



successfuel
NUTRITION



The SuccessFuel Daily Health Blueprint

Science-backed, realistic
strategies to nourish your body,
balance your energy, and build
habits that last.



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WELCOME / INTRODUCTION



Welcome to Your Daily Health Blueprint

This guide is designed to help you feel better, think clearer, and live with more energy — without dieting, restriction, or confusion.

Inside, you'll find:

- A simple breakdown of macro & micronutrients
- How to increase protein, fibre & wholegrains
- How sleep, stress & routine shape your health
- Realistic daily habits
- A practical exercise guide + habit-building tools

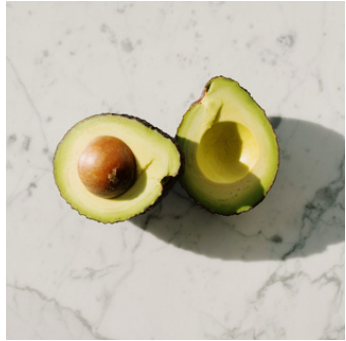
I'm Monica Valle,
an Associate Registered Nutritionist (NSNZ)
based in Wānaka, New Zealand. At SuccessFuel
Nutrition, I believe in evidence-based guidance,
holistic wellbeing, and meeting you exactly
where you are. This guide is your starting point.



SUCCESSFUL OVERVIEW



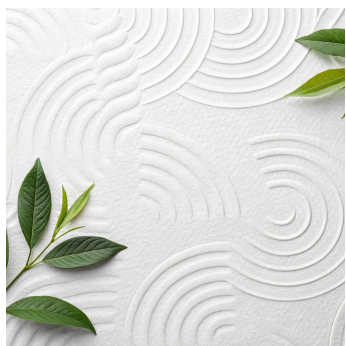
PROTEIN



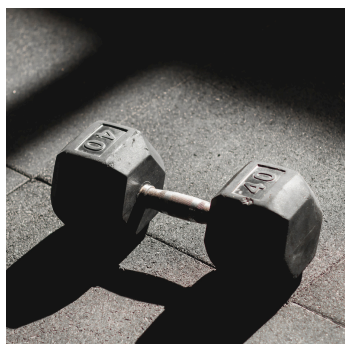
FAT



CARBS



SLEEP + STRESS



EXERCISE

SECTION 1 — UNDERSTANDING THE FOUNDATIONS OF NUTRITION

Macronutrients Overview

PROTEIN - The Builder

WAYS TO INCREASE

- Add Greek yogurt or cottage cheese
- Include eggs
- Add legumes to salads
- Choose meat/fish/poultry in palm-sized portions
- Keep easy proteins ready (rotisserie chicken, tinned tuna)

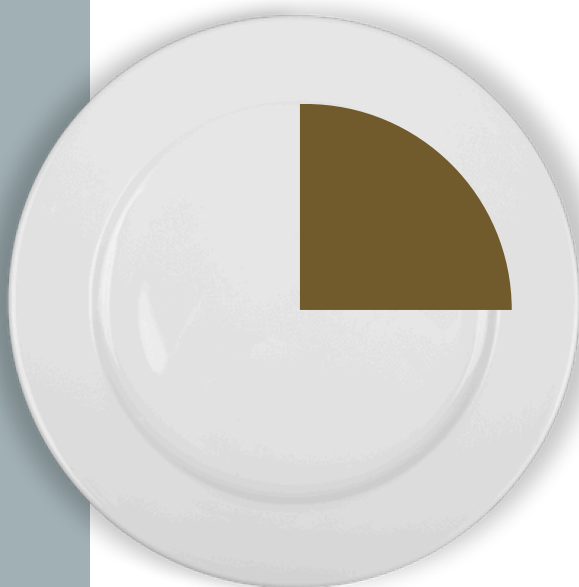


WHY YOU NEED IT

Protein is one of the 3 macronutrients and is important for:

- Staying satisfied after meals
- Maintaining lean body mass
- Balancing blood sugar
- Managing cravings

Protein stays in your stomach for a bit longer than carbs. That means if you combine your protein with carbs, it will not only keep you satisfied for longer, but it will also slow the digestion of those carbs to help keep your blood sugar balanced. A perfect pair.



