



Title
Author

The book cover features a woman with long brown hair, wearing a pink shirt, sitting at a table and eating a large green salad. The background is a light, marbled texture with soft bokeh lights. At the top left, there is a green basil leaf, and at the top right, a slice of red tomato. The title is prominently displayed in large, bold, black letters.

CORTISOL DETOX DIET For Women

60-Day Meal Plan and 240+ Recipes
to Help Women Balance Hormones,
Reduce Stress, Lose Abdominal Fat,
and Boost Vitality with
Targeted Nutrition.

**60-Day
Diet Plan
+240 Recipes
Bonus Holistic
Chapter**

2 IN 1

Winnie Beck

Cortisol Detox

Diet for Women



***60-Day Meal Plan and 240+ Recipes Specifically for Women Who
Want to Achieve Hormonal Balance, Reduce Stress, Reduce
Abdominal Fat, and Boost Vitality with Targeted Nutrition and
Lifestyle Strategies.***

Winnie Beck



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BOOK 1 - Cortisol Detox Diet for Women - COOKBOOK

Introduction

In today's fast-paced world, women are often juggling multiple responsibilities, from managing careers to raising families, and maintaining social connections, all while striving to prioritize self-care. This constant balancing act can lead to chronic stress, which in turn has a profound impact on hormonal health—specifically through the elevation of cortisol, the body's primary stress hormone. Cortisol plays a crucial role in managing how the body responds to stress, regulating blood sugar, metabolism, and even the immune system. However, when cortisol levels remain elevated for prolonged periods, it can wreak havoc on various aspects of a woman's health, including weight, energy levels, and mental well-being.

The Cortisol Detox Diet for Women is designed to help women regain control of their health by addressing the root causes of cortisol imbalance. Through a combination of targeted nutrition, stress reduction techniques, and sustainable lifestyle changes, this plan aims to naturally lower cortisol levels, supporting hormonal balance, weight management, and emotional resilience. Unlike other detox plans that focus on short-term results, this program provides long-term strategies that empower women to live healthier, more balanced lives.

Why is this plan specifically for women? Because the

challenges women face, especially regarding hormone fluctuations, are unique. From the monthly shifts associated with the menstrual cycle to the hormonal changes during pregnancy and menopause, cortisol interacts with female hormones in ways that require specific attention. For example, high cortisol levels can interfere with the balance of estrogen and progesterone, leading to irregular periods, reduced fertility, and worsened menopause symptoms.

This book offers more than just a meal plan; it's a comprehensive guide to managing stress through diet and lifestyle. It includes over 240 recipes and a detailed 60-day meal plan designed to reduce cortisol, enhance energy, and promote a healthier hormonal balance. The recipes focus on whole foods that support adrenal health, reduce inflammation, and provide the necessary nutrients to stabilize blood sugar levels—crucial for keeping cortisol under control. You'll also find practical tips for integrating stress management techniques into your daily routine, such as mindfulness, exercise, and sleep optimization.

As you embark on this journey, you'll gain insights into how your body responds to stress and discover the tools you need to thrive. Whether you're struggling with fatigue, weight gain, or mood swings, this plan will help you restore balance, boost vitality, and regain a sense of control over your health.

Why Cortisol Matters for Women

Cortisol, commonly referred to as the "stress hormone," plays a pivotal role in the body's response to stress. Produced by the adrenal glands, cortisol is released in response to physical or emotional stress, helping the body prepare for a "fight or flight" response. While cortisol is essential for survival, its prolonged elevation—caused by chronic stress—can lead to numerous health problems, particularly for women.

Why does cortisol matter specifically for women? First, it directly interacts with other critical hormones such as estrogen and progesterone, which regulate everything from the menstrual cycle to fertility and mood. Elevated cortisol levels can throw off the delicate balance between these hormones, leading to a host of issues including irregular periods, reduced fertility, and exacerbated symptoms of PMS or menopause.

For example, when cortisol levels rise, the body shifts resources away from non-essential functions, including reproduction. This is why many women experience irregular menstrual cycles or even missed periods during times of high stress. Additionally, elevated cortisol can lower progesterone levels, which not only affects fertility but can also increase the risk of mood swings, anxiety, and depression.

Cortisol also plays a significant role in how the body stores

fat, particularly around the abdominal area. When cortisol levels are high, the body tends to store more fat, especially visceral fat, which surrounds vital organs and poses a greater risk for metabolic conditions like type 2 diabetes and heart disease. Women with high cortisol levels often find it difficult to lose weight, even when following a healthy diet and exercise routine, as the body prioritizes fat storage in response to perceived stress.

Beyond weight gain, elevated cortisol levels can impact a woman's mental health. Chronic stress can lead to symptoms of anxiety, depression, irritability, and brain fog. Cortisol is closely linked to the brain's hippocampus, the region responsible for memory and emotional regulation. Prolonged exposure to high cortisol levels can shrink the hippocampus, leading to difficulty with memory retention and emotional stability. This can leave women feeling overwhelmed, exhausted, and mentally drained.

Sleep disruption is another significant issue linked to high cortisol. Cortisol follows a daily rhythm, peaking in the morning to help wake you up and gradually declining throughout the day. However, chronic stress can disrupt this pattern, leading to insomnia or poor sleep quality. Without proper sleep, cortisol levels remain elevated, creating a vicious cycle of stress, fatigue, and hormonal imbalance.

In the long term, unmanaged cortisol can lead to more serious health conditions such as high blood pressure, cardiovascular disease, osteoporosis, and even autoimmune disorders. Women, particularly as they age, are at a higher risk for these conditions, making it all the more important to

manage cortisol effectively.

Understanding why cortisol matters for women is the first step in taking control of stress and promoting better health. Through diet, exercise, and mindfulness practices, women can lower cortisol levels and protect themselves from the harmful effects of chronic stress. By doing so, they can achieve better hormonal balance, maintain a healthy weight, and improve their mental clarity and emotional well-being.

The Role of Cortisol in Women's Health

Cortisol is more than just a stress hormone—it is a vital component of overall health, particularly for women. Its influence extends far beyond the body's immediate stress response, affecting metabolism, immune function, and hormonal balance. In women, cortisol's role is even more complex due to its interaction with other hormones, such as estrogen and progesterone, which regulate reproductive health and mood.

During periods of stress, the adrenal glands release cortisol into the bloodstream, preparing the body to handle the perceived threat. This response is beneficial in short bursts, allowing the body to focus on survival by increasing energy availability, reducing inflammation, and suppressing non-essential functions like digestion and reproduction. However, in today's modern world, where stress is often chronic, cortisol levels remain elevated for extended periods, leading to a host of health problems.

For women, one of the most significant effects of elevated cortisol is its impact on hormonal balance. Cortisol disrupts the delicate interplay between estrogen and progesterone, two hormones essential for regulating the menstrual cycle and reproductive health. High cortisol levels can lead to irregular periods, reduced fertility, and more severe symptoms of PMS or menopause.

Additionally, cortisol promotes fat storage, particularly in the abdominal area. This type of fat, known as visceral fat, surrounds vital organs and increases the risk of heart disease, type 2 diabetes, and other metabolic disorders. Women with high cortisol levels often find it difficult to lose weight, even when following a healthy diet and exercise routine.

Another area where cortisol plays a critical role is mental health. Women are more prone to anxiety, depression, and mood swings when cortisol levels remain elevated. Cortisol affects the brain's ability to regulate emotions, and prolonged stress can shrink the hippocampus, the part of the brain responsible for memory and emotional control. This can lead to feelings of overwhelm, irritability, and mental fatigue.

Sleep disruption is also a common consequence of high cortisol levels. Cortisol follows a natural rhythm, peaking in the morning to help wake you up and gradually declining throughout the day. However, when cortisol levels are chronically elevated, this rhythm is disrupted, leading to difficulty falling asleep, staying asleep, or waking up feeling rested. Poor sleep further elevates cortisol levels, creating a vicious cycle of stress and fatigue.

By understanding cortisol's multifaceted role in women's health, it becomes clear why managing this hormone is crucial for long-term well-being. Through a combination of targeted nutrition, stress management techniques, and lifestyle adjustments, women can lower cortisol levels and protect their health. In doing so, they will not only feel better physically and mentally but also reduce their risk for chronic diseases linked to

elevated cortisol.



TARGETING ABDOMINAL FAT: NUTRITION AND LIFESTYLE STRATEGIES TO REDUCE BELLY FAT AND BALANCE CORTISOL LEVELS

FOR MANY WOMEN, EXCESS abdominal fat can be one of the most stubborn and frustrating challenges to overcome. This type of fat—known as visceral fat—does more than affect appearance. It is associated with higher risks of cardiovascular disease, type 2 diabetes, and other metabolic conditions. One of the primary reasons women tend to accumulate fat around the abdomen is elevated cortisol levels, which are driven by chronic stress. When cortisol levels remain consistently high, the body stores more fat, particularly around the belly. However, with the right combination of nutrition, lifestyle strategies, and stress management techniques, it's possible to reduce abdominal fat while balancing cortisol levels.

Why Cortisol Contributes to Belly Fat

Cortisol is a vital hormone that regulates the body's response to stress. In short bursts, cortisol helps the body manage stress effectively by increasing energy availability, but when cortisol levels remain elevated for prolonged periods—due to ongoing stress or poor lifestyle habits—its effects become harmful. One of the ways cortisol contributes to abdominal fat is by prompting the body to store fat in response to perceived threats. This is an evolutionary mechanism that helps the body conserve energy during stressful times.

However, in modern life, the chronic stressors many women face—work, caregiving, financial pressures—often result in prolonged cortisol elevation. Additionally, high cortisol levels trigger cravings for high-fat, high-sugar foods, which further contribute to weight gain, particularly around the belly. The combination of overeating these calorie-dense foods and the body's inclination to store fat around the abdomen creates a cycle that can be difficult to break.

Nutritional Strategies for Reducing Abdominal Fat

Balancing your diet to support lower cortisol levels and reduce abdominal fat is key to success. Below are several strategies you can incorporate into your daily nutrition:

1. **Eat Whole Foods Rich in Fiber:** Fiber helps regulate blood sugar levels and prevents insulin spikes, which can trigger cortisol release. Foods high in fiber—such as vegetables, legumes, and whole grains—keep you feeling full and satisfied, which helps curb cravings for sugary, processed foods that contribute to belly fat.

2. **Incorporate Healthy Fats:** Despite the association of fat with weight gain, healthy fats can actually help regulate hormones, including cortisol. Omega-3 fatty acids, found in salmon, chia seeds, and flaxseeds, have anti-inflammatory properties that reduce cortisol levels. Additionally, monounsaturated fats found in avocados, olive oil, and nuts support overall hormone balance.

3. **Reduce Refined Sugars and Processed Foods:** High-sugar, highly processed foods lead to rapid increases in blood sugar,

which in turn cause insulin and cortisol to spike. Limiting or eliminating sugary snacks, refined grains, and processed foods is essential for managing cortisol and avoiding the belly fat accumulation that comes with it.

4. **Prioritize Protein:** Protein is essential for repairing tissues, maintaining muscle mass, and keeping you feeling full. High-protein foods like lean meats, fish, eggs, and plant-based proteins such as beans and lentils help stabilize blood sugar levels and reduce cravings, which supports fat loss, particularly in the abdominal area.

5. **Stay Hydrated:** Drinking plenty of water helps flush out toxins and supports your adrenal glands, which produce cortisol. Proper hydration is essential for maintaining balanced cortisol levels and avoiding stress-induced fat accumulation.

Lifestyle Strategies for Reducing Belly Fat

In addition to making nutritional changes, adopting the right lifestyle habits can help you effectively reduce abdominal fat while balancing cortisol levels.

1. **Regular, Moderate Exercise:** Exercise plays a critical role in reducing belly fat, but it's important to avoid over-exercising, which can elevate cortisol levels further. Moderate-intensity aerobic activities such as walking, swimming, and cycling help burn fat without overtaxing the body. Strength training is also highly beneficial as it builds lean muscle mass, which increases metabolism and aids fat loss. Engaging in 30 minutes of physical activity most days of the week can make a noticeable difference.

2. Manage Stress with Mindfulness: Since chronic stress is a major contributor to elevated cortisol and belly fat, learning to manage stress effectively is crucial. Mindfulness practices such as meditation, deep breathing, and yoga have been shown to reduce cortisol levels. Even just 10-15 minutes of mindfulness practice each day can lower stress and make it easier for your body to let go of excess fat.

3. Improve Sleep Quality: Poor sleep is closely linked to elevated cortisol levels and increased fat storage, especially in the abdominal area. Getting 7-9 hours of quality sleep each night allows the body to regulate hormone production, including cortisol. Establishing a consistent sleep routine and minimizing screen time before bed can help improve sleep quality and lower cortisol levels.

4. Time Management and Boundary Setting: Often, the stress that leads to elevated cortisol and abdominal fat is tied to overcommitment and poor time management. Learning to set boundaries and say no to unnecessary obligations can reduce chronic stress and allow your body to maintain more balanced cortisol levels. Prioritizing self-care and relaxation is key to reducing abdominal fat.

The Long-Term Benefits of Reducing Abdominal Fat

Losing abdominal fat not only improves physical appearance but also has significant health benefits. Visceral fat is particularly harmful because it surrounds vital organs, increasing the risk of metabolic conditions such as heart disease and diabetes. Reducing abdominal fat by lowering cortisol levels can also

improve energy levels, mental clarity, and emotional well-being. Additionally, as stress decreases, you may find it easier to maintain a healthy weight and experience fewer cravings for unhealthy foods.

By combining a balanced diet, regular exercise, stress management, and improved sleep, you can effectively target abdominal fat while promoting overall hormonal balance and well-being.

Understanding Cortisol Fluctuations Throughout the Menstrual Cycle

Cortisol, like many other hormones in the body, fluctuates throughout the menstrual cycle. For women, understanding these fluctuations is crucial in managing stress, balancing hormones, and optimizing health. The menstrual cycle is divided into four distinct phases: the menstrual phase, the follicular phase, ovulation, and the luteal phase. Each phase brings changes in the levels of estrogen, progesterone, and cortisol, influencing how women feel physically and emotionally at different points in the cycle.

By recognizing how cortisol levels shift throughout the cycle, women can tailor their diet, exercise, and stress management practices to support hormonal balance and improve overall well-being.

Menstrual Phase (Days 1-5)

The menstrual phase begins on the first day of menstruation and typically lasts 3 to 7 days. During this phase, estrogen and progesterone levels are at their lowest, while cortisol levels tend to stabilize. Many women experience lower energy levels, fatigue, and sometimes increased sensitivity to stress during menstruation.

To support the body during the menstrual phase, it's essential to prioritize rest and nourishment. Foods rich in iron, such as leafy greens, lentils, and lean meats, can help replenish

the nutrients lost during menstruation. Additionally, hydrating foods like cucumbers and watermelon support detoxification and hydration. Gentle exercise, such as yoga or walking, is recommended to promote circulation without overtaxing the body.

Follicular Phase (Days 6-14)

The follicular phase begins immediately after menstruation and lasts until ovulation. During this phase, estrogen levels rise as the body prepares for ovulation, leading to increased energy, improved mood, and greater resilience to stress. Cortisol levels are generally more stable during this time, making it an optimal phase for more intense physical activity and productivity.

High-intensity exercises, such as strength training or cardio, are well-tolerated in this phase due to increased energy and endurance. Nutritionally, this is a great time to focus on foods that support hormone production, such as healthy fats (avocados, nuts, seeds) and complex carbohydrates (quinoa, sweet potatoes) that provide sustained energy.

Ovulation (Around Day 14)

Ovulation marks the midpoint of the menstrual cycle, when an egg is released from the ovaries. Estrogen peaks during this phase, while progesterone begins to rise. Cortisol may also increase slightly during ovulation, as the body gears up for potential conception. Some women experience a boost in confidence and energy during ovulation, while others may feel more sensitive to stress.

To support overall hormonal balance during ovulation, it's

important to prioritize antioxidant-rich foods like berries, leafy greens, and cruciferous vegetables. These foods help reduce oxidative stress and support detoxification. Staying hydrated and incorporating stress-relieving activities, such as deep breathing or meditation, can also help manage cortisol levels.

Luteal Phase (Days 15-28)

The luteal phase begins after ovulation and continues until the start of the next period. During this phase, progesterone levels rise, preparing the body for a potential pregnancy. Cortisol levels can become more erratic during the luteal phase, particularly in response to stress. Many women experience symptoms of premenstrual syndrome (PMS) during this phase, including mood swings, bloating, fatigue, and increased cravings for high-sugar foods.

To manage cortisol fluctuations during the luteal phase, it's essential to focus on stress reduction and self-care. Incorporating magnesium-rich foods such as dark chocolate, nuts, and leafy greens can help relax the muscles and promote a sense of calm. Prioritizing sleep and engaging in gentle exercises like yoga or walking can also help keep cortisol levels in check.

Long-Term Benefits of Managing Cortisol Throughout the Menstrual Cycle

By understanding how cortisol levels fluctuate throughout the menstrual cycle, women can tailor their lifestyle and wellness practices to support hormonal balance. This personalized approach not only helps reduce stress and improve mood but also promotes overall well-being. Managing cortisol effectively can

lead to better sleep, more stable energy levels, easier weight management, and reduced symptoms associated with PMS or hormonal imbalances.

By aligning your diet, exercise, and self-care practices with the different phases of your menstrual cycle, you can optimize your body's natural rhythms and enhance your physical and emotional health. Understanding these hormonal fluctuations empowers you to take control of stress and cortisol levels, making it easier to navigate the unique challenges that each phase of your cycle presents.

In the long term, balancing cortisol throughout the menstrual cycle helps prevent the chronic health issues associated with high stress, such as anxiety, weight gain, and fatigue. By adopting a cycle-based approach to managing cortisol, you'll find it easier to achieve hormonal harmony, experience fewer disruptions to your well-being, and maintain a more balanced and fulfilling life.

Cortisol-Lowering Foods: What to Eat and What to Avoid

When it comes to managing cortisol levels and supporting overall hormonal health, what you don't eat can be just as important as what you do. Certain foods can exacerbate stress responses, spike cortisol production, and create a cycle of hormonal imbalance that's hard to break. Understanding which foods to avoid is a key step in reclaiming your energy, stabilizing your mood, and restoring balance. Below, we'll explore the top culprits that can derail your cortisol detox and explain why they should be minimized or eliminated from your diet.

Refined Sugars and Simple Carbohydrates

Sugar is often the first to blame when it comes to foods that raise cortisol levels. Consuming refined sugars and simple carbs—like pastries, candies, white bread, and sugary drinks—causes a rapid spike in blood sugar, followed by a steep crash. This rollercoaster effect triggers a surge in cortisol as your body scrambles to stabilize blood glucose levels. Over time, these spikes and dips can lead to insulin resistance, increased belly fat, and a perpetually heightened stress response. For better balance, opt for complex carbohydrates like quinoa, sweet potatoes, and whole grains, which provide steady energy without triggering cortisol spikes.

Caffeine and Energy Drinks

While a cup of coffee might feel like an essential part of your morning routine, caffeine can be a double-edged sword when it comes to cortisol management. Caffeine stimulates the release of cortisol and adrenaline, which can temporarily boost alertness but ultimately leave you feeling jittery and anxious. Regularly consuming high-caffeine beverages like energy drinks can overstimulate your adrenal glands, leading to adrenal fatigue and disrupted cortisol rhythms. If cutting caffeine entirely feels daunting, start by gradually reducing your intake and switching to herbal teas that support relaxation and focus, such as chamomile or tulsi.

Alcohol

Alcohol has a complex relationship with cortisol. While that evening glass of wine may feel like it's helping you unwind, alcohol can actually increase cortisol production and disrupt sleep quality, making you more prone to stress the following day. Chronic alcohol consumption can also negatively affect liver function, impair detoxification processes, and promote inflammation—all of which can further contribute to hormonal imbalances. To support cortisol balance, it's best to minimize alcohol intake and focus on hydrating beverages like infused water, herbal teas, or kombucha.

Processed and Packaged Foods

Highly processed foods, such as instant meals, snack bars, and frozen dinners, often contain high levels of sodium, unhealthy fats, and artificial additives. These ingredients can trigger inflammatory responses and interfere with the body's

natural stress response. Additionally, many packaged foods contain hidden sugars and refined carbohydrates, which can create the same blood sugar fluctuations that lead to cortisol spikes. Whenever possible, choose whole, unprocessed foods, and prioritize fresh, organic produce and lean proteins.

Trans Fats and Hydrogenated Oils

Trans fats, found in margarine, fried foods, and many commercially baked goods, are notorious for raising LDL cholesterol and increasing inflammation throughout the body. Inflammation is a key driver of cortisol production, as the body releases cortisol in response to inflammatory triggers. Consuming trans fats regularly can keep cortisol levels elevated and contribute to insulin resistance, weight gain, and other metabolic issues. Replace these unhealthy fats with healthier options like extra virgin olive oil, avocado, and nuts, which have anti-inflammatory properties and support hormone health.

The Bottom Line: Mindful Choices for a Balanced Body

By eliminating or minimizing these cortisol-disrupting foods, you set the stage for a healthier, more balanced internal environment. In the next chapters, we'll dive into which nutrient-dense, hormone-supporting foods to embrace, helping you build a diet that not only tastes great but also promotes steady energy, mental clarity, and a resilient stress response.

How to Manage Daily Stress as a Women

In today's world, stress has become a constant companion for many women. Whether it's balancing a demanding career, managing household responsibilities, caring for children, or navigating social pressures, women face unique stressors that can significantly impact both mental and physical health. Chronic stress not only affects emotional well-being but also elevates cortisol levels, which, if left unmanaged, can lead to long-term health problems like weight gain, fatigue, and hormonal imbalances.

Understanding how to manage daily stress is essential for maintaining cortisol levels and promoting overall well-being. While some stress is inevitable, there are effective strategies women can adopt to reduce the negative impact stress has on their lives.

Recognizing the Sources of Stress

The first step in managing stress is identifying its sources. For many women, stress comes from trying to juggle multiple roles and responsibilities. This constant balancing act can create feelings of overwhelm and anxiety, leading to elevated cortisol levels. Common sources of stress include:

- Work pressures: Deadlines, long hours, and job-related expectations can create significant stress, especially for women who feel the need to "prove" themselves in professional

environments.

- Family responsibilities: Raising children, caring for aging parents, or managing household tasks can add daily stress, particularly when paired with full-time work.

- Social expectations: Societal pressures around appearance, success, and lifestyle can add to the burden, especially in the age of social media, where comparison is easy and frequent.

Recognizing the specific sources of your stress can help you implement strategies to address them effectively.

Effective Stress Management Techniques

Once you've identified the root causes of stress, the next step is to implement practical strategies to manage it. These methods can be integrated into daily routines, helping to lower cortisol levels and improve overall well-being.

1. Practice Mindfulness: Mindfulness techniques such as meditation, deep breathing, and yoga can significantly reduce cortisol levels. Mindfulness encourages you to focus on the present moment, allowing you to manage your emotional responses to stressors rather than becoming overwhelmed by them. Even setting aside 10-15 minutes a day for deep breathing or guided meditation can have a profound effect on stress reduction.

2. Time Management and Prioritization: Many women experience stress from overcommitting or feeling pressured to "do it all." Learning to manage time effectively by prioritizing tasks and setting realistic goals can help reduce feelings of overwhelm. Using tools like to-do lists, time-blocking, or

delegating tasks can free up mental space and reduce stress.

3. Set Boundaries: Establishing clear boundaries between work, family, and personal time is essential for managing stress.

Learning to say "no" to unnecessary commitments or asking for help when needed can relieve the pressure to take on too much. This also includes creating designated time for self-care, which is vital for mental and emotional resilience.

4. Physical Activity: Regular exercise is one of the most effective ways to manage stress and lower cortisol. Engaging in moderate physical activity—such as walking, swimming, or strength training—can help release endorphins, which improve mood and reduce the physical effects of stress on the body. Aim for 30 minutes of movement at least five times a week to keep stress levels in check.

5. Social Support: Connecting with supportive friends, family members, or community groups can help alleviate stress. Having someone to talk to about challenges and receiving emotional support provides a sense of belonging and reduces feelings of isolation. For women, building a strong support network can make a significant difference in stress management.

6. Journaling: Writing down your thoughts, feelings, and experiences can provide clarity and help you process stressful situations. Journaling allows you to reflect on stressors and brainstorm potential solutions, helping you to approach challenges with a clear, calm mindset.

The Long-Term Benefits of Managing Stress

Effectively managing daily stress not only improves immediate

well-being but also has significant long-term benefits. By keeping cortisol levels balanced, you can:

- Improve sleep quality: Stress often leads to insomnia or disrupted sleep, but with lower cortisol levels, your body can maintain a healthier sleep cycle.

- Enhance mental clarity: Chronic stress can lead to brain fog and difficulty concentrating. Managing stress helps improve cognitive function, focus, and decision-making.

- Promote hormonal balance: For women, cortisol interacts with estrogen and progesterone, impacting menstrual cycles and fertility. By reducing stress, you can support healthier hormonal function.

- Boost immune function: Elevated cortisol suppresses the immune system, making you more vulnerable to illness. Lowering stress can help strengthen your body's defenses.

Incorporating these strategies into your daily life can make a significant difference in managing stress and improving overall health. Remember, stress is a natural part of life, but how you respond to it determines its long-term impact on your well-being.

Sleep and Cortisol: Why Rest is Essential for Women's Health

Sleep is often undervalued, especially in today's hustle-driven culture, but it plays a critical role in maintaining hormonal balance and overall health. For women, quality sleep is essential for managing cortisol levels, the body's primary stress hormone. Without adequate rest, cortisol levels can become chronically elevated, leading to a range of health issues such as weight gain, hormonal imbalances, fatigue, and even mental health problems.

The Link Between Sleep and Cortisol

Cortisol follows a daily rhythm, known as the circadian rhythm, which regulates when cortisol levels peak and dip. Typically, cortisol levels are highest in the morning, helping you wake up and start your day, and they gradually decrease throughout the day, reaching their lowest point at night to facilitate restful sleep. However, when sleep is disrupted or insufficient, this natural rhythm is thrown off, causing cortisol levels to remain elevated throughout the night and into the next day.

Chronic sleep deprivation triggers a stress response in the body, causing cortisol to remain high as the body perceives the lack of sleep as a threat. Over time, this leads to an imbalance in the body's stress response, making it difficult to lower cortisol levels even during periods of rest.

How Poor Sleep Affects Women's Health

When cortisol levels remain elevated due to poor sleep, it can have widespread effects on a woman's health. Some of the most common consequences of sleep deprivation include:

1. **Weight Gain:** Elevated cortisol levels are closely linked to increased fat storage, particularly around the abdomen. This is because cortisol promotes the accumulation of visceral fat, which can lead to weight gain and metabolic disorders. Women who consistently experience poor sleep may find it more difficult to lose weight or maintain a healthy body composition.

2. **Hormonal Imbalance:** Cortisol interacts with other hormones, such as estrogen and progesterone, which regulate the menstrual cycle and reproductive health. High cortisol levels can disrupt the balance of these hormones, leading to irregular periods, fertility issues, and worsened symptoms of PMS or menopause.

3. **Mental Health Issues:** Sleep deprivation negatively impacts mental health, increasing the risk of anxiety, depression, and mood swings. Cortisol affects the brain's ability to regulate emotions, and elevated levels can lead to feelings of overwhelm and irritability. Over time, chronic sleep deprivation and elevated cortisol levels can contribute to more serious mental health conditions.

4. **Decreased Immune Function:** Cortisol suppresses the immune system, making it harder for the body to fight off infections and recover from illness. Women who do not get enough sleep are more susceptible to colds, flu, and other

infections, as well as slower recovery from sickness.

5. **Fatigue and Brain Fog:** One of the most immediate effects of poor sleep is fatigue, which can make it difficult to function throughout the day. Women who are sleep-deprived often experience brain fog, difficulty concentrating, and impaired decision-making, making it harder to perform daily tasks.

Strategies for Improving Sleep and Lowering Cortisol

Improving sleep quality is one of the most effective ways to lower cortisol levels and improve overall health. Here are some practical strategies for better sleep:

1. **Create a Consistent Sleep Routine:** Going to bed and waking up at the same time every day helps regulate your circadian rhythm, making it easier to fall asleep and wake up feeling refreshed. Aim for 7-9 hours of sleep per night.

2. **Reduce Screen Time Before Bed:** The blue light emitted by phones, tablets, and computers can interfere with melatonin production, the hormone that promotes sleep. Try to avoid screens for at least one hour before bed, and instead, engage in calming activities such as reading or journaling.

3. **Create a Relaxing Sleep Environment:** Your bedroom should be a peaceful, calming space. Keep the room cool, dark, and quiet, and invest in comfortable bedding. Using essential oils like lavender or chamomile can also promote relaxation.

4. **Limit Caffeine and Alcohol:** Both caffeine and alcohol can disrupt sleep quality and keep cortisol levels elevated. Avoid consuming caffeine in the afternoon and evening, and limit alcohol intake to ensure a more restful night's sleep.

5. Incorporate Relaxation Techniques: Practicing relaxation techniques, such as deep breathing, meditation, or progressive muscle relaxation, before bed can help lower cortisol levels and promote restful sleep. These practices help calm the mind and body, making it easier to fall asleep and stay asleep.

The Long-Term Benefits of Restful Sleep

Improving sleep quality has profound long-term benefits for women's health. By maintaining a regular sleep schedule and practicing healthy sleep habits, you can:

- Lower cortisol levels: Consistent, restful sleep helps regulate cortisol production, preventing the spikes that lead to weight gain, hormonal imbalances, and fatigue.

- Enhance cognitive function: Better sleep improves mental clarity, focus, and memory retention, allowing you to perform better in both personal and professional life.

- Improve mood and emotional resilience: Adequate sleep reduces irritability and emotional volatility, making it easier to manage stress and stay positive throughout the day.

Incorporating these strategies into your daily routine will not only improve sleep but also help you lower cortisol levels and protect your health.

Cortisol and Menopause: What You Need to Know

Menopause marks a significant transition in a woman's life, bringing about substantial hormonal changes that affect the body in numerous ways. Among these changes is the shifting relationship between cortisol, the body's primary stress hormone, and other key hormones like estrogen and progesterone. As women approach and enter menopause, managing cortisol levels becomes crucial, as imbalances in this hormone can exacerbate menopausal symptoms and lead to long-term health complications.

