gem lettuce
- Carrots
- Cucumber
- Fresh mint
- Fresh coriander
- Natural peanut butter
- Lime juice
- Tamari

Method

- 1 Dip rice paper briefly in warm water to soften.
- 2 Layer prawns, lettuce, julienned carrot, cucumber, and herbs.
- 3 Roll firmly and set aside.
- 4 Mix peanut butter, lime juice, tamari, and a little water for the dipping sauce.

Fresh rolls combine lean protein, colourful vegetables, and herbs rich in antioxidants, all supporting gut health.

Pho-Inspired Chicken Noodle Soup with Ginger + Star Anise

GF · Dairy-free · Egg-free

Ingredients

Chicken breast
 Rice noodles
 Good quality chicken stock
 Fresh ginger
 Garlic
 Star anise (2)
 Onion
 Bean sprouts
 Fresh coriander
 Lime

Method

- 1 Simmer stock with ginger, garlic, onion, and star anise for 10–15 minutes.
- 2 Add sliced chicken and cook gently until tender.
- 3 Stir in noodles and bean sprouts for the last 3 minutes.
- 4 Finish with lime juice and fresh coriander.

This broth delivers collagen and minerals for joint health. Ginger and star anise reduce inflammation beautifully.

DAY 30

Grilled Chicken + Avocado Wrap with Greens + Lime

GF: use corn tortilla or lettuce · Dairy-free · Egg-free

Ingredients

Wholegrain tortilla (or corn tortilla for GF)
 Chicken breast
 Avocado
 Mixed greens
 Red onion
 Lime juice
 Olive oil
 Black pepper

Method

- 1 Grill chicken breast and slice thinly.
- 2 Spread greens and sliced avocado across the tortilla.
- 3 Add chicken and red onion.
- 4 Drizzle with lime juice and olive oil. Roll firmly.

Lean protein and monounsaturated fats from avocado stabilise blood sugar and support hormonal balance.

Thai Coconut Prawn Curry with Baby Corn, Snap Peas + Jasmine Rice

GF · Dairy-free · Egg-free · Contains shellfish

Ingredients

Prawns
 Full-fat coconut milk
 Baby corn
 Sugar snap peas
 Garlic
 Fresh ginger
 Thai red curry paste (GF)
 Jasmine rice

Method

- 1 Sauté garlic and ginger in a little oil.
- 2 Add curry paste and coconut milk. Simmer gently for 5 minutes.
- 3 Add prawns, baby corn, and snap peas. Cook until prawns are just pink.
- 4 Serve over jasmine rice with lime wedges.

Coconut milk's healthy fats aid nutrient absorption. Prawns provide selenium and zinc for immune function.



REBALANCE30 · WEEKLY GROCERY LISTS

Weekly Grocery Lists

Everything you need, week by week.

Organised by section to make your shop efficient. Check your pantry staples before each week — many carry forward.

Week 1 Grocery List

Days 1-7

GROCERY LIST · REBALANCE30

Check your pantry before shopping — many staples carry forward from the previous week.

PRODUCE

- Spinach (2 bags)
- Mango (2-3)
- Fresh ginger root
- Blueberries
- Raspberries
- Avocados (6-8)
- Cherry tomatoes + large tomatoes
- Flat-leaf parsley
- Mushrooms
- Lemons, limes, oranges
- Bananas (6-8)
- Pumpkin seeds
- Broccolini
- Purple sweet potatoes (3-4)
- Aubergine (2)
- Courgette (2-3)
- Peppers (3-4)
- Red onions (2-3)
- Fennel
- Carrots
- Rocket or mixed greens
- Pomegranate seeds
- Beetroot
- Garlic
- Fresh mint, basil, rosemary

MEAT & SEAFOOD

- Wild salmon fillets (3-4)
- Chicken breasts (4-6)
- Chicken thighs (4-6)
- Lamb pieces (stewing or shoulder)
- Beef strips (for stir-fry)
- Turkey slices (for breakfast)
- Prawns (1-2 packs)

DAIRY & EGGS

- Greek yogurt (large tub)
- Feta cheese
- Goat's cheese
- Eggs (12+)

GRAINS & LEGUMES

- Sourdough bread (or GF)
- Wild rice
- Black rice
- Soba noodles (check GF)
- Quinoa
- Tinned chickpeas
- Red or green lentils

PANTRY & EXTRAS

Extra virgin olive oil

Coconut milk (2–3 tins)

Tahini

Turmeric

Cinnamon

Harissa paste

Moroccan spice blend

Za'atar

Tamari or GF soy sauce

Honey

Chia seeds

Walnuts

Brazil nuts

Mixed nuts

Dark chocolate 70%+

Week 2 Grocery List

Days 8-14

GROCERY LIST · REBALANCE30

Check your pantry before shopping — many staples carry forward from the previous week.