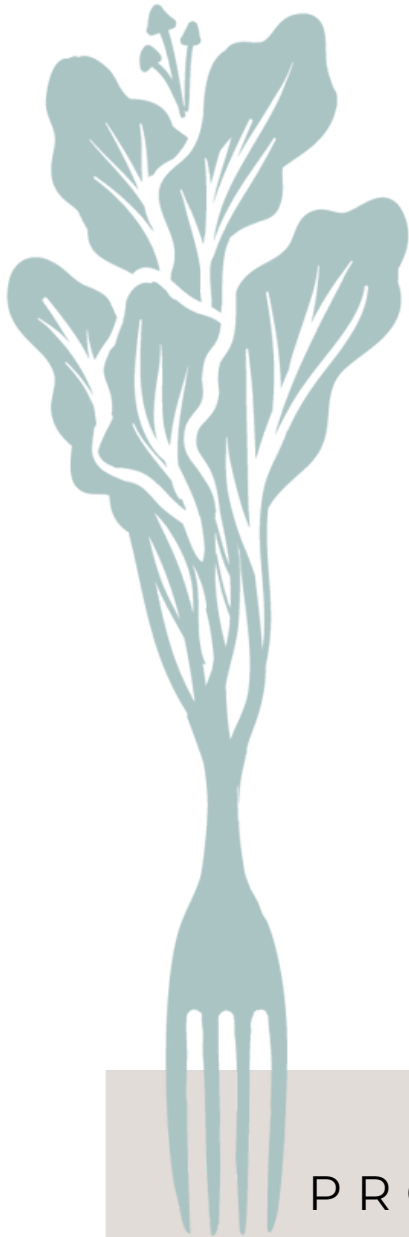
TARGETS:

Aim to make 1/4 of your plate protein
OR Aim for 20-30 g of protein with each meal and 10-20 g of protein with each snack

TIP: CONSISTENCY
BEATS PERFECTION
EVERYTIME



HOW MUCH PROTEIN WOULD YOU GET FROM...



OMNIVORE

- 4 oz chicken breast = 35 g protein
- 4 oz 90% lean ground beef = 30 g protein
- 4 oz Steak = 30 g protein
- 3 oz canned Tuna = 20 g protein
- 4 oz sausage = 18 g protein
- 2 links chicken sausage = 26 g protein

VEGETARIAN

- 1 C Cottage cheese = 22 g protein
- 1 C Greek yogurt = 26 g protein
- 2 Eggs = 13 g protein
- 1/2 C Black beans = 7 g protein
- 1/2 C Lentils = 9 g protein 1 serving
- (2 oz) Chickpea pasta = 13 g protein

HOW TO INCREASE PROTEIN TO YOUR MEALS

- Add Greek yogurt or cottage cheese
- Include eggs
- Add legumes to salads
- Choose meat/fish/poultry in palm-sized portions
- Keep easy proteins ready (rotisserie chicken, tinned tuna)
- Add chia seeds or ground flax seeds to any meal for added protein

PLANT-BASED PROTEIN OPTIONS

- Edamame (frozen)
- Tonzu Organic Tofu – NZ favourite
- Bean Supreme Falafels & Patties – protein-dense, minimal additives
- Sunfed Chicken-Free Chunks – pea-protein based
- Organic Lentils/Chickpeas (canned)



EASY, AFFORDABLE MEAL PROTEIN BASIS

- Free-flow frozen chicken breast strips
- Frozen prawns
- Eggs – Otaika Valley, Farmer Brown, or free-range local
- Protein bread: Vogel's Ultra Low Carb or Farrah's High-Protein Wraps
- Organic canned lentils or chickpeas



THE HORMONE & BRAIN SUPPORTER

WHY YOU NEED IT

Fat is one of the 3 macronutrients and is important for:

- Absorption of fat soluble vitamins (A, D, E, K)
- Staying satisfied after meals
- Supports hormone production
- Managing cravings + Adds flavour

Like protein, fat stays in your stomach for longer than carbohydrates. In fact, of the three macronutrients, fat has the slowest 'gastric emptying'. So it is a great tool to build satisfying meals.

However, unlike carbohydrates, fat tends to have a compact caloric size and doesn't take up a lot of room in our stomachs, meaning 100 calories of fat is a lot less filling than 100 calories of carbs.

TARGETS:

Fat needs vary GREATLY per person, in general, I would say to include at least 15 g of fat with each meal (though you likely need more).