Understanding how cortisol interacts with menopause—and how to manage it effectively—can help women navigate this life stage with more ease, reducing stress, fatigue, and the risk of related health issues.

How Menopause Affects Cortisol Levels

During menopause, estrogen and progesterone levels naturally decline, which can disrupt the body's balance of cortisol. Both estrogen and progesterone play important roles in regulating cortisol levels. For example, estrogen helps moderate cortisol's effects, keeping stress responses in check, while progesterone has a calming effect that counteracts cortisol's stimulating nature.

As these hormone levels drop during menopause, women may experience heightened stress responses, as there is less

hormonal regulation of cortisol. This can lead to prolonged periods of elevated cortisol, which intensifies common menopausal symptoms such as:

- Hot flashes and night sweats: High cortisol levels can exacerbate the body's temperature regulation, leading to more frequent and intense hot flashes.
- Sleep disturbances: Many menopausal women struggle with insomnia or restless sleep, which can further elevate cortisol levels and create a vicious cycle of fatigue and stress.
- Weight gain, particularly around the abdomen: Elevated cortisol promotes fat storage, especially in the abdominal area, which is already a concern for many women during menopause due to metabolic changes.
- Mood swings and irritability: Increased cortisol levels can lead to anxiety, depression, and emotional volatility, making mood swings more severe during menopause.

The Long-Term Health Risks of High Cortisol During Menopause

If cortisol levels remain elevated throughout menopause, it can lead to more serious long-term health risks. These include:

- Osteoporosis: Cortisol can weaken bones by interfering with calcium absorption, and women are already at a higher risk for osteoporosis after menopause due to the decline in estrogen.
- Cardiovascular disease: High cortisol levels can contribute to hypertension, increased cholesterol levels, and an elevated risk of heart disease, which are already concerns for women in post-menopausal life.

- Metabolic syndrome and diabetes: Elevated cortisol is linked to insulin resistance, increasing the risk of metabolic syndrome and type 2 diabetes, particularly for post-menopausal women who may already be experiencing weight gain and slower metabolism.

Strategies for Managing Cortisol During Menopause

Fortunately, there are several effective strategies women can adopt to manage cortisol levels during menopause. These approaches focus on lifestyle adjustments that promote hormonal balance and support the body's ability to manage stress.

1. Nutrition for Hormonal

A diet rich in whole, nutrient-dense foods can help regulate cortisol levels and minimize menopausal symptoms. Incorporate plenty of:

- Phytoestrogens: Plant-based foods like soy, flaxseeds, and lentils contain phytoestrogens, which mimic estrogen in the body and help balance hormones.

- Magnesium-rich foods: Magnesium helps reduce cortisol levels and promote relaxation. Foods like leafy greens, nuts, seeds, and avocados are excellent sources of magnesium.

- Healthy fats: Omega-3 fatty acids found in salmon, chia seeds, and walnuts have anti-inflammatory properties that help regulate cortisol and reduce hot flashes.

2.

Regular physical activity is essential for managing stress and reducing cortisol. However, women in menopause should focus

on moderate-intensity exercise like walking, swimming, or strength training rather than high-intensity workouts, which can elevate cortisol. Yoga and Pilates are particularly beneficial for their stress-relieving and muscle-strengthening effects.

3. *Sleep Hygiene:*

Poor sleep is a common complaint during menopause, and it's closely linked to high cortisol levels. To improve sleep:

- Create a calming bedtime routine that includes relaxation techniques such as deep breathing or reading.
- Limit screen time in the evening, as blue light can interfere with melatonin production, which is essential for restful sleep.
- Ensure that your bedroom environment is cool and comfortable to help mitigate night sweats and hot flashes.

4. *Mindfulness and Stress Reduction:*

Stress management techniques like meditation, mindfulness, and deep breathing exercises can help lower cortisol levels. Spending 10-15 minutes each day on these practices can significantly reduce stress and improve emotional well-being during menopause.



5. *HORMONE REPLACEMENT Therapy (HRT):*

For some women, hormone replacement therapy may be an option for balancing estrogen and progesterone levels during menopause. By stabilizing these hormones, HRT can help

regulate cortisol levels and alleviate menopausal symptoms. However, it's important to consult with a healthcare provider to determine if HRT is the right choice for your specific health needs.

Long-Term Benefits of Managing Cortisol During Menopause

Effectively managing cortisol during menopause can lead to significant long-term health benefits. Women who maintain balanced cortisol levels are less likely to experience severe menopausal symptoms and are better protected against osteoporosis, cardiovascular disease, and metabolic disorders. Additionally, reducing stress and supporting hormonal balance can improve mental clarity, emotional resilience, and overall quality of life.

By incorporating these strategies into daily life, women can navigate menopause with greater ease, reducing the physical and emotional burdens that come with this natural life stage.

Managing Cortisol During Pregnancy and Postpartum

Pregnancy and postpartum are times of immense change in a woman's body, both physically and hormonally. While these changes are necessary for the growth and development of a baby, they also bring increased stress and fluctuations in cortisol levels. Managing cortisol effectively during pregnancy and the postpartum period is crucial for both the mother's and baby's health, as elevated stress hormones can affect the pregnancy, birth outcomes, and postpartum recovery.

Cortisol and Pregnancy: What to Expect

During pregnancy, cortisol levels naturally rise as the body adapts to the needs of the growing baby. This increase is normal and helps regulate the immune system, support fetal development, and prepare the body for labor and delivery. However, chronic stress or anxiety during pregnancy can lead to excessively high cortisol levels, which may have negative effects on both the mother and baby.

High cortisol levels during pregnancy are associated with:

- Preterm birth: Chronic stress and elevated cortisol levels can increase the risk of preterm labor, as stress hormones can trigger uterine contractions.
- Low birth weight: Studies have shown that women who experience high levels of stress during pregnancy are more likely to give birth to babies with lower birth weights.

- Impaired fetal development: Elevated cortisol levels can affect the development of the fetal brain and nervous system, potentially leading to long-term behavioral or emotional challenges for the child.

Managing Cortisol During Pregnancy

Managing cortisol levels during pregnancy is crucial for ensuring a healthy pregnancy and reducing stress-related risks. Here are some strategies to help keep cortisol levels in check:

1. Prioritize Rest and Sleep:

Sleep is essential for regulating cortisol levels, and pregnant women need more rest to support their changing bodies. Aim for 8-9 hours of sleep per night, and take naps if needed during the day. Establish a calming bedtime routine to promote relaxation, and use pillows for additional support to ensure comfort.

2. Stay Physically Active:

Gentle exercise is one of the best ways to manage stress during pregnancy. Activities like walking, swimming, and prenatal yoga can help reduce cortisol levels, improve circulation, and support overall health. Be sure to consult with your healthcare provider before starting any new exercise routine to ensure it's safe for your pregnancy.

3. Practice Mindfulness and Relaxation Techniques:

Pregnancy can be an anxious time, but incorporating relaxation techniques like meditation, deep breathing, or progressive muscle relaxation can significantly reduce stress. These practices calm the nervous system and lower cortisol levels, helping both you and your baby stay healthy.

4. Maintain a Balanced Diet:

Eating a nutrient-rich diet that includes plenty of whole foods, fruits, vegetables, and healthy fats is essential for balancing cortisol levels during pregnancy. Omega-3 fatty acids, found in fish, flaxseeds, and walnuts, are particularly important for reducing inflammation and supporting fetal brain development.

5. Seek Emotional Support:

Pregnancy can be emotionally overwhelming, so it's important to have a support system in place. Talk to friends, family, or a therapist about your concerns, and don't hesitate to ask for help when needed. Having a strong emotional support network can reduce stress and make the pregnancy journey more manageable.

Postpartum Cortisol: Recovery and Adjustment

After giving birth, cortisol levels typically drop as the body begins to recover from the physical demands of pregnancy and childbirth. However, the postpartum period is often accompanied by new stressors, such as sleep deprivation, adjusting to life with a newborn, and physical recovery. For many women, elevated cortisol levels can persist due to these stressors, contributing to postpartum fatigue, mood swings, and even postpartum depression.

Strategies for Managing Cortisol Postpartum

Managing stress and cortisol levels during the postpartum period is essential for both maternal health and the well-being of the baby. Here's how you can manage cortisol during this time:

1. Prioritize Rest and Sleep:

Sleep deprivation is one of the biggest challenges new mothers face, and it can keep cortisol levels elevated. While getting a full night's sleep may not be possible, taking naps

when the baby sleeps and asking for help with nighttime feedings can help you get

the rest you need.

2. Ask for Help:

The postpartum period can feel overwhelming, and it's important to reach out for help. Whether it's asking family members to assist with household tasks or seeking professional support for postpartum depression, delegating responsibilities can alleviate stress and allow you to focus on recovery.

3. Focus on Nutrition:

Eating nutrient-dense foods is just as important postpartum as it is during pregnancy. Consuming foods rich in protein, healthy fats, and complex carbohydrates will help regulate blood sugar and prevent cortisol spikes. Staying hydrated and avoiding excessive caffeine can also improve energy levels and reduce stress.

4. Practice Self-Care:

Taking time for self-care, even in small ways, is essential for managing stress during the postpartum period. Whether it's a few minutes of meditation, a warm bath, or a short walk, finding moments to relax and recharge will help lower cortisol levels and improve your overall well-being.

5. Stay Physically Active:

Gentle movement, such as walking or postpartum yoga, can help manage stress and promote healing. Physical activity releases endorphins, which improve mood and reduce cortisol,

making it easier to cope with the demands of new motherhood.

The Importance of Long-Term Stress Management

Managing cortisol during both pregnancy and the postpartum period is crucial for maternal and child health. By adopting stress-reducing strategies and focusing on self-care, women can lower their cortisol levels, improve their recovery, and feel more resilient as they navigate the challenges of motherhood.

60-Day Recipes for Cortisol Control and Weight Loss

Start: 10-Day Detox Recipes

10-Day Breakfast Detox Recipes



1. CORTISOL-RESET GREEN DETOX SMOOTHIE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 2 cups baby spinach (magnesium-rich, supports adrenal function)
- 1/2 avocado (healthy fats to balance blood sugar and sustain energy)
- 1 cup frozen pineapple (high in vitamin C, aids in reducing cortisol)
- 1 banana (provides natural energy without sugar spikes)
- 1 cup unsweetened almond milk (dairy-free to avoid inflammation)
- 1 tbsp chia seeds (source of omega-3s, supports healthy inflammation response)
- 1/2 cup ice
- Optional: 1/2 tsp ashwagandha or maca powder (adaptogen for balancing cortisol)

Instructions:

1. Combine all ingredients in a blender.

2. Blend until smooth and creamy.
3. Pour into two glasses and enjoy immediately.

Nutritional Information (per serving):

Calories: 230; Protein: 5g; Carbs: 38g; Fat: 9g; Fiber: 10g

Benefits:

-Ashwagandha: A known adaptogen that helps reduce cortisol levels and manage stress.

-Chia Seeds: Packed with omega-3s and fiber, they help stabilize blood sugar and promote a calm mood.

-Spinach: High in magnesium, a mineral essential for relaxing the nervous system and controlling cortisol spikes.



2. CORTISOL-BALANCING QUINOA BREAKFAST PORRIDGE

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1/2 cup quinoa, rinsed (high in magnesium to support adrenal health)
- 1 cup unsweetened almond milk (dairy-free to reduce inflammation)
- 1/2 tsp cinnamon (helps regulate blood sugar and reduce cortisol spikes)
- 1 tbsp pure maple syrup (natural sweetener, low glycemic)

index)

- 1/4 cup blueberries (antioxidants that combat cortisol-induced oxidative stress)
- 1 tbsp chopped almonds (healthy fats to stabilize blood sugar)

Instructions:

1. In a small pot, combine quinoa, almond milk, and cinnamon.
2. Bring to a boil, reduce heat, and simmer for 15 minutes until quinoa is tender.
3. Stir in maple syrup and serve topped with blueberries and almonds.



NUTRITIONAL INFORMATION (per serving):

Calories: 210; Protein: 7g; Carbs: 35g; Fat: 6g; Fiber: 5g



BENEFITS:

- Cinnamon: Balances blood sugar, helping to reduce unnecessary cortisol release.
- Quinoa: Rich in magnesium, which helps the body manage stress and regulate cortisol levels.

3. CHIA BERRY CORTISOL-RESET PUDDING

Prep Time: 5 minutes

Cook Time: 0 minutes (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds (omega-3s support a healthy stress response)
- 1 cup unsweetened coconut milk (anti-inflammatory properties)
- 1/2 tsp vanilla extract
- 1/2 cup mixed berries (antioxidants to reduce oxidative stress from cortisol)
- 1 tbsp unsweetened shredded coconut

Instructions:

1. In a jar, mix chia seeds, coconut milk, and vanilla.
2. Refrigerate overnight.

3. In the morning, stir and top with berries and shredded coconut.

Nutritional Information (per serving):

Calories: 190; Protein: 4g; Carbs: 24g; Fat: 11g; Fiber: 10g

Benefits:

- Chia Seeds: Rich in omega-3s and fiber, which help maintain stable blood sugar levels and prevent cortisol spikes.
- Berries: High in antioxidants, which help reduce the damaging effects of cortisol on the body.



4. SWEET POTATO & SPINACH CORTISOL-FRIENDLY HASH

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and diced (rich in complex carbs, helps steady blood sugar)
- 1 tbsp olive oil
- 1 cup baby spinach (magnesium-rich, supports relaxation)
- 1/4 cup chopped onion
- 2 eggs (high in choline, supports brain function and stress response)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add sweet potato and onion; sauté for 10 minutes until sweet potatoes are tender.
3. Stir in spinach until wilted.

4. In a separate pan, fry eggs to desired doneness and serve on top of the hash.

Nutritional Information (per serving):

Calories: 250 | Protein: 10g | Carbs: 30g | Fat: 11g | Fiber:

5g

Benefits:

- Sweet Potato: Provides steady energy and helps prevent cortisol-related energy crashes.
- Spinach: High in magnesium, crucial for reducing cortisol and promoting relaxation.



5. LEMON & TURMERIC OVERNIGHT OATS (ANTI-INFLAMMATORY)

Prep Time: 5 minutes

Cook Time: 0 minutes (overnight)

Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened oat milk (dairy-free, supports a calm digestive system)
- 1/2 tsp ground turmeric (powerful anti-inflammatory, reduces cortisol-induced inflammation)
- Zest of 1/2 lemon (rich in vitamin C, helps lower cortisol levels)
- 1 tbsp honey
- 1 tbsp pumpkin seeds (high in zinc, supports adrenal function)

Instructions:

1. Mix oats, oat milk, turmeric, lemon zest, and honey in a jar.
2. Refrigerate overnight.

3. Top with pumpkin seeds before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 5g; Carbs: 30g; Fat: 4g; Fiber: 6g

Benefits:

- Turmeric: Reduces inflammation caused by elevated cortisol levels.

- Lemon Zest: High in vitamin C, which helps modulate cortisol release.

6. CORTISOL-BALANCING AVOCADO TOAST WITH MICROGREENS

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted (complex carbs support balanced energy)

- 1 avocado, mashed (healthy fats prevent cortisol spikes)

- 1 tbsp lemon juice (rich in vitamin C)

- 1/2 cup mixed microgreens (high in antioxidants)

- Pinch of salt and pepper

Instructions:

1. Spread mashed avocado evenly on each toast.

2. Drizzle with lemon juice and top with microgreens.

3. Season with salt and pepper.

Nutritional Information (per serving):

Calories: 250; Protein: 6g; Carbs: 22g; Fat: 18g; Fiber: 10g

Benefits:

- Avocado: Contains monounsaturated fats that help balance blood sugar and prevent stress-induced cortisol spikes.

- Microgreens: Packed with antioxidants and phytonutrients that support adrenal health.

7. TROPICAL STRESS-RELIEF SMOOTHIE

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup fresh pineapple (high in vitamin C, supports cortisol reduction)

- 1/2 banana

- 1 cup coconut water (hydrates and replenishes electrolytes)

- 1/4 cup fresh mint (calming effect)

- 1 tbsp ground flaxseeds (rich in omega-3s)

Instructions:

1. Blend all ingredients until smooth.

2. Divide into two glasses and serve immediately.

Nutritional Information (per serving):

Calories: 150 | Protein: 2g | Carbs: 38g | Fat: 2g | Fiber: 6g

Benefits:

- Pineapple: Reduces cortisol due to high vitamin C content.

- Mint: Promotes relaxation and reduces stress.



8. ANTI-STRESS BLUEBERRY ALMOND SMOOTHIE BOWL

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk (rich in vitamin E and antioxidants)
- 1 cup frozen blueberries (high in antioxidants, helps combat oxidative stress)
- 1/2 avocado (healthy fats to stabilize blood sugar)
- 1/2 banana (natural energy boost)
- 1 tbsp almond butter (high in magnesium, supports adrenal health)
- 1 tbsp chia seeds (omega-3s help reduce inflammation)

Toppings:

- 1 tbsp sliced almonds
- 1 tbsp unsweetened shredded coconut
- 1 tbsp hemp seeds (protein-rich, supports energy levels)

Instructions:

1. In a blender, combine almond milk, frozen blueberries, avocado, banana, almond butter, and chia seeds.
2. Blend until smooth and creamy.
3. Pour into two bowls and top with sliced almonds, shredded coconut, and hemp seeds.

Nutritional Information (per serving):

Calories: 290; Protein: 7g; Carbs: 32g; Fat: 15g; Fiber: 10g

Benefits:

- Blueberries: High in anthocyanins, which reduce cortisol's oxidative effects.
- Almonds: Packed with magnesium, crucial for calming the nervous system.



9. ADAPTOGENIC GOLDEN MILK LATTE

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 2

Ingredients:

- 2 cups unsweetened oat milk (rich in beta-glucans for a calm digestion)
- 1 tsp ground turmeric (anti-inflammatory, helps reduce cortisol-induced inflammation)
- 1/2 tsp ground cinnamon (supports blood sugar balance)
- 1/2 tsp ashwagandha powder (adaptogen to lower cortisol levels)
- 1/4 tsp ground ginger (anti-inflammatory)
- 1 tbsp raw honey (natural sweetener with calming properties)
- Pinch of black pepper (enhances turmeric absorption)

Instructions:

1. In a small pot, combine oat milk, turmeric, cinnamon,

ashwagandha, ginger, and black pepper.

2. Heat over low-medium heat, whisking continuously until warm (do not boil).

3. Remove from heat, stir in honey, and pour into two mugs.

Nutritional Information (per serving):

Calories: 150; Protein: 3g; Carbs: 26g; Fat: 5g; Fiber: 2g

Benefits:

- Ashwagandha: An adaptogenic herb known to reduce cortisol and manage stress.

- Turmeric: A potent anti-inflammatory that reduces cortisol-related damage in the body.



ROASTED ROOT VEGETABLE & QUINOA BUDDHA BOWL

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and diced (rich in beta-carotene and fiber)
- 1 cup diced carrots (supports digestion and liver detox)
- 1 cup diced beets (antioxidant-rich, supports detoxification)
- 1 tbsp olive oil
- 1/2 tsp ground cumin (supports blood sugar balance)
- 1/2 tsp ground coriander

- 1/2 tsp smoked paprika
- 1 cup cooked quinoa (complete protein, helps balance energy)
- 1/4 cup sliced avocado (healthy fats to stabilize cortisol)
- 2 tbsp tahini (rich in healthy fats and calcium)

Instructions:

1. Preheat oven to 400°F (200°C). In a large bowl, toss sweet potatoes, carrots, and beets with olive oil, cumin, coriander, paprika, salt, and pepper.

2. Spread the vegetables on a baking sheet in a single layer and roast for 25-30 minutes, stirring halfway, until tender.

3. Divide cooked quinoa between two bowls. Top each with roasted vegetables, avocado slices, and a drizzle of tahini.

Nutritional Information (per serving):

Calories: 380; Protein: 10g; Carbs: 58g; Fat: 14g; Fiber: 11g

Benefits:

- Beets: High in betalains, which support liver detoxification.
- Quinoa: Provides steady energy without spiking blood sugar, essential for cortisol management.

10-Day Detox Lunch Recipes

ANTI-STRESS LEMON CHICKPEA & QUINOA POWER BOWL

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Ingredients:

- 1 cup cooked quinoa (complete protein, helps stabilize blood sugar and energy levels)
- 1 cup cooked chickpeas (rich in magnesium and B vitamins, essential for cortisol regulation)
- 1 cup baby spinach (high in magnesium, supports relaxation and adrenal health)
- 1/2 cup cherry tomatoes, halved (rich in antioxidants, combats cortisol-induced oxidative stress)
- 1/2 avocado, sliced (healthy fats that prevent cortisol spikes)
- 1/4 cup shredded carrots (beta-carotene supports liver detox)
- 1 tbsp pumpkin seeds (high in zinc, which supports adrenal function)
- 2 tbsp lemon juice (vitamin C helps reduce cortisol levels)
- 1 tbsp extra virgin olive oil (anti-inflammatory properties)
- 1/2 tsp ground cumin (balances blood sugar and aids digestion)
- 1/4 tsp turmeric powder (optional, powerful anti-inflammatory to reduce cortisol-induced inflammation)

- 1/4 tsp garlic powder (supports immune function)
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine quinoa, chickpeas, spinach, cherry tomatoes, carrots, and pumpkin seeds.
2. In a small jar, whisk together lemon juice, olive oil, cumin, turmeric, garlic powder, salt, and pepper.
3. Drizzle the dressing over the salad and toss gently to coat.
4. Top each serving with avocado slices before serving.

Nutritional Information (per serving):

Calories: 350 | Protein: 14g | Carbs: 46g | Fat: 14g | Fiber:

11g

Benefits:

-Pumpkin Seeds: High in zinc, which is crucial for maintaining healthy cortisol levels and supporting the immune system.

-Spinach: Magnesium-rich, helps relax the nervous system and combat stress.



2. ANTI-INFLAMMATORY CAULIFLOWER RICE & BLACK BEAN TACOS

Prep Time: 10 minutes

Cook Time: 10 minutes

Servings: 2

Ingredients:

- 1 cup cauliflower rice (low-carb base, rich in antioxidants for liver support)
- 1 cup cooked black beans (high in magnesium and B vitamins, helps lower cortisol)
- 1/4 cup red onion, diced (contains quercetin, an antioxidant that helps reduce cortisol-induced inflammation)

- 1/4 cup chopped cilantro (detoxifying herb, supports liver health)
- 1/4 cup salsa (rich in vitamin C)
- 1/2 avocado, diced (healthy fats that stabilize blood sugar and prevent cortisol spikes)
- 1/4 cup shredded purple cabbage (optional, high in anthocyanins to combat oxidative stress)
- 4 small corn tortillas (fiber-rich, supports digestion)
- 1 lime, cut into wedges (vitamin C helps reduce cortisol production)
- 1 tbsp olive oil (healthy fats with anti-inflammatory properties)
- 1/2 tsp chili powder (promotes circulation and digestion)
- 1/2 tsp cumin (aids in digestion and supports stable blood sugar)
- 1/4 tsp turmeric (optional, reduces inflammation)
- 1/4 tsp garlic powder (immune-supporting and anti-inflammatory)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add cauliflower rice, chili powder, cumin, turmeric, garlic powder, salt, and pepper.
2. Sauté for 5 minutes until cauliflower is tender and lightly browned.
3. Stir in black beans and cook for an additional 2-3 minutes until heated through.
4. Warm tortillas in a separate pan for 1-2 minutes on each side.

5. Divide the cauliflower and black bean mixture evenly between tortillas.
6. Top with diced red onion, shredded purple cabbage (if using), chopped cilantro, salsa, and avocado.
7. Serve with lime wedges on the side for an extra boost of vitamin C.

Nutritional Information (per serving):

Calories: 340; Protein: 13g; Carbs: 48g; Fat: 12g; Fiber: 16g

Benefits:

- Cauliflower Rice: Low in calories and carbohydrates, making it a great base for stabilizing energy and supporting detoxification.
- Black Beans: High in magnesium and fiber, promoting a calm mood and supporting adrenal function.
- Cilantro: Known for its natural detoxifying properties, cilantro helps the body eliminate heavy metals and supports liver health.
- Turmeric (optional): Adds an anti-inflammatory boost to help

reduce cortisol-induced inflammation.



3. ANTI-STRESS KALE & SWEET POTATO SALAD

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 1 large sweet potato, peeled and diced (rich in complex carbs, provides steady energy without cortisol spikes)
- 2 cups chopped kale (high in magnesium, supports adrenal health)

- 1/4 cup crumbled feta (optional, provides calcium and protein)
- 1/4 cup sliced red onion (contains quercetin, an antioxidant that reduces cortisol-induced inflammation)
- 1/4 cup pomegranate seeds (optional, high in vitamin C and antioxidants to combat cortisol)
- 1 tbsp olive oil (healthy fats with anti-inflammatory properties)
- 2 tbsp apple cider vinegar (balances blood sugar and supports digestion)
- 1 tbsp raw honey (natural sweetener that stabilizes cortisol levels)
- 1 tbsp Dijon mustard (rich in selenium, supports thyroid)

health)

- 1/4 tsp ground turmeric (optional, powerful anti-inflammatory to reduce cortisol)
- 1/4 tsp ground cumin (aids in digestion and balances blood sugar)
- Pinch of salt and pepper



INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). In a bowl, toss diced sweet potatoes with olive oil, turmeric, cumin, salt, and pepper.
2. Spread sweet potatoes in a single layer on a baking sheet. Roast for 20 minutes until tender and golden, turning halfway through.
3. While sweet potatoes are roasting, place chopped kale in a large bowl. Add a pinch of salt and massage the kale with your hands for 1-2 minutes until softened. This helps release natural enzymes and reduces bitterness.
4. In a small jar, whisk together apple cider vinegar, honey, Dijon mustard, salt, and pepper to create the dressing.
5. Once sweet potatoes are ready, let them cool slightly. Add them to the massaged kale along with red onion and pomegranate seeds (if using).
6. Toss the salad with the dressing until well coated.
7. Sprinkle crumbled feta on top (if using) and serve

immediately.

Nutritional Information (per serving):

Calories: 290; Protein: 8g; Carbs: 42g; Fat: 12g; Fiber: 9g

Benefits:

- Sweet Potato: Provides a steady release of energy and helps regulate blood sugar, preventing cortisol spikes.

- Kale: High in magnesium, which helps to calm the nervous system and reduce cortisol levels.

- Pomegranate Seeds: Rich in vitamin C and antioxidants that support adrenal health and combat stress-induced damage.

- Turmeric (optional): Reduces inflammation, a common side effect of elevated cortisol.



4. ADRENAL-SUPPORT LENTIL & SPINACH SOUP

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 1 cup cooked lentils (high in folate and magnesium, supports adrenal health)

- 2 cups low-sodium vegetable broth (rich in minerals to promote relaxation and electrolyte balance)

- 1 cup fresh spinach (magnesium-rich, supports stress reduction)

- 1/2 cup diced carrots (high in beta-carotene, supports liver detox)
- 1/2 cup diced celery (natural diuretic, reduces water retention)
- 1/4 cup diced red onion (contains quercetin, an antioxidant that helps reduce cortisol-induced inflammation)
- 1 garlic clove, minced (anti-inflammatory and immune-boosting)
- 1 tbsp olive oil (healthy fats support nutrient absorption and reduce inflammation)
- 1/2 tsp thyme (promotes digestion and immune function)
- 1/2 tsp cumin (aids in digestion and helps regulate blood sugar)
- 1/2 tsp turmeric (optional, reduces cortisol-induced inflammation)
- 1 bay leaf (optional, adds depth of flavor and supports digestion)
- 1 tbsp lemon juice (high in vitamin C, helps lower cortisol levels)
- Salt and pepper to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Add diced onions, carrots, and celery. Sauté for 5 minutes until vegetables are slightly softened.
2. Add minced garlic, thyme, cumin, turmeric (if using), and bay leaf. Stir and cook for 2 more minutes until fragrant.

3. Stir in cooked lentils and vegetable broth. Bring to a gentle simmer and cook for 15 minutes to allow flavors to meld.

4. Add fresh spinach and cook for 2-3 more minutes until wilted.

5. Remove from heat and stir in lemon juice. Season with salt and pepper to taste.

6. Discard the bay leaf before serving. Serve hot, topped with a sprinkle of fresh herbs or a drizzle of olive oil if desired.

Nutritional Information (per serving):

Calories: 260; Protein: 13g; Carbs: 42g; Fat: 7g; Fiber: 13g

Benefits:

- Lentils: High in magnesium and folate, which help reduce cortisol levels and support adrenal health.

- Spinach: Magnesium-rich, crucial for reducing cortisol and promoting relaxation.

- Turmeric (optional): Contains curcumin, a powerful anti-inflammatory that reduces cortisol-induced inflammation.

- Lemon Juice: High in vitamin C, which plays a key role in modulating cortisol production and supporting immune health.



5. ADRENAL-SUPPORT THAI QUINOA BOWL

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1 cup cooked quinoa (complete protein, helps stabilize blood sugar and energy levels)
- 1/2 cup shredded carrots (rich in beta-carotene, supports liver detox and hormonal balance)

- 1/2 cup sliced red bell peppers (high in vitamin C, which helps lower cortisol levels)
- 1/4 cup chopped cilantro (natural detoxifying herb that supports liver function)
- 1/4 cup edamame (high in protein and magnesium, supports stress reduction)
- 1/4 cup purple cabbage, thinly sliced (optional, contains anthocyanins for adrenal support)
- 1 tbsp pumpkin seeds (optional, high in zinc and magnesium to support adrenal health)
- 2 tbsp natural peanut butter (rich in healthy fats to balance cortisol)
- 1 tbsp lime juice (rich in vitamin C, helps reduce cortisol)
- 1 tbsp low-sodium tamari (soy-free option: use coconut aminos)
- 1 tsp grated ginger (anti-inflammatory and supports digestion)
- 1/2 tsp turmeric powder (optional, potent anti-inflammatory to combat cortisol-induced inflammation)
- 1/2 tsp sriracha (optional, adds heat and supports circulation)

Instructions:

1. In a small bowl, whisk together the peanut butter, lime juice, tamari, grated ginger, turmeric (if using), and sriracha. If the dressing is too thick, add 1-2 teaspoons of warm water until smooth.

2. In a large bowl, combine the cooked quinoa, shredded carrots, bell peppers, purple cabbage (if using), edamame, cilantro, and pumpkin seeds.