PRODUCE

- Avocados
- Lemons + limes
- Soft herbs (parsley, mint, coriander)
- Cherry tomatoes
- Blueberries
- Raspberries
- Strawberries
- Apples + pears
- Peppers
- Courgette
- Aubergine
- Carrots
- Rocket + mixed greens
- Beetroot
- Cucumber
- Fennel
- Butternut squash
- Mushrooms
- Spinach
- Garlic
- Fresh ginger

PANTRY

Coconut milk
Tahini
Za'atar
Harissa
Cinnamon
Cardamom
Coconut flakes
Hemp seeds
Olive oil
Tamari
Gochujang paste
Five-spice powder
Miso paste (GF)
Sesame oil
Dark chocolate 70%+

MEAT & SEAFOOD

Chicken thighs
Cod fillets
Salmon fillets
Turkey mince (for burgers)
Beef strips or mince
Prawns

DAIRY & EGGS

Greek yogurt
Cottage cheese
Feta
Eggs
Brazilnuts
Pistachios

GRAINS & LEGUMES

Quinoa
Black rice
Wild rice
Sourdough (or GF)
Tinned chickpeas
Lentils
Buckwheat groats

Week 3 Grocery List

Days 15–21

GROCERY LIST · REBALANCE30

Check your pantry before shopping — many staples carry forward from the previous week.

PRODUCE

- Mango
- Berries (blueberries, raspberries)
- Bananas
- Spinach
- Mixed greens
- Carrots
- Cabbage (for slaw)
- Spring onions
- Lime
- Garlic
- Fresh ginger
- Bok choy
- Mushrooms
- Peppers
- Cucumber
- Fresh coriander
- Fresh mint
- Rocket
- Cherry tomatoes

PANTRY

Miso paste (GF)
Tamari
Five-spice powder
Gochujang
Honey
Sesame seeds
Sesame oil
Coconut milk
Olive oil
Tahini
Cinnamon
Brazil nuts
Hemp seeds
Dark chocolate 70%+

MEAT & SEAFOOD

Chicken breasts
Chicken thighs
Salmon fillets
Prawns
Turkey mince
Beef strips
White fish fillet (sea bass or cod)

DAIRY

Greek yogurt
Feta or halloumi (optional)
Cottage cheese

GRAINS & LEGUMES

Brown rice
Rice noodles
Udon or rice noodles
Quinoa
Wild rice
Sourdough (or GF)
Tinned chickpeas

Week 4 Grocery List

Days 22–30

GROCERY LIST · REBALANCE30

Check your pantry before shopping — many staples carry forward from the previous week.

PRODUCE

- Strawberries
- Pears
- Apples
- Spinach
- Bananas
- Lemon + lime
- Cucumber
- Carrots
- Red onion
- Peppers
- Courgette
- Aubergine
- Cherry tomatoes
- Baby corn
- Sugar snap peas
- Mushrooms
- Spring onions
- Fresh mint
- Fresh coriander
- Garlic
- Fresh ginger

PANTRY

Coconut milk
Coconut flakes
Tamari
Sesame oil
Fish sauce (GF)
Thai red curry paste (GF)
Miso paste (GF)
Natural peanut butter
Basil pesto
Cinnamon
Turmeric
Chilli flakes
Paprika
Dark chocolate 70%+

MEAT & SEAFOOD

Chicken breasts
Chicken thighs
Prawns
Trout fillets
Salmon fillets
Beef strips (for bulgogi)

DAIRY

Greek yogurt
Goat's cheese
Feta (optional)
Halloumi (optional)
Pecans
Dark chocolate 85%+

GRAINS & LEGUMES

Chia seeds
Rolled oats
Almond milk
Brown rice
Jasmine rice
Quinoa
Rice noodles
Wholegrain or corn tortillas