Keep in mind: fat is often found in other foods you are already eating like your protein or your flavor

INCLUDE 1-2 THUMB-SIZED SERVINGS



FAT SOURCES

HEALTHY FATS THAT NOURISH YOUR
HORMONES, BRAIN, METABOLISM, &
SATISFACTION

PLANT-BASED FATS

- Extra virgin olive oil (EVOO) — rich in antioxidants & polyphenols
- Avocado — fibre + heart-healthy monounsaturated fats
- Avocado oil — great for high-heat cooking
- Nuts — almonds, walnuts, cashews, macadamias
- Seeds — chia, flax, pumpkin, sesame
- Nut & seed butters — almond, peanut, tahini
- Olives — anti-inflammatory & flavourful
- Coconut (shredded or cream) — use moderately



ANIMAL-BASED FATS

- Egg yolks — nutrient powerhouse (choline, fat-soluble vitamins)
- Fatty fish — salmon, sardines, mackerel, trout (omega-3 rich)
- Grass-fed butter or ghee — small amounts for flavour & fat-soluble vitamin absorption
- Full-fat yogurt & cheeses — choose natural ingredients, no fillers

PRODUCT SPOTLIGHT

- | | |
|--|--|
| • Village Press EVOO (NZ brand) | • Pic's Peanut Butter |
| • Chantal Organics Avocado Oil | • FortyThieves Almond or SuperSeed Butter |
| • Pic's Peanut Oil (for high-heat cooking) | • Fix & Fogg Everything Butter |
| • Olivado Avocado Oils | • Good quality cheeses: Whitestone, Mainland, Kapiti |
| • Ceres Organics Coconut Cream | |
| • Kalamata olives (any brand with minimal ingredients) | |
| • Chia or ground flaxseed (Chantal, Ceres Organics) | |



DOES THE TYPE OF FAT MATTER?

YES - but the nuance is often misunderstood. Here is the simple, evidence-based breakdown of the types:

Monounsaturated fats (M U F A)

- ✓ Best for everyday use
- ✓ Support heart health & reduce inflammation
- ✓ Found in: EVOO, avocado, nuts, olives

TIP: these should make up a large portion of your daily fats.



Polyunsaturated fats (P U F A)

Includes omega-3s and omega-6s

1. Omega-3s (salmon, sardines, flax, chia) = anti-inflammatory, brain-boosting, hormone-balancing
2. Omega-6s (nuts, seeds, oils) = essential but should be balanced with omega-3s

TIP: aim to increase omega-3s rather than obsess over ratios.

Saturated fats

Not "bad," but best enjoyed in moderation.

- Found in: butter, coconut oil, cheese, meat
- Great for flavour and cooking, but aim for smaller amounts overall.



CARBS

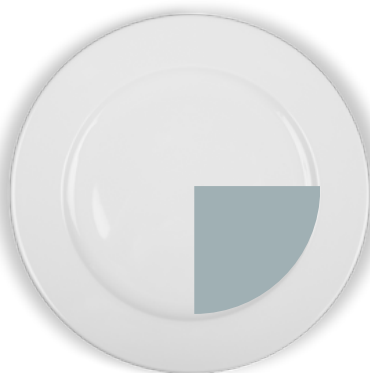
YOUR BRAIN'S FAVOURITE FUEL, your body's energy source, & a key player in hormone + gut health

Everyone (especially fad diets) loves to demonize carbs. In fact, I'm willing to bet even you have told yourself you needed to limit or avoid carbs at one point or another- I know I for sure have!

But in reality, carbs are pretty much the MVP. They're the preferred fuel source for our brain, help us keep our cortisol in check, keep us energized, fuel our muscles, and they are really tasty! Plus carbs help us stay full (remember that whole caloric volume thing?) and are even the food for our gut microbiome. Are you convinced yet?

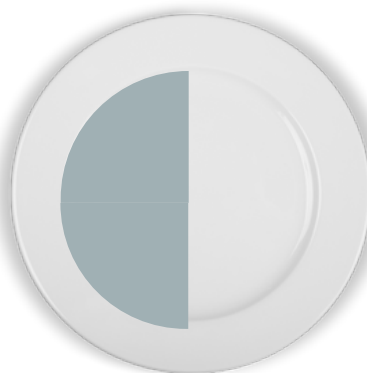
If a history of dieting still has you feeling nervous about carbs, remind yourself that carbs includes more than just bread and pasta... **veggies, fiber, fruit, whole grains, and legumes** - ALL are super nourishing carbs!