3. Pour the dressing over the quinoa mixture and toss to coat evenly.

4. Divide between two bowls and top with additional cilantro and a squeeze of lime, if desired.

Nutritional Information (per serving):

Calories: 340; Protein: 13g; Carbs: 48g; Fat: 13g; Fiber: 9g

Benefits:

- Quinoa: Provides a steady source of energy, stabilizes blood sugar, and prevents cortisol spikes.

- Bell Peppers: Rich in vitamin C, a nutrient that reduces the release of cortisol during stressful times.

- Edamame: High in plant-based protein and magnesium, essential for calming the nervous system and supporting adrenal health.

- Pumpkin Seeds (optional): A powerhouse of zinc and magnesium, which help reduce stress and support hormonal health.

- Peanut Butter: Provides healthy fats that help maintain stable blood sugar and reduce cortisol-related cravings.



6. CORTISOL-BALANCING AVOCADO & WHITE BEAN SALAD

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup cooked white beans (rich in magnesium and fiber, supports adrenal health and stress reduction)
- 1/2 avocado, diced (healthy fats to stabilize blood sugar and reduce cortisol spikes)
- 1/2 cup cherry tomatoes, halved (high in vitamin C, helps lower cortisol levels)
- 1/4 cup diced red onion (contains quercetin, an antioxidant that combats cortisol-induced inflammation)
- 1/4 cup shredded carrots (optional, high in beta-carotene, supports liver detox)
- 1 tbsp pumpkin seeds (optional, high in zinc and magnesium, which support adrenal function)
- 2 cups mixed salad greens (spinach, arugula, and kale, rich in antioxidants and magnesium)
- 2 tbsp lemon juice (rich in vitamin C, supports cortisol regulation)
- 1 tbsp extra virgin olive oil (anti-inflammatory, supports nutrient absorption)

- 1/2 tsp Dijon mustard (adds depth of flavor and supports digestion)
- 1 tsp raw honey (natural sweetener, stabilizes cortisol)
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine cooked white beans, diced avocado, cherry tomatoes, red onion, shredded carrots (if using), and pumpkin seeds.
2. In a small bowl, whisk together lemon juice, olive oil, Dijon mustard, raw honey, salt, and pepper until emulsified.
3. Place mixed salad greens in two serving bowls.
4. Pour the white bean and avocado mixture over the salad greens.
5. Drizzle with the lemon dressing and toss gently to combine.
6. Serve immediately, garnished with extra pumpkin seeds and a sprinkle of fresh herbs if desired.

Nutritional Information (per serving):

Calories: 300; Protein: 11g; Carbs: 38g; Fat: 14g; Fiber: 12g

Benefits:

- White Beans: High in magnesium and fiber, which help maintain stable blood sugar and reduce cortisol spikes.
- Avocado: Contains monounsaturated fats that support balanced blood sugar and prevent stress-induced cortisol surges.
- Lemon Juice: Provides a boost of vitamin C, which is known to reduce cortisol production during periods of stress.

- Pumpkin Seeds (optional): Rich in zinc and magnesium, which are crucial for supporting adrenal health and reducing cortisol.



7. QUINOA & SWEET POTATO NOURISH BOWL

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

- 1 cup cooked quinoa (complete protein, stabilizza i livelli di energia)
- 1 large sweet potato, peeled and diced (complessi carboidrati, mantiene costante la glicemia)
- 1 cup steamed broccoli florets (ricco di vitamine del gruppo B e vitamina C)
- 1/2 cup chickpeas, rinsed and drained (ricchi di magnesio e proteine vegetali)

- 2 tbsp pumpkin seeds (ricchi di zinco e magnesio, supportano le ghiandole surrenali)
- 2 cups baby spinach (alto contenuto di antiossidanti e magnesio)
- 2 tbsp tahini (grassi sani che stabilizzano il cortisolo)
- 2 tbsp lemon juice (fonte di vitamina C)
- 1 tbsp extra virgin olive oil (anti-infiammatorio)

- 1 tsp ground cumin (aids in digestion)
- 1/2 tsp turmeric (opzionale, riduce l'infiammazione)
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss diced sweet potato with olive oil, cumin, turmeric, salt, and pepper.
2. Spread sweet potatoes on a baking sheet and roast for 20-25 minutes until tender, turning halfway through.
3. In a bowl, whisk together tahini, lemon juice, a pinch of salt, and pepper until smooth.
4. In two serving bowls, divide the spinach, cooked quinoa, roasted sweet potato, broccoli, and chickpeas.
5. Drizzle each bowl with the tahini-lemon dressing and top with pumpkin seeds.
6. Serve immediately, garnished with extra lemon wedges if desired.

Nutritional Information (per serving):

Calories: 380; Protein: 14g; Carbs: 50g; Fat: 14g; Fiber: 12g

Benefits:

- Sweet Potato & Chickpeas: High in fiber and magnesium, which promote stable blood sugar levels and support adrenal health.
- Pumpkin Seeds: Rich in zinc and magnesium, they support hormonal balance and adrenal function.
- Tahini: Provides healthy fats to keep cortisol levels balanced.



8. MEDITERRANEAN LENTIL & QUINOA SALAD

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 1 cup cooked lentils (high in folate and magnesium, supports adrenal health)
- 1 cup cooked quinoa (complete protein, balances blood sugar)
- 1/2 cup diced cucumber (rich in water content, supports hydration)
- 1/2 cup cherry tomatoes, halved (high in vitamin C, reduces cortisol)
- 1/4 cup Kalamata olives, sliced (healthy fats, anti-inflammatory)
- 1/4 cup crumbled feta cheese (optional, adds calcium and protein)
- 1/4 cup chopped parsley (natural detoxifying herb)
- 2 tbsp lemon juice (vitamin C source)
- 1 tbsp extra virgin olive oil
- 1/2 tsp dried oregano (supports digestion and relaxation)
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine cooked lentils, cooked quinoa,

cucumber, cherry tomatoes, olives, feta (if using), and parsley.

2. In a small jar, whisk together lemon juice, olive oil, dried oregano, salt, and pepper until emulsified.

3. Pour the dressing over the salad and toss gently until well combined.

4. Serve immediately or refrigerate for 1 hour to let the flavors meld.

Nutritional Information (per serving):

Calories: 340; Protein: 16g; Carbs: 48g; Fat: 11g; Fiber: 14g

Benefits:

- Lentils & Quinoa: Provide a balanced source of plant-based protein and fiber, stabilizing energy levels.

- Lemon & Parsley: Rich in vitamin C, which helps lower cortisol levels and supports liver detox.

- Oregano: Contains natural compounds that promote relaxation and reduce stress.



9. ADRENAL-SUPPORT CHICKPEA & AVOCADO WRAP

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup cooked chickpeas, rinsed and drained (rich in magnesium, helps lower cortisol)

- 1/2 ripe avocado, mashed (healthy fats to stabilize blood

sugar)

- 1/2 cup shredded carrots (beta-carotene supports liver detox)
- 1/2 cup diced cucumber (hydrating and rich in antioxidants)
- 1/4 cup diced red bell pepper (high in vitamin C)
- 2 tbsp tahini (provides healthy fats)
- 1 tbsp lemon juice (rich in vitamin C, reduces cortisol)
- 2 whole grain tortillas (or gluten-free wraps)
- 1/4 tsp ground cumin (supports digestion)
- Salt and pepper to taste

Instructions:

1. In a medium bowl, mash the chickpeas and avocado together until combined but still slightly chunky.
2. Add the carrots, cucumber, red bell pepper, tahini, lemon juice, cumin, salt, and pepper. Stir to combine.
3. Lay the tortillas on a flat surface and divide the mixture evenly between the two.
4. Roll up tightly and slice in half.
5. Serve immediately or wrap in parchment paper for a portable lunch option.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 38g; Fat: 15g; Fiber: 12g

Benefits:

- Chickpeas: High in fiber and magnesium, which help maintain stable energy and support adrenal health.
- Avocado: Rich in healthy fats that stabilize blood sugar and prevent cortisol spikes.

- Tahini & Lemon: Combines calcium, vitamin C, and healthy fats for balanced nutrition.



STRESS-RELIEF BROCCOLI & WILD RICE SALAD

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1 cup cooked wild rice (rich in fiber and magnesium, supports cortisol regulation)
- 1 cup steamed broccoli florets (high in antioxidants and vitamin C)
- 1/4 cup shredded purple cabbage (optional, supports detoxification)
- 1/4 cup shredded carrots (rich in beta-carotene, supports liver health)
- 1/4 cup edamame, shelled (plant-based protein, rich in magnesium)
- 1 tbsp sunflower seeds (rich in vitamin E, supports adrenal function)
- 1/4 cup chopped parsley (natural detoxifying herb)
- 2 tbsp lemon juice (rich in vitamin C)
- 1 tbsp extra virgin olive oil
- 1 tbsp tahini

- 1 tsp grated ginger (anti-inflammatory, supports digestion)
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine the cooked wild rice, steamed broccoli, shredded cabbage, carrots, edamame, and sunflower seeds.
2. In a small jar, whisk together lemon juice, olive oil, tahini, grated ginger, salt, and pepper until smooth.
3. Pour the dressing over the salad and toss gently to coat.
4. Serve immediately or refrigerate for 30 minutes to let the flavors develop.



NUTRITIONAL INFORMATION (per serving):

Calories: 360; Protein: 13g; Carbs: 52g; Fat: 13g; Fiber: 10g

Benefits:

- Wild Rice & Broccoli: High in magnesium, fiber, and vitamin C, which help reduce cortisol and support stress management.
- Ginger & Lemon: Promote digestion and help combat the negative effects of stress.
- Sunflower Seeds: Rich in vitamin E, which supports adrenal function and immune health.

10-Day Detox Dinner Recipes

TURMERIC & COCONUT CHICKPEA CURRY

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

- 1 cup cooked chickpeas (magnesium-rich, supports adrenal function)
- 1 cup chopped sweet potatoes (complex carbs, balances blood sugar)
- 1 cup chopped spinach (rich in magnesium, promotes relaxation)
- 1/2 cup diced onion
- 1/2 cup diced tomatoes
- 1 cup coconut milk (healthy fats, support hormone health)
- 1 tbsp olive oil
- 1 tsp ground turmeric (anti-inflammatory)
- 1 tsp ground cumin
- 1 tsp grated ginger (supports digestion and reduces inflammation)
- 2 garlic cloves, minced
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add diced onion, garlic, ginger, turmeric, and cumin. Sauté for 2-3 minutes until fragrant.
2. Add sweet potatoes and cook for another 5 minutes.
3. Stir in diced tomatoes, chickpeas, coconut milk, salt, and pepper. Bring to a simmer and cook for 15 minutes until sweet potatoes are tender.
4. Stir in spinach and cook until wilted.
5. Remove from heat, stir in lemon juice, and serve hot.

Nutritional Information (per serving):

Calories: 350; Protein: 12g; Carbs: 46g; Fat: 15g; Fiber: 11g



BENEFITS:

- Turmeric & Ginger: Powerful anti-inflammatories that help combat the negative effects of stress.
- Spinach & Chickpeas: Rich in magnesium, which promotes relaxation and reduces cortisol levels.



2. QUINOA & BLACK BEAN STUFFED PEPPERS

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 2

Ingredients:

- 2 large bell peppers, halved and seeded (rich in vitamin C, helps lower cortisol)
- 1 cup cooked quinoa (complete protein, balances blood sugar)
- 1 cup cooked black beans (high in magnesium and fiber)
- 1/2 cup corn kernels
- 1/4 cup diced red onion
- 1/2 cup diced tomatoes
- 1/4 cup chopped cilantro
- 1 tbsp lime juice (rich in vitamin C)

- 1 tsp ground cumin
- 1/2 tsp chili powder
- 1 tbsp extra virgin olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine cooked quinoa, black beans, corn, onion, tomatoes, cilantro, lime juice, cumin, chili powder, salt, and pepper.
3. Brush bell pepper halves with olive oil, then stuff with the quinoa mixture.
4. Place stuffed peppers on a baking sheet and bake for 25-30 minutes until peppers are tender.
5. Serve warm, topped with additional chopped cilantro if

desired.

Nutritional Information (per serving):

Calories: 320; Protein: 13g; Carbs: 55g; Fat: 8g; Fiber: 12g

Benefits:

- Bell Peppers & Lime: Rich in vitamin C, which helps reduce cortisol production.

- Quinoa & Black Beans: Provide protein and complex carbohydrates that stabilize energy levels.



3. LEMON HERB BAKED COD

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each, high in lean protein and omega-3s)

- 1 tbsp olive oil

- 2 tbsp lemon juice

- 1 tbsp chopped fresh dill

- 1 tbsp chopped fresh parsley

- 1 garlic clove, minced

- 1/4 cup cherry tomatoes, halved

- 1/4 cup chopped zucchini

- 1/4 cup sliced red onion

- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a small bowl, mix olive oil, lemon juice, garlic, dill, parsley, salt, and pepper.
3. Place cod fillets on a lined baking sheet. Arrange cherry tomatoes, zucchini, and red onion around the fillets.
4. Drizzle with the lemon herb mixture.
5. Bake for 18-20 minutes until cod is cooked through and flakes easily.
6. Serve hot, garnished with additional fresh herbs.

Nutritional Information (per serving):

Calories: 220; Protein: 25g; Carbs: 10g; Fat: 8g; Fiber: 3g

Benefits:

- Cod: Lean protein with omega-3 fatty acids that help reduce inflammation.
- Lemon & Dill: Support digestion and help regulate cortisol levels.



4. SWEET POTATO & LENTIL SHEPHERD'S PIE

Prep Time: 15 minutes

Cook Time: 35 minutes

Servings: 2

Ingredients:

- 1 cup cooked lentils (high in folate and magnesium, supports adrenal health)
- 1 large sweet potato, peeled and diced (complex carbs, stabilizes energy)
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 cup vegetable broth
- 1 garlic clove, minced
- 1 tbsp tomato paste
- 1 tsp thyme
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a pot, boil sweet potatoes until tender, about 15 minutes. Drain and mash with a pinch of salt and pepper.
3. In a separate skillet, heat olive oil over medium heat. Add onion, garlic, carrots, and celery. Sauté for 5-7 minutes.
4. Stir in lentils, vegetable broth, tomato paste, thyme, salt, and pepper. Simmer for 10 minutes until thickened.
5. Pour the lentil mixture into a baking dish. Spread the mashed sweet potato evenly over the top.
6. Bake for 20 minutes until golden and bubbling. Serve hot.

Nutritional Information (per serving):

Calories: 340; Protein: 15g; Carbs: 55g; Fat: 9g; Fiber: 14g

Benefits:

- Lentils & Sweet Potatoes: Provide a steady source of energy without spiking blood sugar, which helps maintain balanced cortisol levels.
- Garlic & Thyme: Support immune health and reduce inflammation.



5. GINGER-TAHINI SWEET POTATO NOODLE BOWL

Prep Time: 15 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 2 large sweet potatoes, spiralized into noodles (complessi carboidrati, stabilizzano la glicemia)
- 1 cup steamed broccoli florets (ricco di vitamina C e magnesio)
- 1/2 cup edamame, shelled (alto contenuto proteico)
- 1/4 cup shredded purple cabbage (ricco di antociani, supporta la disintossicazione)
- 1/4 cup shredded carrots
- 2 tbsp tahini (grassi sani, supportano la salute ormonale)
- 1 tbsp lemon juice
- 1 tbsp low-sodium tamari (o salsa di soia a basso contenuto di sodio)
- 1 tsp grated ginger (anti-infiammatorio)

- 1/2 tsp garlic powder
- 1/4 tsp ground turmeric (opzionale, riduce l'inflammatione)

- 1 tbsp olive oil
- 1 tbsp sesame seeds
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add spiralized sweet potato noodles, garlic powder, turmeric (if using), salt, and pepper.
2. Sauté for 5-7 minutes until tender but not mushy.
3. In a small bowl, whisk together tahini, lemon juice, tamari, and ginger until smooth. If too thick, add 1-2 teaspoons of water.
4. In a serving bowl, layer sweet potato noodles, steamed broccoli, edamame, shredded cabbage, and carrots.
5. Drizzle with the ginger-tahini dressing and sprinkle with sesame seeds.
6. Serve immediately.

Nutritional Information (per serving):

Calories: 360; Protein: 13g; Carbs: 50g; Fat: 14g; Fiber: 10g

Benefits:

- Sweet Potato Noodles: High in complex carbs, helping maintain steady energy levels and prevent cortisol spikes.
- Ginger & Turmeric: Reduce inflammation and support digestion, essential for stress management.



6. QUINOA & VEGETABLE STIR-FRY

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1 cup cooked quinoa (completa fonte proteica, bilancia la glicemia)
- 1 cup sliced bell peppers (ricchi di vitamina C)
- 1/2 cup broccoli florets
- 1/2 cup snap peas
- 1/4 cup shredded carrots
- 1/4 cup chopped red onion
- 2 garlic cloves, minced
- 1 tbsp grated ginger (anti-infiammatorio, promuove la digestione)
- 1 tbsp low-sodium tamari
- 1 tbsp sesame oil (opzionale, grassi sani anti-infiammatori)
- 1 tbsp olive oil
- 1 tbsp sesame seeds
- 1 tbsp lemon juice
- 1/2 tsp chili flakes (opzionale, stimola la circolazione)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large skillet over medium-high heat. Add

garlic, ginger, and red onion. Sauté for 2 minutes until fragrant.

2. Add bell peppers, broccoli, snap peas, and carrots. Cook for 5-7 minutes, stirring occasionally.

3. Stir in cooked quinoa, tamari, sesame oil, lemon juice, salt, and pepper.

4. Cook for another 3-5 minutes until heated through.

5. Serve topped with sesame seeds and chili flakes (if using).

Nutritional Information (per serving):

Calories: 340; Protein: 12g; Carbs: 45g; Fat: 12g; Fiber: 10g

Benefits:

- Quinoa & Vegetables: Provide balanced protein, fiber, and antioxidants that support detox and hormonal health.

- Ginger & Garlic: Support healthy digestion and reduce inflammation caused by elevated cortisol levels.



7. MEDITERRANEAN BAKED EGGPLANT WITH CHICKPEAS

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 2

Ingredients:

- 1 large eggplant, sliced lengthwise (ricco di fibre, supporta la digestione)

- 1 cup cooked chickpeas (alto contenuto di magnesio)

- 1/2 cup diced tomatoes

- 1/4 cup diced red onion
- 2 garlic cloves, minced
- 1 tbsp extra virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp chopped fresh parsley
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/4 tsp ground cinnamon
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Brush eggplant slices with olive oil, salt, and pepper. Place on a lined baking sheet.
2. In a bowl, mix chickpeas, diced tomatoes, red onion, garlic, cumin, paprika, cinnamon, salt, and pepper.
3. Spoon the chickpea mixture over the eggplant slices.
4. Bake for 25-30 minutes until eggplant is tender.
5. Remove from oven and drizzle with lemon juice.
6. Serve warm, garnished with fresh parsley.

Nutritional Information (per serving):

Calories: 300; Protein: 11g; Carbs: 40g; Fat: 12g; Fiber: 13g

Benefits:

- Eggplant & Chickpeas: High in fiber and magnesium, supporting adrenal health and promoting steady energy.
- Spices: Cumin, paprika, and cinnamon reduce inflammation and support healthy digestion.



8. CAULIFLOWER & CHICKPEA STEW

Prep Time: 10 minutes

Cook Time: 30 minutes

Servings: 2

Ingredients:

- 2 cups cauliflower florets (basso indice glicemico, aiuta a mantenere stabile il glucosio)

- 1 cup cooked chickpeas (magnesio e proteine vegetali)

- 1/2 cup diced tomatoes

- 1/2 cup diced carrots

- 1/2 cup diced celery

- 1/4 cup diced onion

- 2 garlic cloves, minced

- 1 tbsp olive oil

- 1 cup vegetable broth

- 1/2 tsp ground turmeric (anti-infiammatorio)

- 1/2 tsp ground cumin

- 1 tsp dried oregano

- 1 tbsp lemon juice

- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Sauté for 5 minutes until tender.

2. Add cauliflower, chickpeas, tomatoes, turmeric, cumin, oregano, salt, and pepper.
3. Stir in vegetable broth and bring to a simmer. Cook for 20-25 minutes until vegetables are tender.
4. Remove from heat, stir in lemon juice, and serve hot.

Nutritional Information (per serving):

Calories: 310; Protein: 11g; Carbs: 45g; Fat: 9g; Fiber: 12g

Benefits:

- Cauliflower & Chickpeas: Provide a mix of fiber, protein, and antioxidants to support a balanced energy release.
- Turmeric & Oregano: Combat inflammation and support overall hormonal balance.



9. SPINACH & MUSHROOM QUINOA RISOTTO

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

- 1 cup quinoa, rinsed and drained (ricco di proteine complete e magnesio)
- 1 cup sliced mushrooms (supporta la funzione immunitaria)
- 1 cup fresh spinach (ricco di magnesio, aiuta a ridurre lo stress)
- 1/2 cup diced onion

- 2 garlic cloves, minced
- 2 cups low-sodium vegetable broth
- 1 tbsp extra virgin olive oil
- 1 tbsp nutritional yeast (opzionale, aggiunge sapore e vitamina B12)
- 1/2 tsp dried thyme
- 1/2 tsp ground turmeric (anti-infiammatorio)
- 1/2 tsp ground cumin
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, and sliced mushrooms. Sauté for 5 minutes until softened.
2. Stir in quinoa, thyme, turmeric, cumin, salt, and pepper. Cook for 2 minutes until quinoa is lightly toasted.
3. Gradually add vegetable broth, 1/2 cup at a time, stirring frequently, until quinoa is cooked through (about 15-20 minutes).
4. Add spinach and stir until wilted.
5. Remove from heat, stir in lemon juice and nutritional yeast (if using).
6. Serve warm, garnished with extra spinach leaves or fresh herbs if desired.

Nutritional Information (per serving):

Calories: 320; Protein: 13g; Carbs: 52g; Fat: 10g; Fiber: 9g

Benefits:

-Quinoa & Spinach: High in protein and magnesium, helping to promote relaxation and reduce cortisol.

- Mushrooms: Support immune health and provide B vitamins crucial for stress management.

- Turmeric & Thyme: Reduce inflammation and promote a balanced stress response.



LEMON-TURMERIC SALMON WITH ASPARAGUS

Prep Time: 10 minutes

Cook Time: 20 minutes

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each, high in omega-3s to reduce cortisol)

- 2 cups asparagus spears, trimmed (ricco di vitamine e antiossidanti)

- 1/2 cup cherry tomatoes, halved

- 2 tbsp lemon juice (fonte di vitamina C)

- 1 tbsp extra virgin olive oil

- 1 tsp ground turmeric (anti-infiammatorio)

- 1 tsp dried dill

- 1 garlic clove, minced

- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a small bowl, mix together olive oil, lemon juice, turmeric, dill, minced garlic, salt, and pepper.
3. Place salmon fillets on a lined baking sheet. Arrange asparagus and cherry tomatoes around the salmon.
4. Drizzle the lemon-turmeric mixture over the salmon and vegetables.
5. Bake for 18-20 minutes until salmon is cooked through and flakes easily with a fork.
6. Serve hot, garnished with extra lemon wedges if desired.

Nutritional Information (per serving):

Calories: 310; Protein: 27g; Carbs: 12g; Fat: 17g; Fiber: 4g

Benefits:

- Salmon: Provides omega-3s, which help reduce cortisol and combat inflammation.
- Turmeric & Lemon: Support detoxification and reduce inflammation often caused by elevated cortisol.
- Asparagus: High in B vitamins, which support adrenal health and energy balance.

10-Day Detox Snacks and Appetizers

STRESS-RELIEF AVOCADO HUMMUS

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup cooked chickpeas (ricco di magnesio e fibre)
- 1/2 ripe avocado (grassi sani che stabilizzano il cortisolo)
- 2 tbsp tahini (ricco di grassi sani e calcio)
- 2 tbsp lemon juice (ricco di vitamina C, aiuta a ridurre il cortisolo)
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/4 tsp ground turmeric (opzionale, riduce l'infiammazione)
- 2 tbsp water (o quanto basta per raggiungere la consistenza desiderata)
- Salt and pepper to taste

Instructions:

1. In a food processor, combine chickpeas, avocado, tahini, lemon juice, garlic, cumin, turmeric (if using), salt, and pepper.
2. Blend until smooth, adding water a tablespoon at a time until creamy.
3. Serve with sliced cucumber, bell pepper, or carrot sticks.

Nutritional Information (per serving):

Calories: 220; Protein: 7g; Carbs: 22g; Fat: 13g; Fiber: 9g

Benefits:

- Avocado & Chickpeas: High in magnesium and healthy fats, which help balance cortisol and stabilize blood sugar.



2. CRUNCHY SPICED PUMPKIN SEEDS

Prep Time: 5 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1/2 cup raw pumpkin seeds (ricchi di zinco e magnesio)
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 1/4 tsp ground turmeric (opzionale, riduce l'infiammazione)
- Pinch of sea salt

Instructions:

1. Preheat oven to 350°F (180°C).
2. In a bowl, toss pumpkin seeds with olive oil, smoked paprika, cumin, garlic powder, turmeric, and salt.
3. Spread the seeds on a baking sheet in a single layer.
4. Bake for 12-15 minutes, stirring halfway through, until

golden and crunchy.

5. Let cool and enjoy as a snack.

Nutritional Information (per serving):

Calories: 180; Protein: 8g; Carbs: 4g; Fat: 15g; Fiber: 3g

Benefits:

- Pumpkin Seeds: Rich in zinc and magnesium, supporting adrenal health and promoting relaxation.



3. TURMERIC & GINGER ENERGY BITES

Prep Time: 10 minutes

Cook Time: 0 minutes (refrigeration time: 30 minutes)

Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1/4 cup almond butter (ricco di magnesio e grassi sani)
- 1/4 cup dates, pitted and chopped
- 1 tbsp ground flaxseeds (omega-3 per ridurre l'infiammazione)
- 1 tbsp chia seeds (fibra e omega-3)
- 1 tsp ground turmeric (anti-infiammatorio)
- 1 tsp grated ginger (stimola la digestione)
- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- Pinch of sea salt

Instructions:

1. In a food processor, blend together all ingredients until a sticky dough forms.
2. Roll into small balls (about 1 tablespoon each).
3. Refrigerate for at least 30 minutes to set.
4. Store in an airtight container in the fridge for up to a week.

Nutritional Information (per serving):

Calories: 250; Protein: 6g; Carbs: 30g; Fat: 12g; Fiber: 6g

Benefits:

- Turmeric & Ginger: Powerful anti-inflammatory ingredients that support hormonal balance.



4. BAKED SWEET POTATO CHIPS WITH ZESTY GUACAMOLE

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

- 1 large sweet potato, thinly sliced (carboidrati complessi che bilanciano la glicemia)
- 1 tbsp olive oil
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- Pinch of sea salt

For the Guacamole:

- 1 ripe avocado
- 1 tbsp lime juice (vitamina C per ridurre il cortisolo)
- 1/4 cup diced tomatoes
- 1/4 cup chopped cilantro
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Toss sweet potato slices with olive oil, paprika, garlic powder, and salt.
3. Arrange in a single layer on the baking sheet and bake for 20-25 minutes, flipping halfway through, until crispy.
4. Meanwhile, mash avocado with lime juice, tomatoes, cilantro, salt, and pepper.
5. Serve sweet potato chips with guacamole.

Nutritional Information (per serving):

Calories: 280; Protein: 4g; Carbs: 36g; Fat: 15g; Fiber: 9g

Benefits:

- Sweet Potatoes & Avocado: High in fiber and healthy fats, helping to maintain steady energy and prevent cortisol spikes.



5. ADRENAL-SUPPORT TRAIL MIX

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1/4 cup raw almonds
- 1/4 cup raw walnuts
- 1/4 cup dried unsweetened cranberries
- 1/4 cup pumpkin seeds
- 1/4 cup dark chocolate chips (70% cacao, opzionale)
- 1/4 cup coconut flakes (opzionale)

Instructions:

1. In a bowl, mix all ingredients together.
2. Store in an airtight container for a portable, stress-relieving snack.

Nutritional Information (per serving):

Calories: 300; Protein: 8g; Carbs: 30g; Fat: 18g; Fiber: 8g

Benefits:

- Almonds & Walnuts: Rich in healthy fats and magnesium, promoting relaxation and energy stability.



6. EDAMAME WITH SEA SALT & LEMON

Prep Time: 5 minutes

Cook Time: 5 minutes

Servings: 2

Ingredients:

- 2 cups edamame, shelled (proteine vegetali e magnesio)
- 1 tbsp lemon juice (vitamina C, supporta il bilanciamento del cortisolo)
- 1/2 tsp sea salt
- 1/2 tsp smoked paprika (opzionale, sapore e anti-inflammatorio)

Instructions:

1. Boil or steam edamame for 5 minutes until tender.
2. Drain and toss with lemon juice, sea salt, and smoked paprika.
3. Serve warm.

Nutritional Information (per serving):

Calories: 180; Protein: 12g; Carbs: 15g; Fat: 7g; Fiber: 8g

Benefits:

- Edamame: High in protein and magnesium, helping to calm the nervous system and reduce cortisol.



7. ZUCCHINI & QUINOA FRITTERS

Prep Time: 10 minutes

Cook Time: 15 minutes

Servings: 2

Ingredients:

- 1 cup grated zucchini (alto contenuto d'acqua e ricco di antiossidanti)
- 1/2 cup cooked quinoa (proteina completa, stabilizza i livelli

di energia)

- 1/4 cup chickpea flour (opzionale, ricco di fibre e proteine)
- 1 egg (fonte di colina, supporta la funzione cerebrale e riduce lo stress)
- 1 garlic clove, minced
- 1/4 cup chopped green onion
- 1/4 tsp ground cumin
- 1/4 tsp ground turmeric
- 1/4 tsp salt
- 2 tbsp olive oil (anti-infiammatorio)

Instructions:

1. In a large bowl, mix grated zucchini, quinoa, chickpea flour, egg, garlic, green onion, cumin, turmeric, and salt until well combined.
2. Heat olive oil in a large skillet over medium heat.
3. Spoon about 2 tablespoons of the mixture per fritter into the skillet. Flatten slightly with a spatula.
4. Cook for 3-4 minutes on each side until golden brown and cooked through.
5. Serve warm, topped with a dollop of yogurt or lemon wedges.

