

READY WHEN YOU ARE.

6-WEEK WHOLE-FOOD EATING GUIDE TO HELP YOU 'UNLEASH'

Simple, practical, nutrition guideline to support your hormones, energy, strength and real-life performance. Combined with strength training, this is a powerful way to reduce body fat and feel stronger.

START WITH WEEK 1, AND CUMULATIVELY WEEKLY... THEN MAINTAIN AS FAR AS YOU WILL ALLOW..

WEEK

1

CUT OUT SUGAR

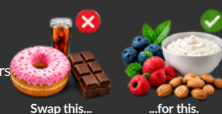
Remove all added sugar to stabilise energy, reduce cravings and kick-start fat loss.

WHY IT MATTERS

High sugar intake can worsen inflammation, disrupt hormones and trigger energy crashes. Reducing added sugar helps stabilise blood sugar, mood & hunger.

YOUR FOCUS

- No sugar, honey, syrup, sweets or sugary drinks
- Avoid "healthy" sweeteners like agave, maple



WEEK

2

PRIORITISE PROTEIN

Build your protein habit to support muscles, hormones, satiety and fat loss.

WHY IT MATTERS

As we age, we naturally lose muscle mass. Protein helps maintain & build muscle, supports the immune, keeps you fuller for longer, & supports hormone balance.

YOUR FOCUS

- Include a source of protein to every meal.
- Combine with strength training for best results



WEEK

3

INTRO GREENS

Add more vegetables and leafy greens to increase fiber, support gut health & keep you fuller for longer.

WHY IT MATTERS

Fibre supports gut health, hormone metabolism & healthy cholesterol levels.

YOUR FOCUS

- Aim for at least a cup of vegetables daily
- Use raw, steamed, roasted or in a salad



WEEK

4

CUT SIMPLE CARBS

Reduce refined and high-GI carbohydrates to stabilise blood sugar, reduce cravings and kick-start fat loss.

WHY IT MATTERS

High-GI carbs can cause energy spikes & crashes, increase fat storage & trigger cravings. Slower-digesting, fiber-rich carbs help to support better training performance.

YOUR FOCUS

- Limit whole bread, white rice, pasta, potatoes, sugary cereals and baked goods
- Choose lower-GI, fiber-rich carbs in smaller portions



WEEK

5

GOOD FATS ONLY

Focus on healthy fats to support the hormones and brain health.

WHY IT MATTERS

Healthy fats help produce hormones, reduce inflammation, support brain function and improve nutrient absorption. They also help you feel fuller for longer.

YOUR FOCUS

- Choose natural fats
- Limit processed oils
- Include a source of healthy fat with meals
- Keep portions in check



WEEK

6

THE ESSENTIALS

Optimise your nutrition to support training, recovery and long-term health with protein, creatine and omega-3s.

WHY IT MATTERS

Protein, creatine and omega-3s help maintain and build muscle, support bone density, reduce inflammation and improve brain, heart and hormonal health.

YOUR FOCUS

- Include creatine minimum 5g and protein power to add daily to support strength, muscle and performance
- Complement with strength training about 3 times per week



KEEP IT SIMPLE WITH WHOLE FOODS