TARGETS:



Aim to make 1/4 of your plate a starchy carb

Most of the time we want this to be nourishing, like whole grains, kumra, or legumes. But sometimes, this will just be something fun and that's okay!



Aim to make 1/2 of your plate veggies

If you struggle with gut issues, and don't tolerate vegetables very well, you may benefit from 1-1 coaching and functional testing to get to the root cause of your symptoms.

WHY YOU NEED IT

1. Primary Fuel for Your Brain & Nervous System

Your brain runs on glucose. Without enough carbs, you may feel foggy, tired, irritable, or struggle to focus.

2. Supports Hormone Regulation

Balanced carbs help manage cortisol, reduce stress on the body, and support thyroid health — especially important for women in perimenopause, postpartum, or with the thyroid condition Hashimoto's.

3. Fuels Workouts & Recovery

Carbs are stored as glycogen in muscles. Adequate carbs means better performance, better strength gains, and better recovery.

4. Helps Control Appetite & Cravings

When carbs are paired with protein and fibre, they help stabilise blood sugar and prevent the “sugar crash → cravings cycle.”

5. Feeds the Gut Microbiome

Fibre-rich carbs support digestion, healthy bowel movements, and reduce inflammation.



CARB SOURCES

STARCHY CARBS

ENERGY + SATIETY

- Rice - go brown or wild
- Quinoa
- Kumra - my favourite
- Potatoes
- Beans of all types
- Lentils
- Whole grain bread
- Fruit - while some people are concerned about the sugar in fruit- I'm here to tell you that fruit, when balanced is ABSOLUTELY nourishing and nothing to be avoided

FIBRE-RICH CARBS

GUT + HORMONE SUPPORT

- Chickpeas, black beans, kidney beans
- Lentils (red, brown, green)
- Split peas
- Whole fruits (berries, apples, bananas, kiwi, pear)
- Vegetables of all colours
- Pumpkin, squash
- Psyllium, chia seeds, flaxseed

“QUICK CARBS”

PERFORMANCE + RECOVERY

Ideal around training or long days:

- Bananas
- Dried fruit (dates, raisins, apricots)
- Honey
- Rice cakes
- White rice
- Smoothies with fruit





SECTION 2: EATING FOR ENERGY & BALANCE

FIBER IS YOUR
BEST FRIEND!!

Simple Ways to Add Quality Carbs to Your Day

- Add roasted potatoes or pumpkin to dinners
- Add berries or banana to breakfast
- Add quinoa or rice to salads
- Include beans/lentils 3–5x week
- Pair fruit with yogurt or nuts
- Keep microwave rice for fast weeknight meals
- Choose wholegrain bread and pasta
- Eat the rainbow — more colours = more fibre + nutrition

High-Fiber Foods



1. Chia Seeds



2. Flaxseed



3. Popcorn



4. Oats



5. Almonds



6. Beans



7. Whole
Wheat Pasta



8. Split Peas



9. Lentils



10. Chickpeas



11. Sunflower Seeds



12. Avocado



13. Raspberries



14. Whole
Wheat Bread



15. Green Peas



WHY IT MATTERS

Fiber is ESSENTIAL for longevity:

Fibre plays a foundational role in overall health by supporting digestion, blood sugar balance, hormone regulation, and long-term metabolic health. It acts as fuel for beneficial gut bacteria, helping to maintain a diverse and resilient microbiome, which in turn supports immunity, inflammation control, and even mental wellbeing.

Fibre slows the digestion and absorption of carbohydrates, leading to more stable blood sugar levels and sustained energy throughout the day. It also supports regular bowel movements and helps the body efficiently eliminate excess hormones, which is especially important for women's hormonal health. Diets rich in fibre are consistently linked with reduced inflammation and a lower risk of chronic disease, making fibre a non-negotiable part of a balanced, nourishing diet.

TO SUMMARISE:

Why fibre is essential:

- Feeds beneficial gut bacteria
- Improves digestion & regularity
- Helps regulate blood sugar
- Supports hormone balance
- Reduces inflammation

How to increase fibre:

- Add 1–2 handfuls of vegetables to most meals
- Choose wholegrain versions
- Include beans/lentils 3–5x/week
- Add chia, flax, psyllium (optional)
- Eat the rainbow



SECTION 3: SLEEP & STRESS

WHY WE NEED TO
PRIORITISE BOTH



SLEEP AFFECTS:

- Hormones (cortisol, melatonin, appetite)
- Emotional regulation
- Recovery, metabolism, inflammation
- Cognitive focus
- Blood sugar stability



SLEEP + STRESS

Morning light within 30 - 60 min of waking

Getting natural light into your eyes soon after waking helps trigger the body's healthy morning cortisol rise, which supports alertness, energy, and a properly timed circadian rhythm. This early cortisol peak also helps ensure cortisol falls at night, making it easier to wind down and sleep well later.