Nutritional Information (per serving):

Calories: 240; Protein: 10g; Carbs: 20g; Fat: 14g; Fiber 6g

Benefits:

- Zucchini & Quinoa: High in fiber and protein, promoting stable energy and cortisol regulation.

- Turmeric: Adds anti-inflammatory benefits, reducing stress-related inflammation.



8. ANTI-STRESS BERRY PARFAIT

Prep Time: 5 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 cup unsweetened coconut yogurt (dairy-free, supports gut health)

- 1/2 cup sliced strawberries (vitamina C, aiuta a ridurre il cortisolo)

- 1/2 cup blueberries (antiossidanti per combattere lo stress ossidativo)

- 2 tbsp chia seeds (ricchi di omega-3, aiutano a bilanciare l'infiammazione)

- 1 tbsp shredded coconut (opzionale, grassi sani)

- 1 tbsp raw honey (fonte di energia naturale)

Instructions:

1. In two serving glasses, layer coconut yogurt, strawberries, blueberries, chia seeds, and shredded coconut.

2. Drizzle with raw honey.

3. Serve immediately.

Nutritional Information (per serving):

Calories: 210; Protein: 5g; Carbs: 32g; Fat: 8g; Fiber: 8g

Benefits:

- Berries: High in antioxidants and vitamin C, reducing cortisol levels and supporting adrenal health.



9. CUCUMBER & AVOCADO BITES

Prep Time: 10 minutes

Cook Time: 0 minutes

Servings: 2

Ingredients:

- 1 large cucumber, sliced into rounds (idratante e ricco di antiossidanti)

- 1/2 ripe avocado, mashed (grassi sani per stabilizzare il cortisolo)

- 1 tbsp lemon juice (ricco di vitamina C)

- 1 garlic clove, minced

- 1 tbsp chopped dill (opzionale, riduce l'infiammazione)

- 1/4 tsp sea salt

- 1/4 tsp black pepper

Instructions:

1. In a small bowl, mash avocado with lemon juice, garlic, dill, salt, and pepper until smooth.

2. Spoon a small amount of the avocado mixture onto each cucumber slice.

3. Serve immediately as a refreshing snack.

Nutritional Information (per serving):

Calories: 120; Protein: 3g; Carbs: 10g; Fat: 9g; Fiber: 5g

Benefits:

- Cucumber & Avocado: Provide hydration and healthy fats, promoting a balanced stress response.



ROASTED CHICKPEAS WITH ROSEMARY & LEMON

Prep Time: 5 minutes

Cook Time: 25 minutes

Servings: 2

Ingredients:

- 1 cup cooked chickpeas, rinsed and drained (alto contenuto di magnesio)

- 1 tbsp olive oil

- 1 tsp fresh rosemary, chopped (riduce l'infiammazione)

- 1 tbsp lemon zest (fonte di vitamina C)

- 1/2 tsp garlic powder

- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).

2. In a bowl, toss chickpeas with olive oil, rosemary, lemon zest, garlic powder, salt, and pepper.

3. Spread chickpeas on a lined baking sheet in a single layer.

4. Roast for 20-25 minutes, stirring halfway through, until crispy and golden.

5. Let cool slightly before serving.



NUTRITIONAL INFORMATION (per serving):

Calories: 180; Protein: 8g; Carbs: 24g; Fat: 7g; Fiber: 7g

Benefits:

- Chickpeas & Rosemary: Provide protein, fiber, and antioxidants to support adrenal health and reduce cortisol levels.

Cortisol Levels: 14-Day Anti-Inflammatory Recipes

14-Day Anti-Inflammatory Breakfast Recipes



1. GINGER-SPICED APPLE OATMEAL

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- 1 apple, diced
- 1/2 tsp ground ginger
- 1/2 tsp ground cinnamon
- 1 tbsp almond butter
- 1 tbsp chopped walnuts
- 1 tbsp maple syrup (optional)

Instructions:

1. In a pot, combine oats, almond milk, diced apple, ginger, and cinnamon.
2. Cook over medium heat for 10 minutes until the oats are soft and the apple is tender.
3. Serve topped with almond butter, chopped walnuts, and a drizzle of maple syrup if desired.

Nutritional Information (per serving):

Calories: 290; Protein: 8g; Carbs: 46g; Fat: 10g; Fiber: 8g

Benefits:

- Ginger: Has anti-inflammatory properties that help lower cortisol levels.

- Apples: High in antioxidants and fiber, which support digestion and maintain stable energy.

- Almond Butter & Walnuts:** Provide healthy fats that stabilize blood sugar, promoting cortisol balance.



2. SWEET POTATO & COCONUT BREAKFAST BOWL

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1/4 cup unsweetened coconut flakes
- 1/4 cup chopped pecans
- 1 tbsp chia seeds
- 1/2 tsp ground cinnamon
- 1 tbsp maple syrup
- 1 tbsp coconut oil

Instructions:

1. In a pot, boil sweet potatoes until tender (about 10 minutes). Drain and mash with coconut oil and cinnamon.

2. Top each serving with coconut flakes, chopped pecans, chia seeds, and a drizzle of maple syrup.

Nutritional Information (per serving):

Calories: 320; Protein: 5g; Carbs: 42g; Fat: 15g; Fiber: 10g

Benefits:

Sweet Potatoes: Provide complex carbs for sustained energy and help balance cortisol levels.

Coconut Oil & Pecans: Rich in healthy fats that support adrenal health and reduce inflammation.



3. ADRENAL-SUPPORT YOGURT PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened Greek yogurt (protein-rich and gut-supporting)

- 1/2 cup mixed berries (high in antioxidants)

- 1/4 cup granola (low-sugar, gluten-free)

- 1 tbsp chia seeds

- 1 tbsp hemp seeds

- 1 tbsp honey

- 1/4 tsp ground cinnamon

Instructions:

1. In two serving glasses, layer Greek yogurt, berries, granola, chia seeds, and hemp seeds.

2. Drizzle with honey and sprinkle with cinnamon before serving.

Nutritional Information (per serving):

Calories: 260; Protein: 12g; Carbs: 38g; Fat: 8g; Fiber: 6g

Benefits:

Greek Yogurt: High in protein and probiotics, supports gut health and hormone balance.

Berries & Seeds: Rich in antioxidants and omega-3s, help lower cortisol and combat inflammation.



4. MATCHA BANANA PANCAKES

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 cup oat flour (or whole wheat flour)
- 1/2 cup unsweetened almond milk
- 1 ripe banana, mashed
- 1 egg
- 1 tsp matcha powder (anti-inflammatory properties)
- 1 tbsp maple syrup
- 1/4 tsp baking powder

- 1/4 tsp vanilla extract

Instructions:

1. In a bowl, whisk together oat flour, matcha powder, baking powder, and salt.
2. Add mashed banana, egg, almond milk, and vanilla. Mix until smooth.
3. Heat a non-stick pan over medium heat. Pour 1/4 cup of batter per pancake. Cook for 2-3 minutes on each side.
4. Serve with a drizzle of maple syrup and fresh fruit.

Nutritional Information (per serving):

Calories: 280; Protein: 8g; Carbs: 48g; Fat: 7g; Fiber: 6g

Benefits:

Matcha: Contains L-theanine, an amino acid that promotes calmness and reduces cortisol.

Banana & Oat Flour: Provide a natural source of energy without spiking blood sugar levels.



5. PUMPKIN SPICE SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup pumpkin puree (rich in beta-carotene)
- 1 cup unsweetened almond milk

- 1/2 frozen banana
- 1/2 cup Greek yogurt
- 1 tbsp almond butter
- 1/2 tsp pumpkin spice
- 1 tbsp maple syrup

Instructions:

1. Blend all ingredients until smooth. Serve immediately.

Nutritional Information (per serving):

Calories: 220; Protein: 8g; Carbs: 30g; Fat: 8g; Fiber: 5g

Benefits:

Pumpkin: High in beta-carotene and fiber, supports gut health and reduces cortisol.

Almond Butter: Contains healthy fats that stabilize blood sugar and promote adrenal health.

6. ALMOND & DATE ENERGY BITES

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min)

Servings: 2

Ingredients:

- 1/2 cup almonds
- 1/2 cup pitted dates
- 1/4 cup shredded coconut
- 1 tbsp chia seeds
- 1/4 tsp cinnamon
- 1/2 tsp vanilla extract

Instructions:

1. Blend all ingredients in a food processor until a sticky dough forms.
2. Roll into balls and refrigerate for 30 minutes.

Nutritional Information (per serving):

Calories: 210; Protein: 5g; Carbs: 28g; Fat: 10g; Fiber: 6g

Benefits:

Almonds & Dates: Rich in magnesium and natural sugars, support stable energy and reduce cortisol.

Chia Seeds: Provide omega-3s that help reduce inflammation.



7. BLUEBERRY & LEMON QUINOA BOWL

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup quinoa
- 1 cup almond milk
- 1/4 cup fresh blueberries
- 1 tbsp chia seeds
- 1 tbsp lemon juice
- 1 tbsp maple syrup



INSTRUCTIONS:

1. Cook quinoa in almond milk for 15 minutes until tender.
2. Stir in blueberries, chia seeds, lemon juice, and maple syrup.

3. Serve warm or chilled.

Nutritional Information (per serving):

Calories: 240; Protein: 6g; Carbs: 40g; Fat: 8g; Fiber: 7g

Benefits:

Blueberries & Lemon: Rich in antioxidants and vitamin C, help reduce cortisol and inflammation.

Quinoa & Chia Seeds: Provide sustained energy and balance blood sugar levels.



8. LEMON POPPY SEED OVERNIGHT OATS

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened oat milk
- Zest of 1 lemon
- 1 tbsp lemon juice

- 1 tbsp chia seeds
- 1 tbsp poppy seeds
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract

Instructions:

1. In a jar, combine oats, oat milk, lemon zest, lemon juice, chia seeds, poppy seeds, maple syrup, and vanilla.
2. Mix well and refrigerate overnight.
3. Serve cold, topped with additional lemon zest if desired.

Nutritional Information (per serving):

Calories: 200; Protein: 5g; Carbs: 36g; Fat: 6g; Fiber: 8g



BENEFITS:

Lemon & Chia Seeds: High in vitamin C and fiber, support adrenal health and lower cortisol levels.

Oats: Provide complex carbs for sustained energy without spikes in blood sugar.



9. BLUEBERRY CHIA JAM TOAST

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 cup fresh or frozen blueberries
- 2 tbsp chia seeds
- 1 tbsp lemon juice
- 1 tbsp maple syrup
- 4 slices whole grain bread
- 1 tbsp almond butter (optional)

Instructions:

1. In a saucepan, cook blueberries over medium heat until they break down and release their juices (about 5 minutes).
2. Add chia seeds, lemon juice, and maple syrup. Stir well and let simmer for another 5 minutes.
3. Let the jam cool slightly, then spread on toasted whole grain bread.
4. Optionally, add a layer of almond butter before the jam for extra protein and healthy fats.

Nutritional Information (per serving):

Calories: 280; Protein: 7g; Carbs: 50g; Fat: 8g; Fiber: 10g

Benefits:

Blueberries & Chia Seeds: Packed with antioxidants and omega-3s, help reduce inflammation and cortisol.

Whole Grain Bread: Rich in fiber, supports stable blood sugar and sustained energy.



SPICED PEAR & QUINOA BREAKFAST BOWL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup quinoa
- 1 cup unsweetened almond milk
- 1 pear, diced
- 1/2 tsp ground cinnamon
- 1/4 tsp ground cardamom
- 1 tbsp chopped walnuts
- 1 tbsp maple syrup

Instructions:

1. In a pot, cook quinoa in almond milk for 15 minutes until tender.
2. Stir in diced pear, cinnamon, and cardamom.
3. Serve topped with walnuts and a drizzle of maple syrup.

Nutritional Information (per serving):

Calories: 260; Protein: 6g; Carbs: 42g; Fat: 10g; Fiber: 7g

Benefits:

Quinoa & Pear: Provide fiber and protein that stabilize blood sugar and promote cortisol balance.

Walnuts & Cardamom: Contain healthy fats and anti-inflammatory properties.



BANANA-NUT BREAKFAST WRAP

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 whole grain tortillas
- 2 tbsp almond butter
- 1 banana, sliced
- 1 tbsp chopped walnuts
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp ground cinnamon

Instructions:

1. Spread almond butter evenly over each tortilla.
2. Layer with banana slices, walnuts, and shredded coconut.
3. Sprinkle with cinnamon, then roll up each tortilla tightly.

Nutritional Information (per serving):

Calories: 300; Protein: 7g; Carbs: 40g; Fat: 14g; Fiber: 8g

Benefits:

Almond Butter & Walnuts: Provide healthy fats and magnesium, which help lower cortisol.

Whole Grain Tortillas: Support stable blood sugar, preventing cortisol surges.



PUMPKIN & APPLE SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup pumpkin puree
- 1 apple, peeled and chopped
- 1 cup unsweetened almond milk
- 1/2 cup Greek yogurt
- 1/2 tsp ground cinnamon
- 1 tbsp chia seeds
- 1/4 tsp ground ginger
- 1 tbsp maple syrup

Instructions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve immediately, topped with a sprinkle of cinnamon if desired.

Nutritional Information (per serving):

Calories: 200; Protein: 8g; Carbs: 34g; Fat: 6g; Fiber: 7g

Benefits:

Pumpkin & Apples: High in fiber and antioxidants, support healthy digestion and cortisol balance.

Greek Yogurt & Chia Seeds: Provide protein and omega-3s that reduce inflammation.



TURMERIC-SPICED BREAKFAST SCRAMBLE

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 4 large eggs
- 1/2 cup chopped kale
- 1/2 cup diced red bell pepper
- 1/4 cup chopped onion
- 1/2 tsp ground turmeric
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a skillet, heat olive oil over medium heat. Add onion, bell pepper, and kale. Sauté for 5 minutes.
2. In a bowl, whisk together eggs, turmeric, salt, and pepper. Pour into the skillet and scramble until eggs are fully cooked.
3. Serve warm, garnished with fresh herbs if desired.

Nutritional Information (per serving):

Calories: 230; Protein: 14g; Carbs: 10g; Fat: 16g; Fiber: 4g

Benefits:

Turmeric & Kale: Contain anti-inflammatory properties that help reduce cortisol-induced inflammation.

Eggs: High in protein and choline, support adrenal health and

promote satiety.



COCONUT & MANGO CHIA PUDDING

Prep Time: 10 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1/2 cup diced mango
- 1 tbsp shredded coconut

- 1/2 tsp vanilla extract

- 1 tbsp honey

Instructions:

1. In a jar, mix chia seeds, coconut milk, vanilla, and honey.

Refrigerate overnight.

2. Top with diced mango and shredded coconut before serving.

Nutritional Information (per serving):

Calories: 220; Protein: 6g; Carbs: 24g; Fat: 12g; Fiber: 9g

Benefits:

Mango & Coconut: Rich in vitamin C and healthy fats, support adrenal function and reduce cortisol.

Chia Seeds: Provide omega-3s and fiber that promote

relaxation and reduce inflammation.

14-Day Anti-Inflammatory Lunch Recipes



1. ROASTED VEGGIE QUINOA SALAD

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked quinoa
- 1/2 cup roasted sweet potatoes, diced
- 1/2 cup roasted carrots, sliced
- 1/4 cup roasted red bell pepper, sliced
- 1/4 cup chickpeas, rinsed and drained
- 2 cups mixed greens
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/4 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss sweet potatoes, carrots, and bell peppers with olive oil, cumin, salt, and pepper.
2. Spread on a baking sheet and roast for 20 minutes, flipping halfway through.

3. In a large bowl, mix quinoa, roasted veggies, chickpeas, and mixed greens.

4. In a small bowl, whisk together tahini, lemon juice, salt, and pepper. Drizzle over the salad and toss gently.

Nutritional Information (per serving):

Calories: 380; Protein: 12g; Carbs: 55g; Fat: 15g; Fiber: 10g

Benefits:

Quinoa & Chickpeas: Provide complete protein and fiber, helping stabilize energy levels and reducing cortisol.

Sweet Potatoes & Carrots: Rich in beta-carotene and antioxidants that combat inflammation.



2. SPINACH & LENTIL SOUP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 2 cups vegetable broth
- 1 cup fresh spinach
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 garlic clove, minced

- 1 tbsp olive oil
- 1/2 tsp thyme
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery. Sauté for 5 minutes.
2. Add garlic, thyme, and cumin. Cook for 2 more minutes.
3. Stir in lentils and broth. Simmer for 15 minutes.
4. Add spinach and cook until wilted. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 250; Protein: 12g; Carbs: 40g; Fat: 7g; Fiber: 12g

Benefits:

Lentils & Spinach: High in magnesium and iron, support adrenal health and reduce cortisol.

Garlic & Thyme: Anti-inflammatory herbs that promote immune function and reduce stress-induced inflammation.



3. MEDITERRANEAN CHICKPEA BOWL

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1/2 cup diced cucumber
- 1/2 cup halved cherry tomatoes
- 1/4 cup sliced red onion
- 1/4 cup crumbled feta cheese (optional)
- 1/4 cup chopped parsley
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine chickpeas, cucumber, tomatoes, red onion, feta (if using), and parsley.
2. In a small bowl, whisk together lemon juice, olive oil, oregano, salt, and pepper.
3. Pour dressing over the salad and toss gently. Serve immediately.

Nutritional Information (per serving):

Calories: 320; Protein: 13g; Carbs: 45g; Fat: 12g; Fiber: 10g

Benefits:

Chickpeas: High in protein and fiber, support stable energy and lower cortisol.

Lemon & Parsley: Rich in vitamin C, help lower cortisol and promote detoxification.



4. SWEET POTATO & BLACK BEAN TACOS

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 medium sweet potatoes, peeled and diced
- 1 cup cooked black beans
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/4 cup salsa
- 4 small corn tortillas
- 1/2 avocado, diced
- 1 lime, cut into wedges
- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potatoes, chili powder, cumin, salt, and pepper.

2. Cook for 10-12 minutes until tender, then stir in black beans until heated through.

3. Warm tortillas in a separate pan for 1-2 minutes on each side.

4. Divide sweet potato mixture between tortillas, top with red onion, cilantro, salsa, and avocado. Serve with lime wedges.

Nutritional Information (per serving):

Calories: 340; Protein: 12g; Carbs: 55g; Fat: 10g; Fiber: 12g

Benefits:

Sweet Potatoes & Black Beans: Provide complex carbs and protein, stabilizing blood sugar and preventing cortisol spikes.

Avocado & Lime: Support adrenal health with healthy fats and vitamin C.



5. CURRIED CAULIFLOWER & CHICKPEA SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups cauliflower florets
- 1 cup cooked chickpeas
- 1/4 cup diced red onion
- 1/4 cup raisins
- 1/4 cup chopped parsley
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp ground cumin
- 1/2 tsp curry powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss cauliflower with olive oil, cumin, curry powder, salt, and pepper.
2. Roast for 20 minutes until tender.
3. In a large bowl, combine roasted cauliflower, chickpeas, red onion, raisins, and parsley.
4. Drizzle with lemon juice and toss to coat.

Nutritional Information (per serving):

Calories: 290; Protein: 10g; Carbs: 44g; Fat: 9g; Fiber: 12g

Benefits:

Cauliflower & Chickpeas: High in fiber and antioxidants, support adrenal health and promote gut health.

Cumin & Curry Powder: Provide anti-inflammatory properties, help reduce cortisol-induced inflammation.



6. THAI-INSPIRED PEANUT NOODLE BOWL

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 4 oz rice noodles (gluten-free, easy to digest)
- 1/2 cup shredded carrots
- 1/2 cup red bell pepper, sliced
- 1/2 cup edamame, shelled

- 1/4 cup chopped cilantro
- 1/4 cup chopped green onion
- 2 tbsp peanut butter
- 2 tbsp lime juice
- 1 tbsp low-sodium tamari (or soy sauce)

- 1 tsp grated ginger
- 1/2 tsp garlic powder
- 1/4 tsp chili flakes (optional)

Instructions:

1. Cook rice noodles according to package instructions. Drain and set aside.
2. In a small bowl, whisk together peanut butter, lime juice, tamari, ginger, garlic powder, and chili flakes.
3. In a large bowl, combine cooked noodles, carrots, bell pepper, edamame, cilantro, and green onion.
4. Pour the peanut sauce over the mixture and toss gently until coated. Serve immediately.

Nutritional Information (per serving):

Calories: 360; Protein: 12g; Carbs: 55g; Fat: 12g; Fiber: 7g

Benefits:

Rice Noodles & Edamame: Provide easy-to-digest carbs and plant-based protein, supporting balanced energy.

Peanut Butter & Ginger: Contain healthy fats and anti-inflammatory compounds that stabilize cortisol levels.



7. QUINOA & SWEET POTATO BOWL WITH LEMON-TAHINI

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 cup cooked quinoa
- 1 medium sweet potato, peeled and cubed
- 1/2 cup chickpeas, rinsed and drained

- 1/4 cup diced red onion
- 1/4 cup chopped parsley
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss sweet potatoes with olive oil, cumin, paprika, salt, and pepper.
2. Spread on a baking sheet and roast for 20-25 minutes until tender.
3. In a large bowl, combine quinoa, roasted sweet potatoes, chickpeas, red onion, and parsley.
4. In a small bowl, whisk together tahini, lemon juice, salt, and pepper. Drizzle over the salad and toss gently.

Nutritional Information (per serving):

Calories: 340; Protein: 12g; Carbs: 55g; Fat: 12g; Fiber: 11g

Benefits:

Quinoa & Sweet Potato: Provide complex carbs and protein, supporting sustained energy and reducing cortisol.

Lemon & Tahini: Rich in vitamin C and healthy fats, support adrenal function and immune health.



8. KALE & BUTTERNUT SQUASH SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups chopped kale, stems removed

- 1 cup roasted butternut squash, diced
- 1/4 cup pomegranate seeds
- 1/4 cup chopped pecans
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp balsamic vinegar
- 1 tbsp olive oil

- 1 tbsp lemon juice
- 1 tbsp maple syrup
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss butternut squash with olive oil, salt, and pepper.
2. Spread on a baking sheet and roast for 20 minutes until tender.
3. In a large bowl, massage kale with a pinch of salt and lemon juice until softened.
4. Add roasted squash, pomegranate seeds, pecans, and feta (if using).
5. In a small bowl, whisk together balsamic vinegar and maple syrup. Drizzle over the salad and toss gently.

Nutritional Information (per serving):

Calories: 310; Protein: 8g; Carbs: 40g; Fat: 16g; Fiber: 9g

Benefits:

Kale & Butternut Squash: Rich in vitamins A and C, support immune function and cortisol regulation.

Pecans & Pomegranate: Provide antioxidants and healthy fats

that reduce inflammation.



9. LEMON-HERB QUINOA STUFFED PEPPERS

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 2 large bell peppers, halved and seeded
- 1 cup cooked quinoa

- 1/2 cup chickpeas, rinsed and drained
- 1/4 cup diced red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese (optional)
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix quinoa, chickpeas, onion, parsley, feta (if using), lemon juice, olive oil, oregano, salt, and pepper.
3. Stuff the bell pepper halves with the quinoa mixture and place in a baking dish.
4. Cover with foil and bake for 25-30 minutes until peppers

are tender.

5. Serve warm, garnished with additional parsley if desired.

Nutritional Information (per serving):

Calories: 280; Protein: 11g; Carbs: 45g; Fat: 9g; Fiber: 10g

Benefits:

Quinoa & Chickpeas: Provide a complete protein source, stabilizing energy and balancing cortisol.

Bell Peppers & Lemon: Rich in vitamin C, help lower cortisol levels and reduce inflammation.



AVOCADO & BLACK BEAN WRAP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 whole grain tortillas
- 1/2 ripe avocado, mashed
- 1 cup cooked black beans
- 1/2 cup shredded carrots
- 1/2 cup diced cucumber
- 1/4 cup chopped cilantro
- 1 tbsp lime juice
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. In a bowl, mash avocado and mix with lime juice, cumin, salt, and pepper.
2. Spread the avocado mixture evenly over each tortilla.
3. Layer with black beans, carrots, cucumber, and cilantro.
4. Roll up tightly and slice in half before serving.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 45g; Fat: 12g; Fiber: 12g

Benefits:

Black Beans & Avocado: Rich in protein, magnesium, and healthy fats, reduce cortisol and support adrenal function.



ADRENAL-SUPPORT BEET & WALNUT SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 cups mixed salad greens
- 1 cup cooked beets, diced

- 1/4 cup crumbled goat cheese (optional)
- 1/4 cup chopped walnuts
- 1/4 cup sliced red onion
- 1 tbsp balsamic vinegar
- 1 tbsp olive oil

- 1 tbsp lemon juice
- 1 tsp honey
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine salad greens, beets, goat cheese, walnuts, and red onion.
2. In a small bowl, whisk together balsamic vinegar, olive oil, lemon juice, honey, salt, and pepper.
3. Drizzle over the salad and toss gently.

Nutritional Information (per serving):

Calories: 280; Protein: 8g; Carbs: 30g; Fat: 15g; Fiber: 8g

Benefits:

Beets & Walnuts: High in magnesium and antioxidants, support adrenal health and reduce inflammation.



GRILLED VEGGIE & HUMMUS WRAP

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 whole grain tortillas
- 1/2 cup hummus
- 1/2 cup roasted red bell pepper, sliced
- 1/2 cup grilled zucchini slices

- 1/4 cup shredded carrots
- 1/4 cup baby spinach leaves
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/4 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat a grill pan over medium-high heat. Brush zucchini and red bell pepper with olive oil, salt, and pepper. Grill for 3-4 minutes per side until tender.
2. Spread hummus evenly over each tortilla.
3. Layer with grilled veggies, shredded carrots, and spinach.
4. Drizzle with lemon juice, sprinkle with smoked paprika, and roll up tightly.
5. Serve warm or cold, cut in half if desired.

Nutritional Information (per serving):

Calories: 300; Protein: 10g; Carbs: 40g; Fat: 12g; Fiber: 10g

Benefits:

Hummus & Grilled Vegetables: High in fiber and protein, support balanced energy and help reduce cortisol levels.

Spinach & Lemon Juice: Rich in vitamin C and magnesium, promote adrenal health and reduce stress.



SPICED LENTIL & QUINOA SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1/2 cup quinoa, rinsed
- 1/2 cup cooked lentils
- 1/4 cup diced cucumber
- 1/4 cup diced red onion
- 1/4 cup chopped fresh mint
- 1/4 cup chopped fresh parsley
- 1/4 cup crumbled feta cheese (optional)
- 1/4 cup pomegranate seeds
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp ground coriander
- Salt and pepper to taste

Instructions:

1. Cook quinoa according to package instructions and let cool.
2. In a large bowl, combine quinoa, lentils, cucumber, red onion, mint, parsley, and feta (if using).
3. Add pomegranate seeds and gently mix.
4. In a small bowl, whisk together lemon juice, olive oil, cumin, coriander, salt, and pepper. Drizzle over the salad and toss to combine.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 45g; Fat: 12g; Fiber: 10g

Benefits:

Quinoa & Lentils: Provide complete protein and fiber, support energy stability and help reduce cortisol.

Pomegranate & Mint: Contain antioxidants and anti-inflammatory properties that support adrenal health.



MANGO & BLACK BEAN SALAD WITH AVOCADO

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked black beans
- 1 cup diced fresh mango
- 1/2 cup diced red bell pepper
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/2 avocado, diced
- 2 tbsp lime juice
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine black beans, mango, bell pepper, red onion, cilantro, and avocado.
2. In a small bowl, whisk together lime juice, olive oil, cumin, salt, and pepper.
3. Drizzle dressing over the salad and toss gently to combine.
4. Serve immediately as a refreshing lunch option.

Nutritional Information (per serving):

Calories: 300; Protein: 10g; Carbs: 45g; Fat: 12g; Fiber: 12g

Benefits:

Black Beans & Avocado: Provide healthy fats and protein, supporting stable energy and balanced cortisol levels.

Mango & Red Pepper: Rich in vitamin C, which helps reduce cortisol and supports immune health.

14-Day Anti-Inflammatory Dinner Recipes

LEMON HERB BAKED SALMON WITH ASPARAGUS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each)
- 2 cups asparagus, trimmed
- 1/2 cup cherry tomatoes, halved
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp dried dill
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place salmon fillets on a lined baking sheet. Arrange asparagus and cherry tomatoes around the salmon.
3. In a small bowl, whisk together lemon juice, olive oil, dill, garlic, salt, and pepper. Drizzle over the salmon and vegetables.
4. Bake for 18-20 minutes until salmon is cooked through and flakes easily.

Nutritional Information (per serving):

Calories: 310; Protein: 27g; Carbs: 12g; Fat: 17g; Fiber: 4g

Benefits:

Salmon: High in omega-3s, which help reduce cortisol and combat inflammation.

Asparagus & Lemon: Rich in antioxidants and vitamin C, support adrenal health and detoxification.



2. SWEET POTATO & BLACK BEAN ENCHILADAS

Prep Time: 15 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 large sweet potato, peeled and diced
- 1 cup cooked black beans
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/2 cup salsa
- 4 small whole wheat tortillas
- 1/2 cup shredded cheese (optional)
- 1/2 avocado, sliced
- 1 tbsp olive oil
- 1/2 tsp chili powder
- 1/2 tsp cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a skillet, heat olive oil over medium heat. Add sweet potatoes, chili powder, cumin, salt, and pepper. Cook for 10 minutes until tender.
3. Stir in black beans and red onion. Cook for 2 more minutes, then remove from heat.
4. Spoon the mixture into each tortilla, roll tightly, and place in a baking dish.
5. Top with salsa and cheese (if using). Cover with foil and bake for 15 minutes.

6. Serve with sliced avocado and fresh cilantro.

Nutritional Information (per serving):

Calories: 350; Protein: 15g; Carbs: 55g; Fat: 12g; Fiber: 15g

Benefits:

Sweet Potatoes & Black Beans: Provide complex carbs and protein for sustained energy and balanced cortisol.

Avocado & Cilantro: Contain healthy fats and antioxidants that support adrenal health.