Avoid caffeine in the afternoon

Caffeine can stay in your system for many hours and reduce sleep quality, even if you feel tired. Aim to have your last coffee or tea by early afternoon to allow your body's natural sleep signals to rise in the evening.

Dim lights 1-2 hours before bed

Bright light in the evening — especially blue light from phones, TVs, and overhead LEDs — signals “daytime” to the brain and suppresses melatonin. Reducing screen brightness helps your nervous system shift into its natural wind-down mode. This creates a smoother transition into sleep.

Cool, dark bedroom

A cool, dark, and quiet environment supports the body's natural drop in core temperature and promotes deeper, more restorative sleep.

Consistent wake time (+/- 1hr)

Your wake time anchors your entire sleep-wake rhythm. Waking at roughly the same time each day (even on weekends) strengthens circadian consistency, improves sleep quality, and makes it easier to fall asleep at night.

STRESS & THE BODY

Chronic stress keeps the nervous system in a “fight or flight” state, raising cortisol and adrenaline. Over time this can disrupt sleep, digestion, hormones, blood sugar control, immune function, and make it harder to recover, regulate appetite, and feel mentally calm. Learning to downshift the nervous system is just as important as nutrition and movement for long-term health.



SIMPLE WAYS TO REDUCE STRESS

1. Breathing & Nervous System Reset

Slow, controlled breathing (longer exhales, nasal breathing) activates the parasympathetic nervous system, lowering heart rate and stress hormones.

2. Movement for Stress Relief

Gentle movement such as walking, stretching, yoga, or light strength work helps metabolise stress hormones and release physical tension.

3. Nature & Sunlight

Time outdoors lowers cortisol, improves mood, and supports circadian rhythm regulation.

4. Boundaries & Recovery Time

Scheduling downtime, reducing overcommitment, and protecting sleep supports nervous system recovery.

5. Nutrition & Blood Sugar Stability

Regular meals with protein and fibre help prevent stress-driven blood sugar crashes that can worsen anxiety and fatigue.



A CORE PILLER OF HEALTH

MOVEMENT

Nutrition and movement work together. Regular physical activity supports circulation, lymphatic flow, cardiovascular and metabolic health, muscle and bone strength, and stress regulation.

Consistent, manageable habits are more important than intensity. The goal is to move your body in ways that feel sustainable and supportive, not overwhelming.

KEY FOCUS:

Daily movement + weekly strength + variety over time.

TIP : Start where you are.
Build consistency first.
Small, regular actions add up over time.



HOW TO GET STARTED

SIMPLE, EVIDENCE-BASED TARGETS:



WALK MOST DAYS (20-30 MIN):

supports heart health, blood sugar control, mood, and recovery.

STRENGTH TRAIN 2-3X/WEEK (~30 MIN)

preserves muscle, supports metabolism, and improves bone health (especially important for women through perimenopause and menopause).

LIFT PROGRESSIVELY:

challenging weights help maintain strength and bone density at every age.

INCLUDE SOME CARDIO + MOBILITY:

for heart health, joint function, and nervous system balance.

MIX IT UP:

variety reduces injury risk and keeps movement enjoyable and sustainable.



WANTING
MORE
FROM ME?

ABOUT ME



Hi, I'm Monica, an Associate Registered Nutritionist, and I believe that eating well should support your life — not take it over. Through my own experience with disordered eating, I developed a deep passion for helping others heal their relationship with food and step away from guilt, restriction, and perfectionism.

In the nutrition world, it can often feel like you need the "perfect" diet or the "perfect" body to make progress. I'm on a mission to show that this isn't true. True health is built on strong foundations, not extremes — prioritising strength over skinny, health over weight, and sustainable habits over short-term fixes.

I created this guide as a simple, supportive starting point to help you cut through the noise and reconnect with what really matters: feeling strong, energised, and well in your body. If you're interested in more hands on, 1-1 coaching, or taking your nutrition journey further, you can visit my website to learn more.