3. QUINOA-STUFFED BELL PEPPERS

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 2 large bell peppers, halved and seeded
- 1 cup cooked quinoa
- 1/2 cup black beans
- 1/4 cup corn kernels
- 1/4 cup diced tomatoes
- 1/4 cup chopped green onions
- 1/4 cup shredded cheese (optional)
- 1 tbsp lime juice
- 1 tbsp chopped cilantro
- 1/2 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix quinoa, black beans, corn, tomatoes, green onions, lime juice, cumin, salt, and pepper.
3. Stuff the bell pepper halves with the quinoa mixture and place in a baking dish.
4. Top with shredded cheese (if using) and cover with foil.
5. Bake for 25-30 minutes until peppers are tender.

Nutritional Information (per serving):

Calories: 280; Protein: 12g; Carbs: 40g; Fat: 10g; Fiber: 10g

Benefits:

Quinoa & Black Beans: Provide complete protein, stabilizing blood sugar and energy.

Bell Peppers & Lime: High in vitamin C, which helps reduce cortisol levels.



4. LEMON-GARLIC SHRIMP & ZUCCHINI NOODLES

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz large shrimp, peeled and deveined
- 2 medium zucchinis, spiralized into noodles
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/4 tsp red pepper flakes
- 1 tbsp chopped fresh parsley
- Salt and pepper to taste

Instructions:

1. In a large skillet, heat olive oil over medium heat. Add garlic and red pepper flakes. Sauté for 1 minute.

2. Add shrimp, salt, and pepper. Cook for 2-3 minutes on each side until pink and opaque.
3. Stir in lemon juice and remove from heat.
4. In a separate pan, sauté zucchini noodles for 2-3 minutes until just tender.

5. Serve shrimp over zucchini noodles, topped with fresh parsley.

Nutritional Information (per serving):

Calories: 240; Protein: 25g; Carbs: 10g; Fat: 10g; Fiber: 4g

Benefits:

Shrimp: High in protein and low in fat, supports muscle health and cortisol regulation.

Zucchini & Lemon: Provide antioxidants and vitamin C, promoting a healthy stress response.



5. CAULIFLOWER & CHICKPEA CURRY

Prep Time: 10 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 2 cups cauliflower florets
- 1 cup cooked chickpeas
- 1/2 cup diced tomatoes
- 1/2 cup coconut milk
- 1/2 cup diced onions
- 1 garlic clove, minced
- 1 tbsp curry powder
- 1 tsp grated ginger
- 1 tbsp olive oil
- 1/4 cup chopped cilantro

- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onions, garlic, and ginger. Sauté for 5 minutes.
2. Add curry powder and stir well.
3. Stir in cauliflower, chickpeas, tomatoes, coconut milk, salt, and pepper.
4. Bring to a simmer and cook for 20 minutes until cauliflower is tender.
5. Stir in lemon juice and top with chopped cilantro.

Nutritional Information (per serving):

Calories: 320; Protein: 10g; Carbs: 40g; Fat: 14g; Fiber: 10g

Benefits:

Cauliflower & Chickpeas: High in fiber and magnesium, support gut health and reduce cortisol.

Curry Powder & Coconut Milk: Provide anti-inflammatory benefits that support a balanced stress response.



6. GINGER-TURMERIC CHICKEN STIR-FRY

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 boneless, skinless chicken breasts, sliced
- 1 cup broccoli florets
- 1/2 cup bell pepper, sliced
- 1/2 cup snap peas
- 1/4 cup diced onion

- 1 garlic clove, minced
- 1 tbsp grated fresh ginger
- 1 tsp ground turmeric
- 2 tbsp low-sodium tamari (or soy sauce)
- 1 tbsp olive oil
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1 tbsp lime juice
- 1/4 tsp red pepper flakes (optional)

Instructions:

1. In a skillet, heat olive oil over medium-high heat. Add onion, garlic, ginger, and turmeric. Sauté for 2 minutes until fragrant.
2. Add chicken slices, salt, and pepper. Cook for 5-7 minutes until chicken is cooked through.
3. Add broccoli, bell pepper, and snap peas. Stir in tamari, sesame oil, and red pepper flakes (if using).
4. Cook for another 5 minutes until vegetables are tender-crisp.
5. Remove from heat, drizzle with lime juice, and sprinkle with sesame seeds.

Nutritional Information (per serving):

Calories: 350; Protein: 30g; Carbs: 15g; Fat: 18g; Fiber: 6g

Benefits:

Chicken & Broccoli: High in protein and vitamin C, support muscle health and cortisol regulation.

Ginger & Turmeric: Potent anti-inflammatory spices that reduce stress-induced inflammation.



7. MEDITERRANEAN LENTIL & VEGGIE STEW

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 1 cup diced zucchini
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/2 cup chopped tomatoes
- 1/4 cup diced red onion
- 2 cups vegetable broth
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil

- 1/2 tsp cumin
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onion, garlic, carrots, and celery. Sauté for 5 minutes.
2. Stir in tomatoes, zucchini, oregano, basil, cumin, salt, and pepper. Cook for another 5 minutes.
3. Add lentils and broth. Bring to a simmer and cook for 15 minutes.
4. Remove from heat and stir in fresh parsley before serving.

Nutritional Information (per serving):

Calories: 270; Protein: 12g; Carbs: 45g; Fat: 8g; Fiber: 12g

Benefits:

Lentils & Tomatoes: High in fiber and vitamin C, support gut health and lower cortisol.

Oregano & Basil: Provide anti-inflammatory properties that help alleviate stress.



8. SPAGHETTI SQUASH WITH PESTO & CHERRY TOMATOES

Prep Time: 10 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 1 small spaghetti squash
- 1 cup cherry tomatoes, halved
- 1/4 cup basil pesto (homemade or store-bought)
- 1 tbsp olive oil
- 1/4 cup pine nuts (optional)
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Cut spaghetti squash in half lengthwise and scoop out the seeds.
2. Drizzle with olive oil, salt, and pepper. Place cut-side down on a baking sheet and bake for 25-30 minutes until tender.
3. Using a fork, scrape out the spaghetti-like strands and place in a large bowl.
4. Toss with pesto, cherry tomatoes, lemon juice, and pine nuts (if using).

Nutritional Information (per serving):

Calories: 300; Protein: 6g; Carbs: 35g; Fat: 15g; Fiber: 8g

Benefits:

Spaghetti Squash & Tomatoes: Provide fiber and antioxidants that promote gut health and reduce cortisol.

Basil Pesto & Pine Nuts: High in healthy fats and anti-inflammatory compounds.



9. CHICKPEA & SPINACH COCONUT CURRY

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 2 cups fresh spinach
- 1/2 cup coconut milk
- 1/2 cup diced tomatoes
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tbsp curry powder
- 1 tsp grated ginger
- 1 tbsp olive oil
- 1 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. In a pot, heat olive oil over medium heat. Add onion, garlic, and ginger. Sauté for 5 minutes.
2. Add curry powder and stir well.
3. Stir in chickpeas, tomatoes, coconut milk, salt, and pepper. Simmer for 15 minutes.
4. Add spinach and cook until wilted. Remove from heat and stir in lime juice before serving.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 40g; Fat: 12g; Fiber: 10g

Benefits:

Chickpeas & Spinach: Rich in iron and fiber, support adrenal health and energy balance.

Coconut Milk & Curry Powder: Provide healthy fats and anti-inflammatory compounds that support cortisol regulation.



LEMON-BASIL GRILLED CHICKEN WITH QUINOA PILAF

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 cup cooked quinoa

- 1 cup steamed broccoli florets
- 1/2 cup diced bell pepper
- 1/4 cup diced red onion
- 2 tbsp lemon juice
- 2 tbsp chopped fresh basil

- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Marinate chicken breasts with lemon juice, olive oil, garlic, salt, and pepper for 15 minutes.
2. Grill chicken over medium heat for 5-7 minutes on each side until cooked through.
3. In a large bowl, combine quinoa, steamed broccoli, bell pepper, red onion, and basil.
4. Slice grilled chicken and serve over the quinoa pilaf.

Nutritional Information (per serving):

Calories: 350; Protein: 28g; Carbs: 40g; Fat: 10g; Fiber: 8g

Benefits:

- Grilled Chicken & Quinoa: High in protein and magnesium, support muscle health and reduce cortisol.
- Lemon & Basil: Provide vitamin C and antioxidants, promoting a healthy stress response.



CAULIFLOWER STEAKS WITH CHIMICHURRI SAUCE

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 large cauliflower, cut into thick slices
- 1 tbsp olive oil
- 1/2 tsp garlic powder
- 1/2 tsp paprika
- Salt and pepper to taste

For the Chimichurri Sauce:

- 1/4 cup chopped fresh parsley
- 1/4 cup chopped cilantro
- 1 garlic clove, minced
- 2 tbsp red wine vinegar
- 1/4 cup olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Place cauliflower slices on a lined baking sheet.
2. Brush with olive oil, garlic powder, paprika, salt, and pepper.
3. Roast for 20-25 minutes until golden brown and tender.
4. Meanwhile, mix all chimichurri ingredients in a small bowl. Serve cauliflower steaks topped with chimichurri sauce.

Nutritional Information (per serving):

Calories: 220; Protein:6g; Carbs: 15g; Fat: 15g; Fiber: 6g

Benefits:

- Cauliflower: Rich in fiber and antioxidants, promotes digestive health and helps reduce cortisol-related inflammation.
- Olive Oil: Contains healthy monounsaturated fats and polyphenols, which are anti-inflammatory and support heart health.
- Parsley & Cilantro: High in vitamins A and C, these herbs support detoxification and help lower cortisol levels.
- Garlic: Known for its immune-boosting properties, it also has anti-inflammatory benefits that help reduce stress-related inflammation.
- Lemon Juice: Rich in vitamin C, promotes adrenal health and lowers cortisol.



BAKED COD WITH MEDITERRANEAN SALSA

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup diced cucumber

- 1/4 cup diced red onion
- 1/4 cup chopped kalamata olives
- 1 tbsp capers, rinsed
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp dried oregano
- 1 tbsp chopped fresh basil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a lined baking sheet. Drizzle with olive oil, salt, pepper, and half of the lemon juice.
3. In a bowl, combine cherry tomatoes, cucumber, red onion, olives, capers, oregano, basil, and remaining lemon juice.
4. Spoon the salsa over the cod fillets.
5. Bake for 15-20 minutes until the fish is opaque and flakes easily.

Nutritional Information (per serving):

Calories: 260; Protein: 24g; Carbs: 12g; Fat: 12g; Fiber: 4g

Benefits:

- Cod: High in lean protein and omega-3s, supports muscle health and helps reduce inflammation.
- Tomatoes & Cucumber: Rich in vitamin C and antioxidants, promote hydration and lower cortisol.
- Olives & Capers: Contain healthy fats and anti-inflammatory properties, supporting cardiovascular health.



TURMERIC-SPICED CAULIFLOWER & LENTIL STEW

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 2 cups cauliflower florets
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tbsp grated fresh ginger
- 1 tbsp olive oil
- 1 tbsp ground turmeric
- 1 tsp ground cumin
- 1/2 tsp ground coriander
- 2 cups vegetable broth
- 1/4 cup chopped cilantro
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Add

onion, garlic, ginger, carrots, and celery. Sauté for 5 minutes.

2. Stir in turmeric, cumin, coriander, salt, and pepper. Cook for another 2 minutes until fragrant.

3. Add cauliflower, lentils, and vegetable broth. Bring to a simmer and cook for 20-25 minutes until vegetables are tender.

4. Remove from heat and stir in lemon juice and chopped cilantro.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 45g; Fat: 10g; Fiber: 14g

Benefits:

- Lentils & Cauliflower: High in fiber and magnesium, support digestive health and reduce cortisol.

- Turmeric & Ginger: Provide powerful anti-inflammatory benefits, help reduce stress-related inflammation.



SESAME-GINGER TOFU WITH BOK CHOY

Prep Time: 15 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 8 oz extra-firm tofu, drained and cubed
- 2 cups baby bok choy, halved
- 1/2 cup sliced mushrooms
- 1/4 cup shredded carrots
- 1 garlic clove, minced

- 1 tbsp grated fresh ginger
- 2 tbsp low-sodium tamari (or soy sauce)

- 1 tbsp sesame oil
- 1 tbsp rice vinegar
- 1 tbsp sesame seeds
- 1 tbsp olive oil
- 1 tbsp chopped green onion
- 1 tbsp lime juice

Instructions:

1. In a skillet, heat olive oil over medium-high heat. Add tofu cubes and cook for 5-7 minutes until golden brown. Remove and set aside.

2. In the same skillet, add sesame oil, garlic, and ginger. Sauté for 2 minutes.

3. Add bok choy, mushrooms, and carrots. Stir in tamari, rice vinegar, and lime juice. Cook for 5-7 minutes until vegetables are tender.

4. Return tofu to the skillet and toss gently to combine.

5. Serve topped with sesame seeds and green onions.

Nutritional Information (per serving):

Calories: 310; Protein: 18g; Carbs: 25g; Fat: 16g; Fiber: 6g

Benefits:

- Tofu & Bok Choy: High in plant-based protein and calcium, support bone health and reduce cortisol.

- Ginger & Garlic: Rich in anti-inflammatory properties, help promote adrenal health and lower stress.

14-Day Anti-Inflammatory Snacks and Appetizers

TURMERIC-SPICED ROASTED CHICKPEAS

Prep Time: 5 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 cup canned chickpeas, rinsed and drained
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Pat chickpeas dry with a paper towel and transfer to a baking sheet.
3. Drizzle with olive oil, turmeric, paprika, garlic powder, salt, and pepper. Toss to coat evenly.
4. Roast for 25 minutes, shaking the pan halfway through, until chickpeas are golden and crispy.

Nutritional Information (per serving):

Calories: 150; Protein: 6g; Carbs: 24g; Fat: 4g; Fiber: 6g

Benefits:

- Chickpeas: Provide plant-based protein and fiber, supporting stable energy and cortisol regulation.
- Turmeric: Contains curcumin, a powerful anti-inflammatory compound that helps lower cortisol.



2. AVOCADO & EDAMAME DIP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2



INGREDIENTS:

- 1 ripe avocado, peeled and pitted
- 1/2 cup shelled edamame
- 2 tbsp lime juice
- 1 garlic clove, minced
- 1 tbsp chopped cilantro
- 1/4 tsp cumin
- Salt and pepper to taste

Instructions:

1. In a food processor, combine avocado, edamame, lime juice, garlic, cilantro, cumin, salt, and pepper.
2. Blend until smooth and creamy.

3. Serve with sliced vegetables or whole grain crackers.

Nutritional Information (per serving):

Calories: 180; Protein: 6g; Carbs: 14g; Fat: 12g; Fiber: 8g

Benefits:

- Avocado & Edamame: High in healthy fats and protein, support adrenal health and lower cortisol.

- Lime & Cilantro: Provide antioxidants and vitamin C, promoting a healthy stress response.



3. SWEET POTATO & CARROT BAKED FRIES

Prep Time: 10 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and cut into fries
- 2 large carrots, peeled and cut into fries
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss sweet potatoes and carrots with olive oil, smoked paprika, garlic powder, salt, and pepper.

3. Spread evenly on a lined baking sheet and bake for 25-30 minutes, flipping halfway through.

Nutritional Information (per serving):

Calories: 160; Protein: 2g; Carbs: 28g; Fat: 5g; Fiber: 6g

Benefits:

- Sweet Potatoes & Carrots: Provide beta-carotene and complex carbs, supporting energy levels and reducing cortisol spikes.

- Olive Oil: Contains healthy fats that promote hormone balance and reduce inflammation.

4. CUCUMBER & HUMMUS BITES

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 large cucumber, sliced into rounds

- 1/2 cup hummus

- 1/4 cup chopped red bell pepper

- 1 tbsp chopped fresh parsley

- 1 tbsp lemon juice

- Salt and pepper to taste

Instructions:

1. Place a dollop of hummus on each cucumber round.

2. Top with chopped red bell pepper and parsley.

3. Drizzle with lemon juice and sprinkle with salt and pepper.

Serve immediately.

Nutritional Information (per serving):

Calories: 110; Protein: 4g; Carbs: 14g; Fat: 5g; Fiber: 4g

Benefits:

- Cucumber & Bell Pepper: High in vitamin C and antioxidants, support immune function and cortisol regulation.
- Hummus: Contains protein and healthy fats, stabilizes energy levels.



5. PUMPKIN SEED & CRANBERRY ENERGY BITES

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min) | Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1/4 cup pumpkin seeds
- 1/4 cup dried cranberries
- 1/4 cup almond butter
- 1 tbsp honey
- 1/2 tsp ground cinnamon
- 1/4 tsp vanilla extract

Instructions:

1. In a bowl, combine oats, pumpkin seeds, cranberries, almond butter, honey, cinnamon, and vanilla.
2. Mix until a sticky dough forms.
3. Roll into small balls and refrigerate for 30 minutes before

serving.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 26g; Fat: 10g; Fiber: 5g

Benefits:

- Pumpkin Seeds & Almond Butter: Provide magnesium and healthy fats, supporting adrenal health and cortisol balance.
- Cranberries: Rich in antioxidants that help lower cortisol and promote a healthy stress response.



6. SPICY ROASTED EDAMAME

Prep Time: 5 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup shelled edamame
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp chili flakes
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss edamame with olive oil, smoked paprika, garlic powder, chili flakes, salt, and pepper.

3. Spread on a lined baking sheet and roast for 15-20 minutes until crispy.

Nutritional Information (per serving):

Calories: 140g; Protein: 8g; Carbs: 12g; Fat: 8g; Fiber: 4g

Benefits:

- Edamame: High in plant-based protein and fiber, supports muscle health and stabilizes cortisol.
- Garlic & Chili Flakes: Provide anti-inflammatory benefits that help reduce stress-related inflammation.



7. LEMON-TAHINI YOGURT DIP WITH VEGGIES

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup Greek yogurt
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1/4 tsp garlic powder
- 1/4 tsp ground cumin
- 1 tbsp chopped fresh dill (optional)
- Salt and pepper to taste
- 1 cup sliced cucumber, carrot sticks, and bell pepper strips

Instructions:

1. In a small bowl, whisk together Greek yogurt, tahini, lemon juice, garlic powder, cumin, dill, salt, and pepper until smooth.
2. Serve with sliced vegetables for dipping.

Nutritional Information (per serving):

Calories: 130; Protein: 8g; Carbs: 12g; Fat: 6g; Fiber: 4g

Benefits:

- Greek Yogurt & Tahini: Provide protein and healthy fats that promote balanced energy and reduce cortisol.
- Cucumber & Bell Pepper: High in water content and vitamin C, support hydration and immune health.



8. BEET HUMMUS WITH PITA CHIPS

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked beets, peeled and chopped
- 1/2 cup canned chickpeas, drained and rinsed
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/4 tsp ground cumin
- Salt and pepper to taste

- 4 small whole wheat pita breads, cut into triangles

Instructions:

1. Preheat oven to 375°F (190°C). Arrange pita triangles on a baking sheet, drizzle with olive oil, and bake for 10-15 minutes until crispy.
2. In a food processor, combine beets, chickpeas, tahini, lemon juice, garlic, olive oil, cumin, salt, and pepper.
3. Blend until smooth and creamy. Serve with pita chips.

Nutritional Information (per serving):

Calories: 250; Protein: 8g; Carbs: 40g; Fat: 8g; Fiber: 8g

Benefits:

- Beets & Chickpeas: Provide fiber and folate, supporting gut health and reducing inflammation.
- Tahini & Olive Oil: Contain healthy fats that help regulate cortisol levels.



9. APPLE SLICES WITH ALMOND BUTTER & CINNAMON

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 large apple, sliced
- 2 tbsp almond butter
- 1/2 tsp ground cinnamon

- 1 tbsp chopped walnuts (optional)

Instructions:

1. Arrange apple slices on a plate.
2. Drizzle with almond butter and sprinkle with cinnamon.
3. Top with chopped walnuts if desired.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 28g; Fat: 8g; Fiber: 6g

Benefits:

- Apple & Cinnamon: Provide natural sugars and antioxidants, supporting adrenal health and stabilizing energy levels.
- Almond Butter: Rich in magnesium and healthy fats, promotes relaxation and reduces cortisol.



SPICY GUACAMOLE WITH BAKED TORTILLA CHIPS

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 ripe avocado, mashed
- 1/4 cup diced red onion
- 1/4 cup chopped cilantro
- 1/4 cup diced tomato
- 1 tbsp lime juice
- 1/2 tsp garlic powder

- 1/4 tsp ground cumin
- Salt and pepper to taste
- 4 small corn tortillas, cut into triangles

Instructions:

1. Preheat oven to 375°F (190°C). Arrange tortilla triangles on a baking sheet and bake for 8-10 minutes until crispy.
2. In a bowl, combine mashed avocado, red onion, cilantro, tomato, lime juice, garlic powder, cumin, salt, and pepper.
3. Serve guacamole with baked tortilla chips.

Nutritional Information (per serving):

Calories: 240; Protein: 6g; Carbs: 28g; Fat: 12g; Fiber: 8g

Benefits:

- Avocado & Lime Juice: High in healthy fats and vitamin C, support adrenal health and lower cortisol.
- Corn Tortillas: Provide complex carbs that stabilize blood sugar and energy levels.



BLUEBERRY & CHIA YOGURT PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2



INGREDIENTS:

- 1 cup unsweetened Greek yogurt
- 1/2 cup fresh blueberries
- 2 tbsp chia seeds
- 1 tbsp honey
- 1/4 tsp ground cinnamon

Instructions:

1. Layer Greek yogurt, blueberries, and chia seeds in two serving glasses.
2. Drizzle with honey and sprinkle with cinnamon.
3. Serve immediately.

Nutritional Information (per serving):

Calories: 160; Protein: 8g; Carbs: 24g; Fat: 4g; Fiber: 6g

Benefits:

- Greek Yogurt & Chia Seeds: High in protein and omega-3s, promote gut health and reduce inflammation.
- Blueberries: Provide antioxidants that help lower cortisol and combat stress.



CARROT & GINGER ENERGY BALLS

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min) | Servings: 2

Ingredients:

- 1/2 cup grated carrots

- 1/4 cup rolled oats
- 1/4 cup almond flour
- 2 tbsp almond butter
- 2 tbsp honey
- 1 tsp grated fresh ginger
- 1/2 tsp ground cinnamon

Instructions:

1. In a bowl, combine grated carrots, oats, almond flour, almond butter, honey, ginger, and cinnamon.
2. Mix until a sticky dough forms.
3. Roll into small balls and refrigerate for 30 minutes before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 24g; Fat: 8g; Fiber: 4g

Benefits:

- Carrots & Ginger: Contain antioxidants and anti-inflammatory properties, help reduce cortisol and support immune health.
- Almond Butter: Provides healthy fats and magnesium, promoting adrenal health.



COCONUT-CACAO BLISS BITES

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min) | Servings: 2

Ingredients:

- 1/2 cup shredded unsweetened coconut

- 2 tbsp cacao powder
- 1/4 cup almond flour

- 2 tbsp maple syrup
- 1/4 tsp vanilla extract

Instructions:

1. In a bowl, combine shredded coconut, cacao powder, almond flour, maple syrup, and vanilla.
2. Mix until a sticky dough forms.
3. Roll into small balls and refrigerate for 30 minutes before serving.

Nutritional Information (per serving):

Calories: 160; Protein: 3g; Carbs: 14g; Fat: 12g; Fiber: 5g

Benefits:

- Coconut & Cacao: Rich in healthy fats and antioxidants, support a calm mind and reduce stress.
- Almond Flour: Provides protein and magnesium that promote relaxation and balance cortisol.



ROASTED GARLIC & HERB CASHEWS

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup raw cashews

- 1 tbsp olive oil
- 1 tsp garlic powder
- 1/2 tsp dried rosemary
- 1/4 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350°F (175°C).
2. Toss cashews with olive oil, garlic powder, rosemary, thyme, salt, and pepper.
3. Spread on a baking sheet and roast for 12-15 minutes, stirring halfway through.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 12g; Fat: 16g; Fiber: 3g

Benefits:

- Cashews: High in magnesium and healthy fats, support adrenal health and lower cortisol.
- Rosemary & Thyme: Provide anti-inflammatory benefits, helping to combat stress-induced inflammation.

Detoxification: 10-Day Superfood Recipes for Detoxification

10-Day Superfood Breakfast Recipes

SPIRULINA GREEN SMOOTHIE BOWL

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 cups baby spinach
- 1/2 avocado
- 1 banana
- 1 cup unsweetened almond milk
- 1 tsp spirulina powder
- 1 tbsp chia seeds
- 1/2 cup ice
- 1/4 cup fresh berries (for topping)
- 1 tbsp shredded coconut (for topping)

Instructions:

1. Combine spinach, avocado, banana, almond milk, spirulina, chia seeds, and ice in a blender.
2. Blend until smooth and creamy.
3. Pour into two bowls and top with fresh berries and shredded coconut.

Nutritional Information (per serving):

Calories: 210; Protein: 5g; Carbs: 35g; Fat: 8g; Fiber: 9g

Benefits:

- Spirulina: A powerful detoxifying agent that binds to heavy metals and promotes liver health.
- Spinach & Avocado: High in antioxidants and healthy fats, support cellular detoxification and energy balance.



2. CHIA SEED DETOX PUDDING

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1 tbsp maple syrup
- 1/4 cup diced mango (for topping)
- 1 tbsp pumpkin seeds (for topping)

Instructions:

1. In a jar, mix chia seeds, coconut milk, vanilla, cinnamon, and maple syrup. Stir well.
2. Refrigerate overnight.
3. Serve topped with diced mango and pumpkin seeds.

Nutritional Information (per serving):

Calories: 180; Protein: 6g; Carbs: 18g; Fat: 10g; Fiber: 10g

Benefits:

- Chia Seeds: High in fiber and omega-3s, help eliminate toxins and promote gut health.
- Mango & Pumpkin Seeds: Rich in antioxidants and magnesium, support adrenal health and reduce inflammation.



3. DETOXIFYING GOLDEN MILK OATS

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- 1/4 tsp ground cinnamon
- 1 tbsp honey
- 1 tbsp chopped almonds (for topping)
- 1 tbsp shredded coconut (for topping)

Instructions:

1. In a pot, combine oats, almond milk, turmeric, ginger, and cinnamon.
2. Cook over medium heat for 5 minutes, stirring occasionally.

3. Serve topped with honey, almonds, and shredded coconut.

Nutritional Information (per serving):

Calories: 230; Protein: 6g; Carbs: 35g; Fat: 8g; Fiber: 7g

Benefits:

- Turmeric & Ginger: Potent anti-inflammatory spices that help reduce toxins and support liver function.

- Oats: Provide complex carbohydrates that promote sustained energy and detoxification.



4. ACAI BERRY BREAKFAST BOWL

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 packet frozen acai puree
- 1 banana
- 1/2 cup frozen blueberries
- 1/2 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tbsp chia seeds (for topping)
- 1/4 cup granola (for topping)

Instructions:

1. Blend acai puree, banana, frozen blueberries, almond milk, and almond butter until smooth.

2. Pour into two bowls and top with chia seeds and granola.

Nutritional Information (per serving):

Calories: 240; Protein: 6g; Carbs: 40g; Fat: 9g; Fiber: 10g

Benefits:

- Acai & Blueberries: High in antioxidants, promote detoxification and combat oxidative stress.

- Chia Seeds & Almond Butter: Provide healthy fats and protein to support adrenal function.



5. QUINOA & BERRY DETOX PORRIDGE

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup quinoa, rinsed
- 1 cup unsweetened almond milk
- 1/2 cup mixed berries
- 1/2 tsp vanilla extract
- 1 tbsp chopped walnuts (for topping)

- 1 tbsp hemp seeds (for topping)

Instructions:

1. In a pot, combine quinoa and almond milk. Bring to a boil, reduce heat, and simmer for 15 minutes until tender.

2. Stir in vanilla and mixed berries.
3. Serve topped with walnuts and hemp seeds.

Nutritional Information (per serving):

Calories: 250; Protein: 8g; Carbs: 40g; Fat: 9g; Fiber: 8g

Benefits:

- Quinoa: High in protein and fiber, supports detoxification and stable energy.
- Berries & Hemp Seeds: Rich in antioxidants and omega-3s, promote inflammation reduction.

6. MATCHA CHIA SEED PUDDING

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1 tsp matcha powder
- 1 tbsp honey
- 1/4 tsp vanilla extract
- 1 tbsp shredded coconut (for topping)

Instructions:

1. In a jar, whisk together chia seeds, coconut milk, matcha powder, honey, and vanilla.
2. Refrigerate overnight.
3. Serve topped with shredded coconut.

Nutritional Information (per serving):

Calories: 180; Protein: 5g; Carbs: 20g; Fat: 8g; Fiber: 8g

Benefits:

- Matcha & Chia Seeds: Provide antioxidants and fiber that support liver health and detoxification.
- Coconut Milk: Contains medium-chain triglycerides (MCTs) that promote energy and detoxification.



7. COCONUT & FLAX DETOX SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened coconut milk
- 1/2 banana
- 1/2 cup frozen pineapple
- 1 tbsp ground flaxseed
- 1/4 cup shredded coconut
- 1 tbsp chia seeds
- 1/2 cup ice

Instructions:

1. Combine coconut milk, banana, pineapple, flaxseed, shredded coconut, chia seeds, and ice in a blender.
2. Blend until smooth and creamy.
3. Serve immediately.

Nutritional Information (per serving):

Calories: 200; Protein: 4g; Carbs: 30g; Fat: 9g; Fiber: 8g

Benefits:

- Coconut & Flaxseed: Rich in healthy fats and fiber, support digestion and promote detoxification.
- Pineapple: Contains bromelain, an enzyme that supports liver detoxification and reduces inflammation.



8. SUPERFOOD OATMEAL WITH GOJI BERRIES

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- 1 tbsp goji berries
- 1 tbsp chia seeds

- 1 tbsp maple syrup
- 1/4 cup sliced almonds (for topping)
- 1/2 tsp ground cinnamon (for topping)

Instructions:

1. In a pot, cook rolled oats and almond milk over medium heat for 5 minutes.
2. Stir in goji berries, chia seeds, and maple syrup.
3. Serve topped with sliced almonds and a sprinkle of cinnamon.

Nutritional Information (per serving):

Calories: 250; Protein: 7g; Carbs: 40g; Fat: 9g; Fiber: 8g



BENEFITS:

- Goji Berries & Chia Seeds: Provide antioxidants and fiber that support liver function and detox.
- Oats & Almonds: Rich in fiber and healthy fats, support sustained energy and balanced blood sugar.



9. DETOXIFYING LEMON & GINGER SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 frozen banana
- 1 tbsp fresh grated ginger
- 1 tbsp lemon juice
- 1/2 tsp ground turmeric

- 1 tbsp honey

- 1/2 cup ice

Instructions:

1. Blend almond milk, banana, ginger, lemon juice, turmeric, honey, and ice until smooth.
2. Serve immediately.

Nutritional Information (per serving):

Calories: 140; Protein: 3g; Carbs: 28g; Fat: 3g; Fiber: 4g

Benefits:

- Ginger & Lemon: Potent detoxifying agents that support digestion and liver detoxification.
- Turmeric: Anti-inflammatory properties help reduce oxidative stress and support adrenal health.



HEMP & BLUEBERRY DETOX OATMEAL

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened oat milk
- 1/2 cup fresh blueberries
- 1 tbsp hemp seeds
- 1 tbsp almond butter
- 1 tbsp maple syrup

Instructions:

1. Cook rolled oats and oat milk over medium heat for 5 minutes until creamy.
2. Stir in blueberries, hemp seeds, and almond butter.
3. Serve with a drizzle of maple syrup.

Nutritional Information (per serving):

Calories: 260; Protein: 8g; Carbs: 42g; Fat: 10g; Fiber: 8g

Benefits:

- Hemp Seeds & Almond Butter: Provide omega-3s and protein that support detoxification and adrenal function.
- Blueberries: Rich in antioxidants, help fight inflammation and reduce cortisol levels.

10-Day Superfood Lunch Recipes

KALE & SWEET POTATO DETOX SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups chopped kale, stems removed
- 1 medium sweet potato, peeled and diced
- 1/4 cup pomegranate seeds
- 1/4 cup chopped walnuts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss sweet potatoes with olive oil, cumin, salt, and pepper, and roast for 20 minutes until tender.
2. Massage kale with lemon juice and a pinch of salt until softened.
3. Combine kale, roasted sweet potatoes, pomegranate seeds, and walnuts.

Nutritional Information (per serving):

Calories: 320; Protein: 8g; Carbs: 45g; Fat: 12g; Fiber: 10g

Benefits:

- Kale & Sweet Potatoes: Rich in fiber and antioxidants, promote liver detox and reduce inflammation.
- Pomegranate Seeds: Provide antioxidants that support cardiovascular health and reduce cortisol.



2. LENTIL & QUINOA DETOX BOWL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/2 cup diced cucumber
- 1/4 cup diced red onion
- 1/4 cup chopped fresh parsley
- 1/4 cup diced cherry tomatoes
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Combine quinoa, lentils, cucumber, red onion, parsley, and

cherry tomatoes in a bowl.

2. Whisk together lemon juice, olive oil, cumin, salt, and pepper, then pour over the salad. Toss to combine.

Nutritional Information (per serving):

Calories: 280; Protein: 12g; Carbs: 40g; Fat: 10g; Fiber: 12g

Benefits:

- Quinoa & Lentils: Provide complete protein and fiber, support detoxification and balanced energy.

- Parsley & Cucumber: Rich in antioxidants and hydrating properties, help reduce cortisol and inflammation.



3. DETOXIFYING ZUCCHINI NOODLES WITH PESTO

Prep Time: 10 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 2 medium zucchinis, spiralized
- 1/2 cup fresh basil leaves
- 1/4 cup pine nuts
- 1 garlic clove
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a blender, combine basil, pine nuts, garlic, olive oil, lemon juice, salt, and pepper. Blend until smooth.
2. Sauté zucchini noodles in a pan for 2-3 minutes until just tender.
3. Toss zucchini noodles with the pesto and serve.

Nutritional Information (per serving):

Calories: 220; Protein: 5g; Carbs: 10g; Fat: 18g; Fiber: 4g

Benefits:

- Zucchini & Basil: Provide hydration and antioxidants, support digestion and detoxification.
- Pine Nuts: Contain healthy fats that support adrenal health and reduce stress.



4. CHICKPEA & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1/2 avocado, diced
- 1/4 cup diced red onion
- 1/4 cup halved cherry tomatoes
- 2 tbsp lemon juice
- 1 tbsp olive oil

- 1/4 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. In a bowl, combine chickpeas, avocado, red onion, and cherry tomatoes.
2. Drizzle with lemon juice and olive oil, sprinkle with cumin, salt, and pepper, and toss gently.

Nutritional Information (per serving):

Calories: 300; Protein: 8g; Carbs: 30g; Fat: 16g; Fiber: 10g

Benefits:

- Chickpeas & Avocado: Provide fiber and healthy fats, promote balanced blood sugar and cortisol levels.
- Lemon Juice & Cumin: Rich in antioxidants, support digestion and detox.



5. SUPERFOOD DETOX WRAP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 whole grain wraps
- 1/2 cup hummus
- 1/2 cup shredded carrots
- 1/4 cup chopped cucumber

- 1/4 cup alfalfa sprouts
- 1/4 avocado, sliced
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Spread hummus evenly over each wrap.
2. Layer with shredded carrots, cucumber, alfalfa sprouts, and avocado slices.
3. Drizzle with lemon juice, season with salt and pepper, and roll tightly.

Nutritional Information (per serving):

Calories: 290; Protein: 7g; Carbs: 40g; Fat: 12g; Fiber: 9g

Benefits:

- Hummus & Avocado: Provide protein and healthy fats, help stabilize energy and reduce cortisol.
- Alfalfa Sprouts & Carrots: Rich in vitamins and antioxidants, support detoxification and gut health.



6. CUCUMBER & QUINOA DETOX SALAD

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup diced cucumber

- 1/4 cup chopped red bell pepper

- 1/4 cup chopped parsley

- 1 tbsp olive oil

- 1 tbsp lemon juice

- 1 tsp apple cider vinegar

- Salt and pepper to taste

Instructions:

1. Combine quinoa, cucumber, red bell pepper, and parsley in a bowl.

2. In a small bowl, whisk together olive oil, lemon juice, apple cider vinegar, salt, and pepper.

3. Pour the dressing over the salad and toss gently.

Nutritional Information (per serving):

Calories: 220; Protein: 6g; Carbs: 30g; Fat: 8g; Fiber: 6g

Benefits:

- Quinoa & Cucumber: Rich in fiber and antioxidants, support digestive health and detoxification.

- Apple Cider Vinegar & Parsley: Help detoxify the liver and promote balanced pH levels.



7. DETOXIFYING BROCCOLI & TAHINI SALAD

Prep Time: 10 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 2 cups steamed broccoli florets
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1 tbsp olive oil
- 1 garlic clove, minced

- 1 tbsp sesame seeds (for topping)
- Salt and pepper to taste

Instructions:

1. Steam broccoli florets for 5 minutes until tender.
2. In a small bowl, whisk together tahini, lemon juice, olive oil, garlic, salt, and pepper.
3. Toss steamed broccoli with the tahini dressing and sprinkle with sesame seeds before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 6g; Carbs: 14g; Fat: 12g; Fiber: 5g

Benefits:

- Broccoli & Tahini: High in fiber and antioxidants, support liver detoxification and hormone balance.
- Sesame Seeds & Garlic: Provide healthy fats and anti-inflammatory compounds that reduce cortisol.



8. RED CABBAGE & APPLE SLAW WITH WALNUTS

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 cups shredded red cabbage
- 1 apple, thinly sliced
- 1/4 cup chopped walnuts
- 1 tbsp apple cider vinegar
- 1 tbsp olive oil
- 1 tsp Dijon mustard
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine red cabbage, apple, and walnuts.
2. In a small bowl, whisk together apple cider vinegar, olive oil, Dijon mustard, lemon juice, salt, and pepper.
3. Pour the dressing over the slaw and toss to coat.

Nutritional Information (per serving):

Calories: 220; Protein: 5g; Carbs: 30g; Fat: 12g; Fiber: 8g

Benefits:

- Red Cabbage & Apple: Provide antioxidants and fiber, support gut health and detoxification.
- Walnuts & Apple Cider Vinegar: Contain healthy fats and enzymes that promote liver detox.



9. DETOXIFYING SOUP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 3 large carrots, peeled and chopped
- 1/2 cup diced onions
- 1 garlic clove, minced
- 1 tbsp grated fresh ginger
- 2 cups vegetable broth
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/4 tsp ground turmeric
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onions, garlic, and ginger for 5 minutes until softened.
2. Add chopped carrots, turmeric, and vegetable broth. Simmer for 15 minutes until carrots are tender.
3. Blend the soup until smooth. Stir in lemon juice, salt, and pepper before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 3g; Carbs: 25g; Fat: 8g; Fiber: 6g

Benefits:

- Carrots & Ginger: Rich in beta-carotene and antioxidants, support immune function and detoxification.

- Turmeric & Garlic: Contain anti-inflammatory compounds that help reduce cortisol and promote healing.



KALE & AVOCADO DETOX WRAP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 whole grain tortillas
- 2 cups chopped kale
- 1/2 avocado, sliced
- 1/4 cup shredded carrots
- 1/4 cup sliced cucumber
- 1 tbsp lemon juice
- 1 tbsp tahini
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Massage the kale with lemon juice and a pinch of salt until softened.
2. Spread tahini evenly on each tortilla.
3. Layer with kale, avocado, carrots, and cucumber. Sprinkle with garlic, salt, and pepper, then roll up tightly.

Nutritional Information (per serving):

Calories: 260; Protein: 6g; Carbs: 34g; Fat: 12g; Fiber: 8g

Benefits:

- Kale & Avocado: Rich in vitamins and healthy fats, promote detoxification and lower cortisol.

- Tahini & Garlic: Provide anti-inflammatory benefits and support digestive health.

10-Day Superfood Dinner Recipes

BAKED SALMON WITH LEMON & DILL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each)
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp fresh dill, chopped
- 1 garlic clove, minced
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- 1 cup steamed broccoli (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place salmon fillets on a lined baking sheet. Drizzle with olive oil, lemon juice, and garlic. Sprinkle with dill, salt, and pepper.
3. Bake for 18-20 minutes until salmon is cooked through.
4. Serve with steamed broccoli.

Nutritional Information (per serving):

Calories: 310; Protein: 27g; Carbs: 8g; Fat: 18g; Fiber: 4g

Benefits:

- Salmon & Dill: Rich in omega-3 fatty acids and antioxidants, support brain health and reduce inflammation.
- Broccoli & Lemon: High in vitamin C and fiber, promote detoxification and immune support.



2. CAULIFLOWER RICE STIR-FRY WITH TOFU

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup cauliflower rice
- 1/2 block firm tofu, cubed
- 1/2 cup bell pepper, sliced
- 1/2 cup snap peas
- 1 garlic clove, minced
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tbsp sesame oil
- 1 tbsp olive oil
- 1 tbsp sesame seeds
- 1 tbsp fresh chopped cilantro (optional)

Instructions:

1. Heat olive oil in a large skillet over medium heat. Add tofu and cook for 5-7 minutes until golden.

2. Add garlic, bell pepper, snap peas, and cauliflower rice. Stir-fry for 5 minutes until vegetables are tender.

3. Stir in tamari and sesame oil, then sprinkle with sesame seeds and cilantro.

Nutritional Information (per serving): Calories: 280; Protein: 14g; Carbs: 20g; Fat: 16g; Fiber: 7g

Benefits:

- Tofu & Cauliflower: High in plant-based protein and fiber, support gut health and reduce cortisol.

- Sesame Oil & Seeds: Provide healthy fats and antioxidants, promote a healthy response to stress.



3. QUINOA-STUFFED BELL PEPPERS

Prep Time: 15 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 2 large bell peppers, halved and seeded
- 1 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup corn kernels
- 1/4 cup diced tomatoes
- 1/4 cup diced red onion
- 1 tbsp olive oil

- 1 tsp ground cumin
- 1 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, combine quinoa, black beans, corn, tomatoes, red onion, lime juice, cumin, salt, and pepper.
3. Stuff the bell pepper halves with the quinoa mixture and place in a baking dish.
4. Bake for 25-30 minutes until peppers are tender.

Nutritional Information (per serving):

Calories: 320; Protein: 10g; Carbs: 48g; Fat: 10g; Fiber: 10g

Benefits:

- Quinoa & Black Beans: Provide fiber and protein, support balanced energy and detox.
- Bell Peppers & Lime Juice: Rich in vitamin C, help boost immune function and lower cortisol.



4. GINGER-LIME GRILLED SHRIMP WITH ASPARAGUS

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz large shrimp, peeled and deveined

- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp grated fresh ginger
- 1 garlic clove, minced
- 1 tsp ground black pepper
- 2 cups asparagus, trimmed

Instructions:

1. In a bowl, mix olive oil, lime juice, ginger, garlic, and pepper. Add shrimp and marinate for 10 minutes.
2. Preheat grill or grill pan over medium heat. Grill shrimp for 2-3 minutes on each side until pink and opaque.
3. Grill asparagus for 5-7 minutes until tender.
4. Serve shrimp with asparagus.

Nutritional Information (per serving):

Calories: 260; Protein: 24g; Carbs: 10g; Fat: 12g; Fiber: 4g

Benefits:

- Shrimp & Asparagus: High in protein and antioxidants, support muscle health and detoxification.
- Ginger & Lime: Promote digestion and immune function, help reduce stress-related inflammation.



5. LENTIL & SPINACH DETOX STEW

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 2 cups vegetable broth
- 1 cup fresh spinach
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/2 tsp turmeric
- Salt and pepper to taste

Instructions:

1. In a pot, heat olive oil over medium heat. Add onions, carrots, and celery. Sauté for 5 minutes.
2. Add garlic, cumin, turmeric, and cook for another 2 minutes.
3. Stir in lentils and vegetable broth. Simmer for 15 minutes.
4. Add spinach and cook until wilted. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 250; Protein: 12g; Carbs: 40g; Fat: 7g; Fiber: 12g

Benefits:

- Lentils & Spinach: High in fiber, iron, and magnesium, support liver detox and reduce inflammation.

- Turmeric & Cumin: Provide powerful anti-inflammatory benefits that help regulate cortisol.



6. COCONUT-CURRY CAULIFLOWER WITH CHICKPEAS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups cauliflower florets
- 1 cup cooked chickpeas
- 1/2 cup coconut milk
- 1/2 cup diced tomatoes
- 1 garlic clove, minced
- 1 tbsp curry powder
- 1 tbsp olive oil
- 1 tbsp chopped cilantro (for garnish)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add garlic and curry powder, sauté for 1 minute.
2. Add cauliflower, chickpeas, diced tomatoes, and coconut milk. Stir well and bring to a simmer.
3. Cook for 15-20 minutes until cauliflower is tender.
4. Garnish with cilantro before serving.

Nutritional Information (per serving):

Calories: 320; Protein: 10g; Carbs: 40g; Fat: 14g; Fiber: 10g

Benefits:

- Cauliflower & Chickpeas: Rich in fiber and plant-based protein, support digestion and detoxification.

- Coconut Milk & Curry: Provide healthy fats and anti-inflammatory properties to reduce stress.



7. DETOXIFYING MISO SOUP WITH TOFU

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 4 cups water
- 2 tbsp miso paste
- 1/2 block firm tofu, cubed
- 1 cup spinach leaves
- 1/2 cup sliced mushrooms
- 1/4 cup chopped green onions
- 1 garlic clove, minced
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tbsp olive oil

Instructions:

1. Heat olive oil in a pot over medium heat. Add garlic and mushrooms, sauté for 3 minutes.

2. Add water and bring to a simmer. Stir in miso paste and tamari.

3. Add tofu, spinach, and green onions. Simmer for 5 minutes before serving.

Nutritional Information (per serving):

Calories: 150; Protein: 12g; Carbs: 10g; Fat: 8g; Fiber: 4g

Benefits:

- Miso & Tofu: Provide probiotics and protein, support gut health and immune function.

- Spinach & Garlic: Rich in antioxidants, help detoxify the liver and reduce inflammation.



8. ROASTED BRUSSELS SPROUTS WITH QUINOA & WALNUTS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups Brussels sprouts, halved
- 1/2 cup cooked quinoa
- 1/4 cup chopped walnuts
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C).
2. Toss Brussels sprouts with olive oil, garlic, salt, and pepper. Spread on a baking sheet and roast for 20 minutes until crispy.
3. In a large bowl, combine roasted Brussels sprouts, cooked quinoa, walnuts, and balsamic vinegar. Toss gently.

Nutritional Information (per serving):

Calories: 280; Protein: 8g; Carbs: 30g; Fat: 14g; Fiber: 10g

Benefits:

- Brussels Sprouts & Quinoa: Rich in fiber and antioxidants, support digestion and detox.

- Walnuts & Olive Oil: Provide healthy fats and anti-inflammatory compounds that promote heart health and lower cortisol.



9. BAKED COD WITH GARLIC & SPINACH

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 2 cups fresh spinach
- 1 garlic clove, minced

- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp paprika
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a lined baking sheet. Drizzle with olive oil and lemon juice, sprinkle with garlic, paprika, salt, and pepper.
3. Bake for 12-15 minutes until cod is opaque and flakes easily.
4. Sauté spinach in a skillet with a little olive oil and garlic until wilted. Serve cod with spinach on the side.

Nutritional Information (per serving):

Calories: 250; Protein: 30g; Carbs: 6g; Fat: 10g; Fiber: 4g

Benefits:

- Cod & Spinach: High in protein, vitamins, and minerals, promote detoxification and immune support.

- Garlic & Lemon Juice: Rich in antioxidants, help reduce inflammation and support adrenal health.



SWEET POTATO & KALE DETOX BOWL

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 large sweet potato, peeled and diced
- 2 cups chopped kale
- 1/4 cup pomegranate seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss sweet potatoes with olive oil, cumin, salt, and pepper. Roast for 20-25 minutes until tender.
2. Massage kale with lemon juice and a pinch of salt until softened.
3. In a bowl, combine roasted sweet potatoes, kale, and pomegranate seeds. Serve warm.

Nutritional Information (per serving):

Calories: 270; Protein: 6g; Carbs: 45g; Fat: 10g; Fiber: 8g

Benefits:

- Sweet Potatoes & Kale: High in antioxidants and fiber, support liver detoxification and reduce cortisol levels.
- Pomegranate Seeds: Provide anti-inflammatory benefits and promote healthy digestion.

10-Day Superfood Snacks and Appetizers

TURMERIC-ROASTED ALMONDS

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup raw almonds
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/4 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss almonds with olive oil, turmeric, paprika, garlic powder, salt, and pepper.
2. Spread on a baking sheet and roast for 12-15 minutes until golden.
3. Let cool before serving.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 8g; Fat: 16g; Fiber: 4g

Benefits:

- Almonds & Turmeric: Provide healthy fats and anti-inflammatory compounds, support adrenal function and

detoxification.



2. AVOCADO & CILANTRO HUMMUS

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 ripe avocado
- 1/2 cup cooked chickpeas
- 2 tbsp lime juice
- 1 garlic clove, minced
- 2 tbsp chopped cilantro
- Salt and pepper to taste

Instructions:

1. In a food processor, combine avocado, chickpeas, lime juice, garlic, cilantro, salt, and pepper. Blend until smooth.

2. Serve with veggie sticks or whole grain crackers.

- Nutritional Information (per serving):

Calories: 180; Protein: 6g; Carbs: 20g; Fat: 10g; Fiber: 8g

Benefits:

- Avocado & Chickpeas: High in fiber and healthy fats, support digestion and promote a healthy detox.



3. BAKED SWEET POTATO CHIPS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 medium sweet potato, thinly sliced
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss sweet potato slices with olive oil, smoked paprika, salt, and pepper.
3. Arrange on a baking sheet and bake for 15-20 minutes until crispy.

Nutritional Information (per serving):

Calories: 150; Protein: 2g; Carbs: 25g; Fat: 6g; Fiber: 4g



BENEFITS:

- Sweet Potatoes: Provide beta-carotene and fiber, support healthy digestion and liver detoxification.



4. BEET & WALNUT DIP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup cooked beets, peeled and chopped
- 1/4 cup walnuts
- 1 garlic clove, minced
- 2 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a food processor, combine beets, walnuts, garlic, olive oil, lemon juice, salt, and pepper. Blend until smooth.
2. Serve with vegetable sticks or crackers.

Nutritional Information (per serving):

Calories: 170; Protein: 4g; Carbs: 15g; Fat: 12g; Fiber: 5g

Benefits:

- Beets & Walnuts: Rich in antioxidants and healthy fats, support liver detoxification and reduce inflammation.



5. MATCHA ENERGY BITES

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min) | Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 2 tbsp almond butter
- 1 tbsp honey
- 1 tsp matcha powder
- 1 tbsp chia seeds

Instructions:

1. In a bowl, mix rolled oats, almond butter, honey, matcha powder, and chia seeds until a sticky dough forms.
2. Roll into small balls and refrigerate for 30 minutes before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 20g; Fat: 8g; Fiber: 5g

Benefits:

- Matcha & Chia Seeds: Provide antioxidants and omega-3s, support detoxification and promote sustained energy.



6. TURMERIC & GINGER ROASTED CASHEWS

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup raw cashews
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss cashews with olive oil, turmeric, ginger, salt, and pepper.
2. Spread on a baking sheet and roast for 12-15 minutes, stirring halfway through.

Nutritional Information (per serving):

Calories: 210; Protein: 6g; Carbs: 14g; Fat: 16g; Fiber: 3g

Benefits:

- Cashews & Turmeric: Provide healthy fats and anti-inflammatory properties, help reduce stress-induced inflammation.



7. SPICED CARROT & CUCUMBER STICKS WITH TAHINI DIP

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 large carrot, cut into sticks
- 1 large cucumber, cut into sticks
- 2 tbsp tahini
- 1 tbsp lemon juice

- 1/4 tsp cumin

- Salt and pepper to taste

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, cumin, salt, and pepper until smooth.

2. Serve with carrot and cucumber sticks.

Nutritional Information (per serving):

Calories: 130; Protein: 4g; Carbs: 12g; Fat: 8g; Fiber: 4g

Benefits:

- Tahini & Lemon Juice: Provide healthy fats and vitamin C, support digestion and liver detoxification.



8. COCONUT & CHIA PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened coconut yogurt

- 2 tbsp chia seeds

- 1 tbsp shredded coconut

- 1 tbsp honey

- 1/4 cup fresh blueberries (for topping)

Instructions:

1. In two serving glasses, layer coconut yogurt, chia seeds,

shredded coconut, and honey.

2. Top with fresh blueberries.

Nutritional Information (per serving):

Calories: 170; Protein: 4g; Carbs: 20g; Fat: 8g; Fiber: 6g

Benefits:

- Coconut & Chia Seeds: Rich in healthy fats and fiber, promote gut health and support detoxification.



9. ROASTED CHICKPEAS WITH SMOKED PAPRIKA

Prep Time: 5 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, smoked paprika, garlic powder, salt, and pepper.

2. Spread on a baking sheet and roast for 20 minutes until crispy.

Nutritional Information (per serving):

Calories: 140; Protein: 6g; Carbs: 20g; Fat: 6g; Fiber: 6g

Benefits:

- Chickpeas: Rich in fiber and plant-based protein, support digestive health and stabilize blood sugar levels, promoting steady energy and cortisol regulation.

- Smoked Paprika: Contains antioxidants like vitamin A, which supports immune function and reduces inflammation.



KALE CHIPS WITH NUTRITIONAL YEAST

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 2 cups kale leaves, torn into pieces
- 1 tbsp olive oil
- 2 tbsp nutritional yeast
- Salt and pepper to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss kale leaves with olive oil, nutritional yeast, salt, and pepper.
2. Spread on a baking sheet and bake for 10 minutes until crispy.

Nutritional Information (per serving):

Calories: 90; Protein: 3g; Carbs: 8g; Fat: 6g; Fiber: 2g

Benefits:

- Kale & Nutritional Yeast: High in vitamins A and B, promote detoxification and energy balance.

Low Cortisol Levels: 14-Day Recipes

BERRY & CHIA OVERNIGHT OATS

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1 tbsp chia seeds
- 1 cup unsweetened almond milk
- 1/4 cup mixed berries
- 1 tsp honey
- 1/4 tsp vanilla extract

Instructions:

1. In a jar, combine oats, chia seeds, almond milk, honey, and vanilla. Stir well.
2. Refrigerate overnight.
3. In the morning, top with mixed berries and serve.

Nutritional Information (per serving):

Calories: 200; Protein: 5g; Carbs: 35g; Fat: 5g; Fiber: 8g

Benefits:

- Chia Seeds & Oats: Provide fiber and protein that promote digestion and stabilize blood sugar, helping to maintain low cortisol levels.

- Berries: High in antioxidants, which help reduce oxidative stress and inflammation.



2. AVOCADO & MICROGREENS TOAST

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted
- 1 ripe avocado, mashed
- 1/2 cup microgreens
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Spread mashed avocado on toasted bread.
2. Top with microgreens and drizzle with lemon juice.
3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 250; Protein: 6g; Carbs: 30g; Fat: 12g; Fiber: 10g

Benefits:

- Avocado & Microgreens: Rich in healthy fats and antioxidants, help lower cortisol and support adrenal health.



3. TURMERIC & GINGER SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 banana
- 1 tsp grated fresh ginger
- 1/2 tsp ground turmeric
- 1 tbsp honey
- 1/2 cup ice

Instructions:

1. Blend almond milk, banana, ginger, turmeric, honey, and ice until smooth.
2. Serve immediately.

Nutritional Information (per serving):

Calories: 140; Protein: 3g; Carbs: 28g; Fat: 3g; Fiber: 4g

Benefits:

- Ginger & Turmeric: Have powerful anti-inflammatory properties that help reduce cortisol levels and promote detoxification.



4. FLAXSEED & BLUEBERRY DETOX SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup fresh blueberries
- 1 tbsp ground flaxseed
- 1/2 banana
- 1 cup unsweetened oat milk
- 1/2 cup ice

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately.

Nutritional Information (per serving):

Calories: 160; Protein: 4g; Carbs: 30g; Fat: 5g; Fiber: 6g

Benefits:

- Flaxseed & Blueberries: High in omega-3s and antioxidants, help combat inflammation and stabilize cortisol levels.



5. QUINOA & ALMOND BREAKFAST BOWL

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup quinoa, rinsed
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tbsp chopped almonds (for topping)
- 1 tbsp honey
- 1/2 tsp ground cinnamon

Instructions:

1. In a pot, combine quinoa and almond milk. Bring to a boil, then reduce heat and simmer for 15 minutes until quinoa is tender.

2. Stir in almond butter, honey, and cinnamon. Serve topped with chopped almonds.

Nutritional Information (per serving):

Calories: 230; Protein: 7g; Carbs: 38g; Fat: 8g; Fiber: 6g

Benefits:

- Quinoa & Almonds: Provide protein and fiber, support adrenal function, and help maintain balanced energy levels.



6. COCONUT & CHIA SEED PUDDING

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds

- 1 cup unsweetened coconut milk
- 1/2 tsp vanilla extract
- 1 tbsp honey
- 1/4 cup fresh raspberries (for topping)

Instructions:

1. In a jar, combine chia seeds, coconut milk, vanilla, and honey. Stir well.
2. Refrigerate overnight.
3. Serve topped with fresh raspberries.

Nutritional Information (per serving):

Calories: 190; Protein: 6g; Carbs: 18g; Fat: 10g; Fiber: 10g

Benefits:

- Chia Seeds & Coconut Milk: Provide fiber, omega-3s, and healthy fats, supporting gut health and reducing cortisol levels.



7. LEMON & TURMERIC OATS

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- Zest of 1 lemon
- 1/2 tsp ground turmeric
- 1 tbsp honey

- 1 tbsp pumpkin seeds (for topping)

Instructions:

1. In a pot, cook oats with almond milk, turmeric, and lemon zest over medium heat for 5 minutes.
2. Stir in honey and serve topped with pumpkin seeds.

Nutritional Information (per serving):

Calories: 220; Protein: 7g; Carbs: 35g; Fat: 8g; Fiber: 6g

Benefits:

- Lemon & Turmeric: Contain antioxidants and anti-inflammatory properties that help reduce cortisol and support detoxification.



8. ALMOND & BERRY DETOX SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup mixed berries
- 1 tbsp almond butter
- 1 tsp honey
- 1/2 cup ice

Instructions:

1. Blend almond milk, berries, almond butter, honey, and ice

until smooth.

2. Serve immediately.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 25g; Fat: 8g; Fiber: 6g

Benefits:

- Almond Butter & Berries: Provide healthy fats and antioxidants that stabilize cortisol and reduce inflammation.



9. COCONUT & MATCHA SMOOTHIE BOWL

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened coconut milk
- 1/2 banana
- 1 tsp matcha powder
- 1 tbsp chia seeds
- 1 tbsp shredded coconut (for topping)
- 1/4 cup fresh berries (for topping)

Instructions:

1. Blend coconut milk, banana, matcha, and chia seeds until smooth.

2. Pour into two bowls and top with shredded coconut and fresh berries.

Nutritional Information (per serving):

Calories: 200; Protein: 4g; Carbs: 30g; Fat: 9g; Fiber: 8g

Benefits:

- Matcha & Chia Seeds: Provide antioxidants and fiber that promote detoxification and help lower cortisol.



SPINACH & FETA SCRAMBLED EGGS

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 4 eggs
- 1/2 cup baby spinach, chopped

- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add spinach and sauté for 1 minute.
2. Beat the eggs and pour into the skillet. Stir in feta cheese and cook until scrambled.
3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 230; Protein: 14g; Carbs: 4g; Fat: 18g; Fiber: 1g

Benefits:

- Spinach & Eggs: Rich in protein and antioxidants, help stabilize energy levels and reduce cortisol.



QUINOA & AVOCADO TOAST

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted
- 1/2 cup cooked quinoa
- 1 ripe avocado, mashed
- 1 tbsp lemon juice
- Salt and pepper to taste



INSTRUCTIONS:

1. Spread mashed avocado on toasted bread.
2. Top with cooked quinoa and drizzle with lemon juice.
3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 240; Protein: 8g; Carbs: 35g; Fat: 10g; Fiber: 9g

Benefits:

- Quinoa & Avocado: Provide protein, fiber, and healthy fats that promote balanced energy and lower cortisol.



APPLE CINNAMON OATMEAL

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups water or almond milk
- 1 apple, diced
- 1/2 tsp ground cinnamon
- 1 tbsp almond butter

Instructions:

1. In a pot, cook oats with water or almond milk over medium heat for 10 minutes.
2. Stir in diced apple, cinnamon, and almond butter. Serve warm.

- ****Nutritional Information (per serving):****

Calories: 220; Protein: 6g; Carbs: 40g; Fat: 6g; Fiber: 8g

Benefits:

- Oats & Apples: Provide fiber and natural sugars that promote stable energy and healthy cortisol levels.



GREEK YOGURT & WALNUT PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened Greek yogurt
- 1/4 cup chopped walnuts
- 1 tbsp honey
- 1/4 cup mixed berries (for topping)

Instructions:

1. Layer Greek yogurt, walnuts, and honey in two serving glasses.
2. Top with mixed berries and serve immediately.

Nutritional Information (per serving):

Calories: 210; Protein: 10g; Carbs: 25g; Fat: 10g; Fiber: 4g

Benefits:

- Greek Yogurt & Walnuts: High in protein and healthy fats, support gut health and help lower cortisol.



GOLDEN MILK OATMEAL

Prep Time: 5 min

Cook Time: 5 min

Servings 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened coconut milk
- 1/2 tsp ground turmeric
- 1/2 tsp ground ginger
- 1 tbsp honey

- 1 tbsp chopped almonds (for topping)

Instructions:

1. In a pot, cook oats with coconut milk, turmeric, and ginger over medium heat for 5 minutes.
2. Stir in honey and serve topped with chopped almonds.

Nutritional Information (per serving):

Calories: 240; Protein: 6g; Carbs: 40g; Fat: 9g; Fiber: 7g

Benefits:

- Turmeric & Ginger: Offer anti-inflammatory properties, support adrenal health, and reduce stress.

LENTIL & QUINOA SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup cooked lentils
- 1/4 cup diced cucumber
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

1. In a bowl, combine quinoa, lentils, cucumber, tomatoes, olive oil, lemon juice, parsley, salt, and pepper.
2. Toss gently and serve.

Nutritional Information (per serving):

Calories: 250; Protein: 10g; Carbs: 40g; Fat: 7g; Fiber: 10g

Benefits:

- Quinoa & Lentils: High in fiber and protein, help stabilize blood sugar and reduce cortisol spikes.



2. KALE & SWEET POTATO SALAD

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cups chopped kale
- 1 medium sweet potato, peeled and diced
- 1/4 cup pomegranate seeds
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C). Toss sweet potatoes with olive oil, cumin, salt, and pepper, then roast for 20 minutes.
2. Massage kale with lemon juice and a pinch of salt until softened.
3. Combine kale, roasted sweet potatoes, and pomegranate seeds.

Nutritional Information (per serving):

Calories: 260; Protein: 5g; Carbs: 45g; Fat: 9g; Fiber: 10g

Benefits:

- Kale & Sweet Potatoes: Rich in fiber and vitamins, promote

liver detoxification and support adrenal health.



3. CHICKPEA & AVOCADO WRAP

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1/2 avocado, mashed
- 1/4 cup shredded carrots

- 1/4 cup chopped cucumber
- 2 whole grain wraps
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a bowl, mash chickpeas with avocado, lemon juice, salt, and pepper.

2. Spread the mixture on each wrap and top with shredded carrots and cucumber. Roll up tightly.

Nutritional Information (per serving):

Calories: 300; Protein: 9g; Carbs: 45g; Fat: 12g; Fiber: 10g

Benefits:

- Chickpeas & Avocado: Provide healthy fats and fiber, helping to regulate blood sugar and reduce cortisol.



4. SPINACH & FETA QUINOA BOWL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1 cup baby spinach
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. In a skillet, heat olive oil over medium heat. Add garlic and sauté for 1 minute.
2. Add spinach and cook until wilted.
3. In a bowl, combine cooked quinoa, spinach, feta, lemon juice, salt, and pepper.

Nutritional Information (per serving):

Calories: 280; Protein: 9g; Carbs: 35g; Fat: 12g; Fiber: 6g

Benefits:

- Spinach & Quinoa: High in magnesium and fiber, support adrenal health and promote relaxation.



5. MEDITERRANEAN CHICKPEA SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1/4 cup cherry tomatoes, halved
- 1/4 cup diced cucumber
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine chickpeas, tomatoes, cucumber, feta, olive oil, lemon juice, parsley, salt, and pepper.
2. Toss gently and serve.

Nutritional Information (per serving):

Calories: 260; Protein: 9g; Carbs: 32g; Fat: 12g; Fiber: 8g

Benefits:

Chickpeas & Feta: Provide protein and healthy fats, helping to balance blood sugar and lower cortisol levels.



6. ROASTED VEGETABLE & HUMMUS WRAP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 small zucchini, sliced
- 1 red bell pepper, sliced
- 1/2 cup hummus
- 2 whole grain wraps
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini and red bell pepper with olive oil, salt, and pepper. Roast for 20 minutes.
2. Spread hummus on each wrap and top with roasted vegetables. Roll up tightly.

Nutritional Information (per serving):

Calories: 290; Protein: 8g; Carbs: 40g; Fat: 12g; Fiber: 10g

Benefits:

- Hummus & Roasted Vegetables: High in fiber and healthy fats, promote balanced energy and reduce cortisol spikes.



7. GRILLED CHICKEN & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 grilled chicken breast, sliced
- 1/2 avocado, diced
- 1 cup mixed greens
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Arrange mixed greens, cherry tomatoes, and avocado in a bowl.
2. Top with sliced grilled chicken.
3. Drizzle with olive oil and balsamic vinegar.

Nutritional Information (per serving):

Calories: 320; Protein: 24g; Carbs: 12g; Fat: 20g; Fiber: 6g

Benefits:

- Grilled Chicken & Avocado: Provide lean protein and healthy fats, help stabilize blood sugar and lower cortisol.



8. LENTIL & SPINACH SOUP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2



INGREDIENTS:

- 1 cup cooked lentils
- 2 cups vegetable broth
- 1 cup fresh spinach
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. In a large pot, heat olive oil over medium heat. Add onions, carrots, and celery. Sauté for 5 minutes.
2. Add garlic and cook for another 2 minutes.
3. Stir in lentils and vegetable broth. Simmer for 15 minutes.
4. Add spinach and cook until wilted. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 240; Protein: 12g; Carbs: 35g; Fat: 8g; Fiber: 10g

Benefits:

Lentils & Spinach: High in fiber, protein, and iron, support detoxification and stabilize cortisol levels.



9. QUINOA & BLACK BEAN SALAD

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/2 cup cooked black beans
- 1/4 cup diced red bell pepper

- 1/4 cup diced red onion
- 1 tbsp olive oil
- 1 tbsp lime juice
- 1 tbsp chopped cilantro
- Salt and pepper to taste



INSTRUCTIONS:

1. In a bowl, combine quinoa, black beans, red bell pepper, red onion, olive oil, lime juice, cilantro, salt, and pepper.

2. Toss gently and serve.

Nutritional Information (per serving):

Calories: 260; Protein: 10g; Carbs: 40g; Fat: 8g; Fiber: 10g

Benefits:

- Quinoa & Black Beans: Provide complete protein and fiber, promoting balanced blood sugar and lower cortisol levels.



GRILLED VEGETABLE & CHICKPEA BOWL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked chickpeas
- 1 small zucchini, sliced
- 1/2 cup cherry tomatoes
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat grill to medium heat. Toss zucchini and cherry tomatoes with olive oil, cumin, salt, and pepper.
2. Grill vegetables for 10-15 minutes until tender.
3. In a bowl, combine grilled vegetables and chickpeas.

Nutritional Information (per serving):

Calories: 240; Protein: 8g; Carbs: 30g; Fat: 10g; Fiber: 8g

Benefits:

Chickpeas & Grilled Vegetables: Provide fiber and antioxidants, helping to regulate cortisol and reduce inflammation.



AVOCADO & WHITE BEAN SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked white beans
- 1/2 avocado, diced
- 1/4 cup diced cucumber
- 1/4 cup chopped red onion
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine white beans, avocado, cucumber, red onion, and lemon juice.
2. Toss gently and season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 280; Protein: 9g; Carbs: 35g; Fat: 12g; Fiber: 10g

Benefits:

- Avocado & White Beans: Rich in fiber and healthy fats, support gut health and stabilize blood sugar levels.



SPINACH & TOFU

Prep Time: 10 min

Cook Time: 10 min

Servings: 2



INGREDIENTS:

- 1/2 block firm tofu, cubed
- 2 cups fresh spinach
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tsp sesame oil
- 1 tbsp sesame seeds (for topping)

Instructions:

1. In a skillet, heat olive oil over medium heat. Add tofu and cook until golden, about 5 minutes.
2. Add garlic and spinach, sautéing until spinach is wilted.
3. Stir in tamari and sesame oil, then top with sesame seeds.

Nutritional Information (per serving):

Calories: 220; Protein: 12g; Carbs: 10g; Fat: 14g; Fiber: 5g

Benefits:

- Tofu & Spinach: Provide plant-based protein and iron, supporting muscle recovery and lowering cortisol.



SWEET POTATO & BLACK BEAN TACOS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and diced
- 1/2 cup cooked black beans
- 4 small corn tortillas
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 cup salsa
- 1 tbsp chopped cilantro (for topping)

Instructions:

1. Preheat oven to 400°F (200°C). Toss diced sweet potatoes with olive oil, cumin, salt, and pepper. Roast for 20 minutes until tender.
2. Warm the tortillas in a pan and fill with roasted sweet potatoes, black beans, and salsa.
3. Garnish with cilantro before serving.

Nutritional Information (per serving):

Calories: 300; Protein: 8g; Carbs: 50g; Fat: 10g; Fiber: 12g



BENEFITS:

- Sweet Potatoes & Black Beans: High in fiber and complex carbohydrates, help stabilize blood sugar and reduce cortisol.



THAI-INSPIRED QUINOA BOWL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup shredded carrots
- 1/4 cup sliced bell peppers
- 1/4 cup chopped cilantro
- 1/4 cup edamame
- 2 tbsp peanut butter
- 1 tbsp lime juice
- 1 tbsp tamari
- 1 tsp grated ginger

Instructions:

1. In a small bowl, whisk together peanut butter, lime juice, tamari, and ginger.

2. In a large bowl, combine quinoa, carrots, bell peppers, cilantro, and edamame.

3. Pour dressing over the quinoa mixture and toss to coat evenly.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 40g; Fat: 14g; Fiber: 8g

Benefits:

- Quinoa & Edamame: Provide protein and fiber, promoting balanced energy and supporting cortisol regulation.

BAKED SALMON WITH LEMON & DILL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tsp fresh dill, chopped
- Salt and pepper to taste
- 1 cup steamed asparagus (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place salmon fillets on a lined baking sheet. Drizzle with olive oil, lemon juice, garlic, dill, salt, and pepper.
3. Bake for 18-20 minutes until salmon is cooked through.
4. Serve with steamed asparagus.

Nutritional Information (per serving):

Calories: 310; Protein: 28g; Carbs: 6g; Fat: 18g; Fiber: 4g

Benefits:

- Salmon & Dill: High in omega-3s and antioxidants, reduce

inflammation and support heart health, promoting cortisol balance.



2. QUINOA-STUFFED BELL PEPPERS

Prep Time: 10 min

Cook Time: 30 min

Servings: 2



INGREDIENTS:

- 2 large bell peppers, halved and seeded
- 1/2 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup corn kernels
- 1/4 cup diced tomatoes
- 1/4 cup diced red onion
- 1 tbsp olive oil
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix quinoa, black beans, corn, tomatoes, onion, olive oil, cumin, salt, and pepper.

3. Stuff the bell pepper halves with the mixture and place in a baking dish. Bake for 25-30 minutes until tender.

Nutritional Information (per serving):

Calories: 320; Protein: 10g; Carbs: 45g; Fat: 10g; Fiber: 10g

Benefits:

- Quinoa & Black Beans: Provide fiber and plant-based protein, support stable blood sugar and reduce cortisol levels.



3. GRILLED SHRIMP WITH GARLIC & LEMON

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 2 garlic cloves, minced
- 1 tsp ground black pepper
- 1 cup sautéed spinach (for serving)



INSTRUCTIONS:

1. In a bowl, mix olive oil, lemon juice, garlic, and pepper.

Add shrimp and marinate for 10 minutes.

2. Grill shrimp for 2-3 minutes per side until pink and cooked through.

3. Serve with sautéed spinach.

Nutritional Information (per serving):

Calories: 260; Protein: 25g; Carbs: 6g; Fat: 12g; Fiber: 4g

Benefits:

- Shrimp & Garlic: Provide lean protein and antioxidants, supporting muscle health and reducing stress-induced inflammation.



4. LENTIL & SWEET POTATO CURRY

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 1 medium sweet potato, peeled and diced
- 1/2 cup coconut milk
- 1/2 cup diced tomatoes
- 1 garlic clove, minced
- 1 tbsp curry powder
- 1 tbsp olive oil
- 1 tsp ground turmeric

- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Add garlic, curry powder, and turmeric, and sauté for 1 minute.
2. Add sweet potatoes, tomatoes, and coconut milk. Simmer for 20 minutes until sweet potatoes are tender.
3. Stir in cooked lentils and season with salt and pepper.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 50g; Fat: 12g; Fiber: 12g

Benefits:

- Lentils & Sweet Potatoes: Provide fiber and complex carbs, helping to stabilize blood sugar and reduce cortisol.



5. BAKED COD WITH SPINACH & GARLIC

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1/2 tsp ground paprika

- Salt and pepper to taste
- 2 cups fresh spinach (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a lined baking sheet. Drizzle with olive oil and sprinkle with garlic, paprika, salt, and pepper.
3. Bake for 12-15 minutes until cod is opaque and flakes easily. Serve with sautéed spinach.

Nutritional Information (per serving):

Calories: 240; Protein: 28g; Carbs: 4g; Fat: 12g; Fiber: 4g

Benefits:

- Cod & Spinach: High in protein and antioxidants, support adrenal health and help reduce inflammation.



6. GRILLED CHICKEN & AVOCADO BOWL

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 grilled chicken breast, sliced
- 1/2 avocado, sliced
- 1 cup mixed greens
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Arrange mixed greens, avocado, and cherry tomatoes in a bowl. Top with sliced grilled chicken.

2. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.

Nutritional Information (per serving):

Calories: 320; Protein: 30g; Carbs: 12g; Fat: 20g; Fiber: 6g

Benefits:

- Chicken & Avocado: Provide lean protein and healthy fats, help stabilize blood sugar and promote low cortisol levels.



7. ROASTED BRUSSELS SPROUTS & QUINOA

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked quinoa
- 2 cups Brussels sprouts, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss Brussels sprouts with olive oil, garlic, salt, and pepper, and roast for 20 minutes.

2. In a bowl, combine roasted Brussels sprouts, cooked quinoa, and lemon juice. Toss gently before serving.

Nutritional Information (per serving):

Calories: 260; Protein: 9g; Carbs: 40g; Fat: 9g; Fiber: 10g

Benefits:

- Brussels Sprouts & Quinoa: High in fiber and vitamins, support detoxification and help maintain balanced cortisol levels.



8. GRILLED TOFU & BROCCOLI STIR-FRY

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 block firm tofu, cubed
- 2 cups broccoli florets
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tsp sesame oil
- 1 tbsp sesame seeds (for topping)

Instructions:

1. Heat olive oil in a skillet over medium heat. Add tofu and cook for 5-7 minutes until golden.

2. Add broccoli and garlic, and sauté for another 5 minutes.

3. Stir in tamari and sesame oil. Serve topped with sesame seeds.

Nutritional Information (per serving):

Calories: 240; Protein: 14g; Carbs: 14g; Fat: 16g; Fiber: 6g

Benefits:

- Tofu & Broccoli: Provide plant-based protein and antioxidants, helping to reduce inflammation and maintain low cortisol levels.



9. BAKED CHICKEN WITH SWEET POTATOES

Prep Time: 10 min

Cook Time: 30 min

Servings: 2



INGREDIENTS:

- 2 boneless, skinless chicken breasts
- 1 medium sweet potato, peeled and diced
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp dried thyme
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Toss sweet potatoes with olive oil, paprika, thyme, salt, and pepper. Arrange on a baking sheet with chicken breasts.
3. Bake for 30 minutes until chicken is cooked through and sweet potatoes are tender.

Nutritional Information (per serving):

Calories: 350; Protein: 28g; Carbs: 35g; Fat: 12g; Fiber: 8g

Benefits:

- Chicken & Sweet Potatoes: High in protein and complex carbohydrates, support muscle health and stabilize blood sugar.



QUINOA & ROASTED VEGETABLE BOWL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked quinoa
- 1 small zucchini, diced
- 1 red bell pepper, diced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini, bell pepper, and cherry tomatoes with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a bowl, combine roasted vegetables with cooked quinoa and balsamic vinegar. Toss gently.

Nutritional Information (per serving):

Calories: 280; Protein: 8g; Carbs: 45g; Fat: 9g; Fiber: 8g

Benefits:

- Quinoa & Roasted Vegetables: Provide fiber and vitamins that support digestion, detoxification, and adrenal health.



GRILLED SHRIMP & ZUCCHINI NOODLES

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz shrimp, peeled and deveined
- 2 zucchinis, spiralized into noodles
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp lemon juice

- 1 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add shrimp and garlic, and cook for 5-7 minutes until shrimp are opaque.
2. Toss zucchini noodles with lemon juice, parsley, salt, and pepper. Serve shrimp over zucchini noodles.

Nutritional Information (per serving):

Calories: 220; Protein: 26g; Carbs: 6g; Fat: 10g; Fiber: 4g

Benefits:

- Shrimp & Zucchini: Provide lean protein and hydration, support muscle recovery and help lower cortisol levels.



BAKED COD WITH ROASTED ASPARAGUS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp lemon zest
- 1 tsp ground black pepper
- 1 cup roasted asparagus (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Drizzle cod fillets with olive oil and sprinkle with garlic, lemon zest, and black pepper. Place on a baking sheet.

3. Roast cod and asparagus for 18-20 minutes until cod is cooked through and asparagus is tender.

Nutritional Information (per serving):

Calories: 240; Protein: 28g; Carbs: 6g; Fat: 12g; Fiber: 4g

Benefits:

- Cod & Asparagus: Provide lean protein and vitamins that support liver detox and balanced cortisol levels.



TURKEY & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked turkey breast, sliced
- 1/2 avocado, diced
- 1 cup mixed greens
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Arrange mixed greens, cherry tomatoes, and avocado in a bowl. Top with sliced turkey breast.

2. Drizzle with olive oil and balsamic vinegar. Season with

salt and pepper.

Nutritional Information (per serving):

Calories: 280; Protein: 24g; Carbs: 12g; Fat: 16g; Fiber: 6g

Benefits:

- Turkey & Avocado: Provide lean protein and healthy fats, support muscle recovery and reduce cortisol levels.



CAULIFLOWER RICE STIR-FRY

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 2 cups cauliflower rice
- 1/2 cup diced carrots
- 1/4 cup diced bell peppers
- 1 garlic clove, minced
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tbsp sesame oil
- 1 tbsp sesame seeds (for topping)

Instructions:

1. Heat sesame oil in a skillet over medium heat. Add garlic, carrots, and bell peppers. Sauté for 5 minutes.

2. Add cauliflower rice and tamari. Stir-fry for another 5 minutes until vegetables are tender.

3. Serve topped with sesame seeds.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 16g; Fat: 12g; Fiber: 6g

Benefits: - Cauliflower & Sesame Oil: Provide fiber, antioxidants, and healthy fats, supporting digestion and adrenal function.

ROASTED CHICKPEAS WITH SMOKED PAPRIKA

Prep Time: 5 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, smoked paprika, garlic powder, salt, and pepper.
2. Spread on a baking sheet and roast for 20 minutes until crispy.

Nutritional Information (per serving):

Calories: 140; Protein: 6g; Carbs: 20g; Fat: 6g; Fiber: 6g

Benefits:

- Chickpeas & Paprika: Provide fiber and antioxidants that support digestion and reduce inflammation.



2. AVOCADO & CUCUMBER SLICES

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 ripe avocado
- 1 cucumber, sliced
- 1 tbsp lemon juice
- 1 tsp olive oil
- Salt and pepper to taste

Instructions:

1. Slice avocado and arrange on a plate with cucumber slices.
2. Drizzle with lemon juice and olive oil. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 3g; Carbs: 12g; Fat: 15g; Fiber: 7g

Benefits:

- Avocado & Cucumber: Provide healthy fats and hydration, promoting balanced cortisol levels.



3. CARROT & HUMMUS SNACK PLATTER

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 medium carrots, sliced into sticks
- 1/2 cup hummus
- 1 tbsp lemon juice (for hummus)
- Salt and pepper to taste

Instructions:

1. Serve carrot sticks with hummus for dipping.
2. Optionally, mix lemon juice into the hummus for extra flavor.

Nutritional Information (per serving):

Calories: 150; Protein: 5g; Carbs: 20g; Fat: 7g; Fiber: 8g

Benefits:

- Carrots & Hummus: Provide fiber and plant-based protein, helping stabilize blood sugar and cortisol.



4. APPLE SLICES WITH ALMOND BUTTER

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 apple, sliced
- 2 tbsp almond butter

- 1/2 tsp cinnamon (optional)

Instructions:

1. Arrange apple slices on a plate and serve with almond butter for dipping.
2. Sprinkle with cinnamon for extra flavor, if desired.

Nutritional Information (per serving):

Calories: 190; Protein: 4g; Carbs: 24g; Fat: 9g; Fiber: 6g

Benefits:

- Apples & Almond Butter: Provide fiber, healthy fats, and antioxidants that help maintain balanced cortisol levels.



5. MIXED BERRY YOGURT PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened Greek yogurt
- 1/2 cup mixed berries
- 1 tbsp honey
- 1 tbsp chia seeds (for topping)



INSTRUCTIONS:

1. Layer yogurt, berries, and honey in two serving glasses.
2. Top with chia seeds before serving.

Nutritional Information (per serving):

Calories: 160; Protein: 10g; Carbs: 22g; Fat: 4g; Fiber: 4g

Benefits:

- Greek Yogurt & Berries: High in protein and antioxidants, help support gut health and regulate cortisol levels.



6. KALE CHIPS WITH SEA SALT

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 2 cups kale leaves, torn into pieces
- 1 tbsp olive oil
- 1/4 tsp sea salt

Instructions:

1. Preheat oven to 350°F (175°C). Toss kale leaves with olive oil and sea salt.
2. Spread on a baking sheet and bake for 10 minutes until crispy.

Nutritional Information (per serving):

Calories: 90; Protein: 3g; Carbs: 8g; Fat: 6g; Fiber: 2g

Benefits:

- Kale & Olive Oil: Provide antioxidants and healthy fats, support adrenal health and promote detoxification.



7. CELERY STICKS WITH TAHINI DIP

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 celery stalks, cut into sticks
- 2 tbsp tahini
- 1 tbsp lemon juice
- 1/4 tsp cumin

Instructions:

1. In a small bowl, whisk together tahini, lemon juice, and cumin until smooth.
2. Serve celery sticks with tahini dip.

Nutritional Information (per serving):

Calories: 120; Protein: 4g; Carbs: 8g; Fat: 9g; Fiber: 4g

Benefits:

- Celery & Tahini: Provide fiber and healthy fats, help regulate cortisol and support liver detoxification.



8. SPICY ROASTED ALMONDS

Prep Time: 5 min
Cook Time: 15 min
Servings: 2

Ingredients:

- 1 cup raw almonds
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cayenne pepper
- 1/4 tsp sea salt

Instructions:

1. Preheat oven to 350°F (175°C). Toss almonds with olive oil, paprika, cayenne, and salt.
2. Spread on a baking sheet and roast for 12-15 minutes until golden.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 8g; Fat: 16g; Fiber: 4g



BENEFITS:

- Almonds & Spices: Provide healthy fats and antioxidants that support adrenal health and reduce inflammation.



9. COCONUT & CHIA ENERGY BITES

Prep Time: 10 min

Cook Time: 0 min (refrigeration: 30 min) | Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1 tbsp almond butter
- 1 tbsp honey
- 1 tbsp chia seeds
- 1 tbsp shredded coconut

Instructions:

1. In a bowl, mix oats, almond butter, honey, chia seeds, and shredded coconut until a sticky dough forms.
2. Roll into small balls and refrigerate for 30 minutes before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 20g; Fat: 8g; Fiber: 5g

Benefits:

- Chia Seeds & Almond Butter: Provide fiber, protein, and healthy fats, helping regulate cortisol and support sustained energy.



SLICED PEPPERS WITH GUACAMOLE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 ripe avocado
- 1/4 cup diced tomatoes
- 1 tbsp lemon juice
- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1 bell pepper, sliced

Instructions:

1. In a bowl, mash avocado and mix in tomatoes, lemon juice, garlic powder, salt, and pepper.
2. Serve guacamole with sliced bell peppers for dipping.

Nutritional Information (per serving):

Calories: 160; Protein: 3g; Carbs: 16g; Fat: 12g; Fiber: 7g

Benefits:

- Avocado & Bell Peppers: Provide antioxidants and healthy fats, supporting adrenal function and reducing cortisol.



ZUCCHINI CHIPS WITH GREEK YOGURT DIP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 medium zucchini, thinly sliced
- 1 tbsp olive oil

- 1/4 tsp garlic powder
- Salt and pepper to taste
- 1/4 cup unsweetened Greek yogurt (for dipping)

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini slices with olive oil, garlic powder, salt, and pepper.
2. Spread on a baking sheet and bake for 15-20 minutes until crispy. Serve with Greek yogurt dip.

Nutritional Information (per serving):

Calories: 110; Protein: 5g; Carbs: 10g; Fat: 6g; Fiber: 3g

Benefits:

- Zucchini & Greek Yogurt: Provide fiber, protein, and probiotics that promote gut health and support balanced cortisol levels.



SPLICED PUMPKIN SEEDS

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1/2 cup raw pumpkin seeds
- 1 tbsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp chili powder

- Salt to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss pumpkin seeds with olive oil, cumin, chili powder, and salt.
2. Spread on a baking sheet and roast for 8-10 minutes until golden.

Nutritional Information (per serving):

Calories: 150; Protein: 7g; Carbs: 6g; Fat: 12g; Fiber: 3g

Benefits:

- Pumpkin Seeds & Spices: Rich in magnesium and healthy fats, support adrenal function and reduce cortisol levels.



BERRY & FLAXSEED SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup mixed berries
- 1 tbsp ground flaxseeds
- 1/2 banana
- 1 cup unsweetened almond milk
- 1/2 cup ice

Instructions:

1. Blend all ingredients until smooth.

2. Serve immediately.

Nutritional Information (per serving):

Calories: 130; Protein: 3g; Carbs: 25g; Fat: 4g; Fiber: 7g

Benefits:

- Berries & Flaxseeds: Provide antioxidants, fiber, and omega-3s, helping reduce inflammation and stabilize cortisol levels.



TURMERIC-SPICED ROASTED CASHEWS

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup raw cashews
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- 1/4 tsp smoked paprika
- Salt to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss cashews with olive oil, turmeric, paprika, and salt.
2. Spread on a baking sheet and roast for 12-15 minutes until golden.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 12g; Fat: 16g; Fiber: 4g

Benefits:

- Cashews & Turmeric: Provide healthy fats and anti-inflammatory compounds, supporting adrenal health and reducing stress-induced inflammation.

Long-Term Strategies: 12-Day Recipes for Maintaining Your Goals



1. SPINACH & MUSHROOM SCRAMBLE

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 4 eggs
- 1 cup baby spinach
- 1/2 cup sliced mushrooms
- 1 tbsp olive oil
- 1/4 tsp black pepper
- Salt to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add mushrooms and cook for 5 minutes.
2. Add spinach and sauté until wilted.
3. Beat the eggs and pour into the skillet, stirring until scrambled.
4. Season with salt and pepper.

Nutritional Information (per serving):

Calories: 220; Protein: 14g; Carbs: 4g; Fat: 18g; Fiber: 2g

Benefits:

- Spinach & Eggs: Provide protein, iron, and antioxidants, supporting muscle health and energy balance.



2. GREEK YOGURT & CHIA SEED PARFAIT

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened Greek yogurt
- 1 tbsp chia seeds
- 1/4 cup mixed berries
- 1 tbsp honey

Instructions:

1. Layer Greek yogurt, chia seeds, and berries in two serving glasses.
2. Drizzle with honey and serve immediately.

Nutritional Information (per serving):

Calories: 180; Protein: 10g; Carbs: 24g; Fat: 4g; Fiber: 5g

Benefits:

- Greek Yogurt & Chia Seeds: High in protein and fiber, promoting satiety and supporting gut health.



3. ALMOND BUTTER & BANANA TOAST

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted
- 2 tbsp almond butter
- 1 banana, sliced
- 1/2 tsp cinnamon (optional)

Instructions:

1. Spread almond butter on each slice of toasted bread.

2. Top with banana slices and sprinkle with cinnamon if desired.



NUTRITIONAL INFORMATION (per serving):

Calories: 250; Protein: 6g; Carbs: 40g; Fat: 10g; Fiber: 6g

Benefits:

- Almond Butter & Banana: Provide healthy fats, potassium, and fiber, supporting sustained energy and muscle health.



4. OVERNIGHT OATS WITH BERRIES

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/2 cup rolled oats
- 1 cup unsweetened almond milk
- 1 tbsp chia seeds
- 1/4 cup fresh mixed berries
- 1 tbsp honey

Instructions:

1. In a jar, mix oats, almond milk, chia seeds, and honey.
2. Refrigerate overnight.
3. In the morning, top with mixed berries and serve.

Nutritional Information (per serving):

Calories: 210; Protein: 5g; Carbs: 40g; Fat: 6g; Fiber: 8g

Benefits:

- Oats & Berries: Rich in fiber and antioxidants, supporting gut health and providing steady energy.



5. FLAXSEED & BLUEBERRY SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 banana
- 1/2 cup fresh blueberries
- 1 tbsp ground flaxseed
- 1 tsp honey
- 1/2 cup ice

Instructions:

1. Blend almond milk, banana, blueberries, flaxseed, honey, and ice until smooth.
2. Serve immediately.

Nutritional Information (per serving):

Calories: 160; Protein: 3g; Carbs: 30g; Fat: 5g; Fiber: 7g

Benefits:

- Flaxseed & Blueberries: Provide omega-3s and antioxidants that help reduce inflammation and support overall health.



6. SWEET POTATO & SPINACH HASH

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and diced
- 1 tbsp olive oil
- 1 cup fresh spinach

- 1/4 cup diced onion
- 2 eggs
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add sweet potato and onion, sautéing for 10 minutes.
2. Add spinach and cook until wilted.
3. Fry eggs separately to desired doneness and serve over the hash.

Nutritional Information (per serving):

Calories: 250; Protein: 10g; Carbs: 30g; Fat: 12g; Fiber: 5g



BENEFITS:

- Sweet Potatoes & Spinach: Rich in fiber and vitamins, support energy and muscle recovery.



7. AVOCADO & MICROGREENS TOAST

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted
- 1 ripe avocado, mashed

- 1/2 cup microgreens
- 1 tbsp lemon juice
- Salt and pepper to taste
- ****Instructions:****

1. Spread mashed avocado on toasted bread.

2. Top with microgreens and drizzle with lemon juice.

3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 240; Protein: 5g; Carbs: 30g; Fat: 12g; Fiber: 10g

Benefits:

- Avocado & Microgreens: Provide healthy fats and antioxidants, promoting satiety and reducing inflammation.



8. COCONUT CHIA PUDDING

Prep Time: 5 min

Cook Time: 0 min (overnight)

Servings: 2

Ingredients:

- 1/4 cup chia seeds
- 1 cup unsweetened coconut milk
- 1 tbsp honey
- 1/4 tsp vanilla extract
- 1/4 cup fresh raspberries (for topping)

Instructions:

1. In a jar, combine chia seeds, coconut milk, honey, and vanilla. Stir well.
2. Refrigerate overnight.
3. Serve topped with raspberries.

Nutritional Information (per serving):

Calories: 200; Protein: 5g; Carbs: 20g; Fat: 10g; Fiber: 10g

Benefits:

- Chia Seeds & Coconut Milk: Rich in fiber and omega-3s, help maintain gut health and support long-term energy.



9. LEMON & TURMERIC OATS

Prep Time: 5 min

Cook Time: 5 min

Servings: 2

Ingredients:

- 1 cup rolled oats
- 2 cups unsweetened almond milk
- Zest of 1 lemon
- 1/2 tsp ground turmeric
- 1 tbsp honey
- 1 tbsp pumpkin seeds (for topping)

Instructions:

1. In a pot, cook oats with almond milk, turmeric, and lemon

zest over medium heat for 5 minutes.

2. Stir in honey and serve topped with pumpkin seeds.

Nutritional Information (per serving):

Calories: 220; Protein: 7g; Carbs: 35g; Fat: 8g; Fiber: 6g

Benefits:

- Lemon & Turmeric: Provide antioxidants and anti-inflammatory properties that promote long-term health.



SCRAMBLED TOFU WITH SPINACH

Prep Time: 5 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1/2 block firm tofu, crumbled
- 1 cup baby spinach
- 1/4 cup diced onion

- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/2 tsp ground turmeric
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add onion, garlic, and tofu. Cook for 5 minutes.

2. Stir in spinach, turmeric, salt, and pepper. Cook until

spinach is wilted.

Nutritional Information (per serving):

Calories: 180; Protein: 12g; Carbs: 6g; Fat: 14g; Fiber: 4g

Benefits:

- Tofu & Spinach: Provide plant-based protein and antioxidants, supporting muscle recovery and long-term vitality.



TROPICAL SMOOTHIE BOWL

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 cup frozen pineapple
- 1/2 banana
- 1/2 cup unsweetened coconut milk
- 1 tbsp chia seeds
- 1/4 cup fresh mango (for topping)

Instructions:

1. Blend pineapple, banana, and coconut milk until smooth.
2. Pour into two bowls and top with chia seeds and fresh mango.

Nutritional Information (per serving):

Calories: 180; Protein: 3g; Carbs: 35g; Fat: 5g; Fiber: 6g

Benefits:

- Pineapple & Chia Seeds: Rich in vitamins and fiber, promote digestion and long-lasting energy.



QUINOA & ALMOND BREAKFAST BOWL

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup quinoa, rinsed
- 1 cup unsweetened almond milk
- 1 tbsp almond butter
- 1 tbsp chopped almonds (for topping)
- 1 tbsp honey

Instructions:

1. In a pot, combine quinoa and almond milk. Bring to a boil, then reduce heat and simmer for 15 minutes until quinoa is tender.

2. Stir in almond butter and honey, then serve topped with chopped almonds.

Nutritional Information (per serving):

Calories: 240; Protein: 8g; Carbs: 38g; Fat: 9g; Fiber: 6g

Benefits:

- Quinoa & Almonds: Provide protein and fiber, support balanced energy and promote long-term health.

MEDITERRANEAN QUINOA SALAD

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1/4 cup cherry tomatoes, halved
- 1/4 cup cucumber, diced
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

1. In a large bowl, combine cooked quinoa, cherry tomatoes, cucumber, olives, feta, olive oil, lemon juice, and parsley.
2. Toss gently and season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 290; Protein: 8g; Carbs: 35g; Fat: 12g; Fiber: 6g

Benefits:

- Quinoa & Olives: Provide protein, fiber, and healthy fats, supporting long-term energy balance and overall vitality.



2. GRILLED CHICKEN & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 1 grilled chicken breast, sliced
- 1/2 avocado, diced
- 2 cups mixed greens
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Arrange mixed greens, avocado, and cherry tomatoes in a bowl.
2. Top with sliced grilled chicken and drizzle with olive oil and balsamic vinegar.
3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 320; Protein: 28g; Carbs: 10g; Fat: 20g; Fiber: 7g

Benefits:

- Chicken & Avocado: Provide lean protein and healthy fats, helping to stabilize blood sugar and promote long-term satiety.



3. LENTIL & SPINACH SOUP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 2 cups vegetable broth

- 1 cup fresh spinach
- 1/2 cup diced carrots
- 1/2 cup diced celery
- 1/4 cup diced onion
- 1 garlic clove, minced
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat. Add onions, carrots, and celery, sautéing for 5 minutes.
2. Add garlic and cook for 2 more minutes.
3. Stir in lentils and vegetable broth. Simmer for 15 minutes.
4. Add spinach and cook until wilted. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 250; Protein: 12g; Carbs: 35g; Fat: 8g; Fiber: 10g

Benefits:

- Lentils & Spinach: Provide fiber and protein, helping stabilize energy levels and support digestion.



4. SWEET POTATO & BLACK BEAN TACOS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 medium sweet potato, peeled and diced
- 1/2 cup cooked black beans
- 4 small corn tortillas
- 1 tbsp olive oil

- 1/2 tsp ground cumin
- 1/4 cup salsa
- 1 tbsp chopped cilantro (for topping)

Instructions:

1. Preheat oven to 400°F (200°C). Toss diced sweet potatoes with olive oil, cumin, salt, and pepper. Roast for 20 minutes until tender.

2. Warm the tortillas in a pan and fill with roasted sweet potatoes, black beans, and salsa.

3. Garnish with cilantro before serving.

Nutritional Information (per serving):

Calories: 300; Protein: 8g; Carbs: 50g; Fat: 10g; Fiber: 12g



BENEFITS:

- Sweet Potatoes & Black Beans: Provide fiber and complex carbohydrates, helping to maintain steady energy levels throughout the day.



5. ROASTED VEGETABLE & HUMMUS WRAP

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 small zucchini, sliced
- 1 red bell pepper, sliced
- 1/2 cup hummus
- 2 whole grain wraps
- 1 tbsp olive oil

- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini and bell

pepper with olive oil, salt, and pepper. Roast for 20 minutes.

2. Spread hummus on each wrap and top with roasted vegetables. Roll up tightly.

Nutritional Information (per serving):

Calories: 290; Protein: 8g; Carbs: 40g; Fat: 12g; Fiber: 10g

Benefits:

- Hummus & Vegetables: Provide plant-based protein and fiber, supporting long-term energy and digestion.



6. CHICKPEA & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1/2 avocado, diced
- 1/4 cup diced cucumber
- 1/4 cup chopped red onion
- 2 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. In a bowl, combine chickpeas, avocado, cucumber, and onion.

2. Toss with lemon juice, salt, and pepper before serving.

Nutritional Information (per serving):

Calories: 280; Protein: 9g; Carbs: 35g; Fat: 12g; Fiber: 10g

Benefits:

- Chickpeas & Avocado: Provide healthy fats and fiber, supporting gut health and stable blood sugar levels.



7. SPINACH & FETA QUINOA BOWL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1 cup baby spinach
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and sauté for 1 minute.
2. Add spinach and cook until wilted.
3. In a bowl, combine cooked quinoa, spinach, feta, lemon juice, salt, and pepper.



NUTRITIONAL INFORMATION (per serving):

Calories: 280; Protein: 9g; Carbs: 35g; Fat: 12g; Fiber: 6g

Benefits:

- Quinoa & Spinach: Provide protein, fiber, and essential nutrients, promoting muscle recovery and overall well-being.



8. CAULIFLOWER RICE STIR-FRY

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 2 cups cauliflower rice
- 1/2 cup diced carrots
- 1/4 cup diced bell peppers
- 1 garlic clove, minced
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tbsp sesame oil
- 1 tbsp sesame seeds (for topping)

Instructions:

1. Heat sesame oil in a skillet over medium heat. Add garlic, carrots, and bell peppers. Sauté for 5 minutes.

2. Add cauliflower rice and tamari. Stir-fry for another 5 minutes until vegetables are tender.

3. Serve topped with sesame seeds.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 16g; Fat: 12g; Fiber: 6g

Benefits:

- Cauliflower & Sesame Oil: Provide fiber, antioxidants, and healthy fats, supporting digestion and balanced energy levels.



9. GRILLED SHRIMP & ZUCCHINI SALAD

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz shrimp, peeled and deveined
- 1 zucchini, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tbsp chopped parsley
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a skillet over medium heat. Add garlic and shrimp, cooking for 5-7 minutes until shrimp are opaque.

2. Grill zucchini slices for 2-3 minutes on each side.
3. Combine shrimp and zucchini in a bowl, drizzle with lemon juice and parsley.

Nutritional Information (per serving):

Calories: 240; Protein: 26g; Carbs: 6g; Fat: 12g; Fiber: 4g

Benefits:

- Shrimp & Zucchini: Provide lean protein and hydration, supporting muscle recovery and maintaining energy levels.



ROASTED CHICKPEAS & VEGGIE BOWL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1 small zucchini, sliced
- 1/2 cup cherry tomatoes
- 1 tbsp olive oil

- 1 tsp smoked paprika
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini and tomatoes with olive oil, smoked paprika, salt, and pepper. Roast for 20 minutes.

2. Combine roasted vegetables with chickpeas in a bowl and serve.

Nutritional Information (per serving):

Calories: 260; Protein: 10g; Carbs: 35g; Fat: 10g; Fiber: 10g

Benefits:

- Chickpeas & Roasted Vegetables: Provide fiber and antioxidants, promoting digestive health and long-term vitality.



SOBA NOODLE SALAD WITH PEANUT DRESSING

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 4 oz soba noodles
- 1/4 cup shredded carrots
- 1/4 cup sliced cucumber
- 1/4 cup edamame
- 1 tbsp peanut butter
- 1 tbsp lime juice
- 1 tbsp tamari
- 1 tsp grated ginger

Instructions:

1. Cook soba noodles according to package instructions. Drain and set aside.

2. In a small bowl, whisk together peanut butter, lime juice, tamari, and ginger.

3. Toss noodles with carrots, cucumber, edamame, and peanut dressing before serving.

Nutritional Information (per serving):

Calories: 300; Protein: 12g; Carbs: 45g; Fat: 10g; Fiber: 8g

Benefits:

- Soba Noodles & Edamame: Provide plant-based protein and complex carbohydrates, supporting muscle health and balanced energy.

12. AVOCADO & BLACK BEAN SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked black beans
- 1/2 avocado, diced
- 1/4 cup cherry tomatoes, halved
- 1/4 cup chopped red onion
- 1 tbsp lime juice
- Salt and pepper to taste

Instructions:

1. In a bowl, combine black beans, avocado, tomatoes, and red onion.
2. Toss with lime juice, salt, and pepper before serving.

Nutritional Information (per serving):

Calories: 270; Protein: 10g; Carbs: 35g; Fat: 12g; Fiber: 12g

Benefits:

- Black Beans & Avocado: Provide fiber and healthy fats, helping to maintain satiety and balanced blood sugar levels.

GRILLED SALMON WITH LEMON & DILL

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1 tsp fresh dill, chopped
- Salt and pepper to taste
- 1 cup steamed broccoli (for serving)

Instructions:

1. Preheat grill to medium heat. Rub salmon with olive oil, lemon juice, garlic, dill, salt, and pepper.
2. Grill salmon for 12-15 minutes, turning once, until fully cooked.
3. Serve with steamed broccoli.

Nutritional Information (per serving):

Calories: 320; Protein: 28g; Carbs: 8g; Fat: 20g; Fiber: 4g

Benefits:

- Salmon & Broccoli: Provide omega-3s and fiber, supporting

heart health and long-term energy balance.



2. QUINOA-STUFFED BELL PEPPERS

Prep Time: 10 min

Cook Time: 30 min

Servings: 2

Ingredients:

- 2 large bell peppers, halved and seeded
- 1/2 cup cooked quinoa
- 1/4 cup black beans
- 1/4 cup corn kernels
- 1/4 cup diced tomatoes
- 1/4 cup diced red onion
- 1 tbsp olive oil
- 1 tsp ground cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. In a bowl, mix quinoa, black beans, corn, tomatoes, onion, olive oil, cumin, salt, and pepper.
3. Stuff the bell pepper halves with the mixture and place in a baking dish. Bake for 25-30 minutes until tender.

Nutritional Information (per serving):

Calories: 310; Protein: 10g; Carbs: 48g; Fat: 10g; Fiber: 12g

Benefits:

- Quinoa & Black Beans: Provide plant-based protein and fiber, supporting long-term energy and digestion.



3. BAKED COD WITH GARLIC & HERBS

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp dried thyme
- 1/2 tsp lemon zest
- Salt and pepper to taste
- 1 cup sautéed spinach (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a lined baking sheet. Drizzle with olive oil and sprinkle with garlic, thyme, lemon zest, salt, and pepper.
3. Bake for 12-15 minutes until cod is cooked through and flakes easily. Serve with sautéed spinach.

Nutritional Information (per serving):

Calories: 260; Protein: 28g; Carbs: 6g; Fat: 12g; Fiber: 4g

Benefits:

- Cod & Spinach: Provide lean protein and antioxidants, supporting muscle health and detoxification.



4. SWEET POTATO & LENTIL CURRY

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 cup cooked lentils
- 1 medium sweet potato, peeled and diced
- 1/2 cup coconut milk
- 1/2 cup diced tomatoes
- 1 garlic clove, minced
- 1 tbsp curry powder

- 1 tbsp olive oil
- 1 tsp ground turmeric
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot over medium heat. Add garlic, curry powder, and turmeric, and sauté for 1 minute.
2. Add sweet potatoes, tomatoes, and coconut milk. Simmer for 20 minutes until sweet potatoes are tender.
3. Stir in cooked lentils and season with salt and pepper

before serving.

Nutritional Information (per serving):

Calories: 320; Protein: 12g; Carbs: 55g; Fat: 12g; Fiber: 12g

Benefits:

- Lentils & Sweet Potatoes: Provide fiber and complex carbohydrates, supporting balanced blood sugar and long-term satiety.



5. GRILLED CHICKEN WITH ROASTED VEGETABLES

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 boneless, skinless chicken breasts
- 1 small zucchini, sliced
- 1 red bell pepper, sliced
- 1 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper to taste
- 1/2 cup cooked quinoa (for serving)

Instructions:

1. Preheat grill to medium heat. Season chicken breasts with olive oil, oregano, salt, and pepper. Grill for 15-20 minutes until cooked through.

2. Toss zucchini and bell pepper with olive oil, salt, and pepper. Roast in the oven at 400°F (200°C) for 15 minutes.

3. Serve chicken with roasted vegetables and quinoa.

Nutritional Information (per serving):

Calories: 350; Protein: 30g; Carbs: 30g; Fat: 12g; Fiber: 6g

Benefits:

- Chicken & Vegetables: Provide lean protein and fiber, supporting muscle recovery and long-term energy.



6. BAKED TOFU WITH STIR-FRIED VEGETABLES

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1/2 block firm tofu, cubed
- 1 cup broccoli florets
- 1/2 cup sliced carrots
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp tamari (or low-sodium soy sauce)
- 1 tsp sesame oil
- 1 tbsp sesame seeds (for topping)

Instructions:

1. Preheat oven to 375°F (190°C). Toss tofu cubes with olive oil and tamari. Bake for 12-15 minutes until golden.

2. In a skillet, heat sesame oil over medium heat. Stir-fry garlic, broccoli, and carrots for 5-7 minutes.

3. Serve tofu with stir-fried vegetables, topped with sesame seeds.

Nutritional Information (per serving):

Calories: 260; Protein: 14g; Carbs: 18g; Fat: 16g; Fiber: 6g

Benefits:

- Tofu & Broccoli: Provide plant-based protein and antioxidants, supporting muscle health and balanced energy.



7. ROASTED SALMON WITH ASPARAGUS

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 salmon fillets (about 4 oz each)
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tbsp lemon juice
- 1 tsp fresh parsley, chopped
- 1 bunch asparagus, trimmed
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Place salmon on a baking

sheet and drizzle with olive oil, garlic, lemon juice, parsley, salt, and pepper.

2. Arrange asparagus around salmon and roast for 12-15 minutes.

Nutritional Information (per serving):

Calories: 320; Protein: 28g; Carbs: 8g; Fat: 18g; Fiber: 4g

Benefits:

- Salmon & Asparagus: Rich in omega-3s and fiber, promoting heart health and supporting long-term vitality.



8. QUINOA & ROASTED VEGETABLE BOWL

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1/2 cup cooked quinoa
- 1 small zucchini, diced
- 1 red bell pepper, diced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss zucchini, bell pepper,

and cherry tomatoes with olive oil, salt, and pepper. Roast for 20 minutes.

2. In a bowl, combine roasted vegetables with quinoa and drizzle with balsamic vinegar.

Nutritional Information (per serving):

Calories: 280; Protein: 8g; Carbs: 45g; Fat: 9g; Fiber: 8g

Benefits:

- Quinoa & Vegetables: Provide fiber, protein, and essential nutrients, supporting digestion and long-term energy.

9. GRILLED SHRIMP WITH GARLIC & LEMON

Prep Time: 10 min

Cook Time: 10 min

Servings: 2

Ingredients:

- 8 oz shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1/4 tsp ground black pepper
- 1 cup sautéed spinach (for serving)

Instructions:

1. In a bowl, mix olive oil, lemon juice, garlic, and pepper. Add shrimp and marinate for 10 minutes.

2. Grill shrimp for 2-3 minutes per side until pink and cooked through.

3. Serve with sautéed spinach.

Nutritional Information (per serving):

Calories: 260; Protein: 25g; Carbs: 6g; Fat: 12g; Fiber: 4g

Benefits:

- Shrimp & Garlic: Provide lean protein and antioxidants, supporting muscle health and reducing inflammation.



BAKED COD WITH SPINACH & GARLIC

Prep Time: 10 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 2 cod fillets (about 4 oz each)
- 1 tbsp olive oil

- 1 garlic clove, minced
- 1/2 tsp ground paprika
- Salt and pepper to taste
- 2 cups fresh spinach (for serving)

Instructions:

1. Preheat oven to 375°F (190°C).
2. Place cod fillets on a lined baking sheet. Drizzle with olive oil and sprinkle with garlic, paprika, salt, and pepper.
3. Bake for 12-15 minutes until cod is opaque and flakes easily. Serve with sautéed spinach.

Nutritional Information (per serving):

Calories: 240; Protein: 28g; Carbs: 4g; Fat: 12g; Fiber: 4g

Benefits:

- Cod & Spinach: Provide lean protein and antioxidants, supporting detoxification and muscle recovery.



TURKEY & AVOCADO SALAD

Prep Time: 10 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup cooked turkey breast, sliced
- 1/2 avocado, diced
- 1 cup mixed greens
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and pepper to taste

Instructions:

1. Arrange mixed greens, cherry tomatoes, and avocado in a bowl. Top with sliced turkey breast.

2. Drizzle with olive oil and balsamic vinegar. Season with salt and pepper.

Nutritional Information (per serving):

Calories: 280; Protein: 24g; Carbs: 12g; Fat: 16g; Fiber: 6g

Benefits:

- Turkey & Avocado: Provide lean protein and healthy fats, supporting muscle recovery and balanced blood sugar.



SPAGHETTI SQUASH WITH TOMATO & BASIL

Prep Time: 10 min

Cook Time: 25 min

Servings: 2

Ingredients:

- 1 small spaghetti squash, halved and seeded
- 1 cup cherry tomatoes, halved
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Drizzle spaghetti squash halves with olive oil, season with salt and pepper, and roast for 25 minutes.
2. Once cooked, use a fork to scrape the flesh into spaghetti-like strands.
3. In a skillet, sauté garlic and cherry tomatoes for 5 minutes. Toss with spaghetti squash and basil before serving.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 20g; Fat: 9g; Fiber: 6g

Benefits:

- Spaghetti Squash & Basil: Provide fiber, vitamins, and antioxidants, supporting digestion and long-term energy balance.

SPICY ROASTED CHICKPEAS

Prep Time: 5 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 cup cooked chickpeas
- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cumin
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, paprika, cumin, salt, and pepper.
2. Spread on a baking sheet and roast for 20 minutes until crispy.

Nutritional Information (per serving):

Calories: 140; Protein: 6g; Carbs: 20g; Fat: 6g; Fiber: 6g

Benefits:

- Chickpeas & Spices: Provide fiber and plant-based protein, promoting digestion and steady energy.



2. AVOCADO & TOMATO TOAST

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 slices whole grain bread, toasted
- 1 ripe avocado, mashed
- 1 small tomato, sliced
- 1 tbsp lemon juice
- Salt and pepper to taste

Instructions:

1. Spread mashed avocado on toasted bread.
2. Top with tomato slices and drizzle with lemon juice.
3. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 240; Protein: 6g; Carbs: 30g; Fat: 12g; Fiber: 8g

Benefits:

- Avocado & Tomato: Provide healthy fats and antioxidants, supporting heart health and long-term energy balance.



3. CARROT STICKS WITH HUMMUS

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 medium carrots, sliced into sticks
- 1/2 cup hummus
- 1 tbsp olive oil (for hummus)
- Salt and pepper to taste

Instructions:

1. Serve carrot sticks with hummus for dipping. Optionally, drizzle hummus with olive oil and season with salt and pepper.

Nutritional Information (per serving):

Calories: 160; Protein: 5g; Carbs: 18g; Fat: 9g; Fiber: 6g

Benefits:

- Carrots & Hummus: Provide fiber and plant-based protein, supporting digestion and balanced blood sugar levels.



4. APPLE SLICES WITH ALMOND BUTTER

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 apple, sliced
- 2 tbsp almond butter
- 1/2 tsp cinnamon (optional)

Instructions:

1. Arrange apple slices on a plate and serve with almond butter for dipping.
2. Sprinkle with cinnamon for extra flavor, if desired.

Nutritional Information (per serving):

Calories: 180; Protein: 4g; Carbs: 24g; Fat: 9g; Fiber: 5g

Benefits:

- Apples & Almond Butter: Provide fiber and healthy fats, supporting satiety and muscle recovery.



5. GREEK YOGURT WITH MIXED NUTS

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened Greek yogurt
- 2 tbsp mixed nuts (almonds, walnuts, etc.)

- 1 tbsp honey
- 1/4 tsp cinnamon

Instructions:

1. Top Greek yogurt with mixed nuts and honey.
2. Sprinkle with cinnamon before serving.

Nutritional Information (per serving):

Calories: 210; Protein: 10g; Carbs: 22g; Fat: 10g; Fiber: 3g

Benefits:

- Greek Yogurt & Nuts: High in protein and healthy fats, promoting gut health and steady energy.



6. CELERY STICKS WITH PEANUT BUTTER

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 2 celery stalks, sliced into sticks
- 2 tbsp natural peanut butter
- 1 tbsp raisins (optional)

Instructions:

1. Spread peanut butter onto celery sticks.
2. Optionally, top with raisins for added sweetness.

Nutritional Information (per serving):

Calories: 150; Protein: 5g; Carbs: 15g; Fat: 9g; Fiber: 4g

Benefits:

- Celery & Peanut Butter: Provide fiber and healthy fats, supporting satiety and balanced energy levels.



7. CUCUMBER & FETA BITES

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cucumber, sliced
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt and pepper to taste

Instructions:

1. Top cucumber slices with crumbled feta.
2. Drizzle with olive oil and lemon juice. Season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 120; Protein: 5g; Carbs: 6g; Fat: 10g; Fiber: 2g

Benefits:

- Cucumber & Feta: Provide hydration, protein, and healthy fats, promoting long-term vitality and balanced energy.



8. SPICED ALMONDS

Prep Time: 5 min

Cook Time: 15 min

Servings: 2

Ingredients:

- 1 cup raw almonds

- 1 tbsp olive oil
- 1/2 tsp smoked paprika
- 1/4 tsp cumin

- Salt to taste

Instructions:

1. Preheat oven to 350°F (175°C). Toss almonds with olive oil, paprika, cumin, and salt.
2. Spread on a baking sheet and roast for 12-15 minutes until golden.

Nutritional Information (per serving):

Calories: 200; Protein: 6g; Carbs: 8g; Fat: 16g; Fiber: 4g

Benefits:

- Almonds & Spices: Provide healthy fats and antioxidants, supporting long-term energy and reducing inflammation.



9. MIXED BERRY SMOOTHIE

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup mixed berries (blueberries, raspberries, etc.)
- 1/2 banana
- 1 tbsp ground flaxseed

- 1/2 cup ice

Instructions:

1. Blend all ingredients until smooth.
2. Serve immediately.

Nutritional Information (per serving):

Calories: 130; Protein: 3g; Carbs: 28g; Fat: 3g; Fiber: 6g

Benefits:

- Berries & Flaxseed: Provide antioxidants and omega-3s, helping to reduce inflammation and support digestion.



AVOCADO & CUCUMBER BITES

Prep Time: 5 min

Cook Time: 0 min

Servings: 2

Ingredients:

- 1/2 avocado, mashed
- 1 cucumber, sliced
- 1 tbsp lemon juice
- 1 tbsp olive oil
- Salt and pepper to taste

Instructions:

1. Spread mashed avocado onto cucumber slices.
2. Drizzle with lemon juice and olive oil, and season with salt and pepper before serving.

Nutritional Information (per serving):

Calories: 140; Protein: 2g; Carbs: 10g; Fat: 11g; Fiber: 5g

Benefits:

- Avocado & Cucumber: Provide healthy fats and hydration, supporting heart health and balanced energy.



SWEET POTATO CHIPS

Prep Time: 5 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 1 medium sweet potato, thinly sliced
- 1 tbsp olive oil
- 1/4 tsp paprika
- Salt to taste

Instructions:

1. Preheat oven to 400°F (200°C). Toss sweet potato slices with olive oil, paprika, and salt.
2. Spread on a baking sheet and roast for 20 minutes until crispy.

Nutritional Information (per serving):

Calories: 160; Protein: 2g; Carbs: 28g; Fat: 7g; Fiber: 5g

Benefits:

- Sweet Potatoes: Provide fiber and complex carbohydrates, supporting long-term energy and stable blood sugar levels.



ROASTED BEET CHIPS

Prep Time: 10 min

Cook Time: 20 min

Servings: 2

Ingredients:

- 2 medium beets, peeled and thinly sliced
- 1 tbsp olive oil
- 1/4 tsp sea salt



INSTRUCTIONS:

1. Preheat oven to 375°F (190°C). Toss beet slices with olive oil and sea salt.
2. Spread on a baking sheet and roast for 20 minutes until crispy.

Nutritional Information (per serving):

Calories: 120; Protein: 3g; Carbs: 25g; Fat: 4g; Fiber: 6g

Benefits:

- Beets: Rich in fiber and antioxidants, promoting detoxification and healthy digestion.

BOOK 2 - Cortisol Detox Diet for Women – DIET PLAN

How This Plan Works

Cortisol Detox Diet for Women is designed to help you reset your body's stress response, lower cortisol levels, and promote overall health through nourishing, anti-inflammatory foods. Cortisol, often referred to as the "stress hormone," plays a vital role in regulating your body's response to stress, controlling blood sugar levels, and supporting the immune system. However, when cortisol levels remain elevated for too long, it can lead to a range of health issues, including weight gain, chronic inflammation, fatigue, and even compromised mental clarity. This plan is built around the principles of using targeted nutrition to restore balance and support your body's natural ability to manage stress effectively.

The Science Behind the Plan

Cortisol production is naturally higher during times of stress, but the foods we eat can also impact how much cortisol is released and how well our bodies cope with stress. This meal plan focuses on including ingredients that help reduce inflammation, stabilize blood sugar, and provide essential nutrients that support adrenal function—the glands responsible for producing cortisol. By eating nutrient-dense, whole foods, you can help your body regulate cortisol levels more efficiently.

The diet is built around anti-inflammatory superfoods, lean proteins, healthy fats, and complex carbohydrates that keep you

satisfied, energized, and calm. Foods rich in magnesium, omega-3 fatty acids, fiber, and antioxidants are prioritized because they play a crucial role in reducing cortisol production and mitigating the effects of stress on the body.

Key Components of the Plan

1. **Anti-Inflammatory Foods:** Chronic inflammation is closely linked to elevated cortisol levels. To counteract this, the diet includes a variety of anti-inflammatory foods such as turmeric, ginger, leafy greens, berries, and nuts. These ingredients are rich in antioxidants and phytochemicals that help reduce inflammation and support immune function.

2. **Balance of Macronutrients:** Maintaining stable blood sugar is key to managing cortisol levels. This plan focuses on incorporating a balance of protein, healthy fats, and complex carbohydrates at every meal. Foods like quinoa, lentils, avocado, and fatty fish not only provide essential nutrients but also ensure slow, steady energy release throughout the day, helping to prevent cortisol spikes.

3. **Magnesium-Rich Foods:** Magnesium is a critical mineral for relaxation and stress reduction. Foods like spinach, almonds, pumpkin seeds, and dark chocolate are featured throughout the plan to promote muscle relaxation and lower cortisol levels.

4. **Hydration and Detoxification:** Proper hydration is essential for detoxifying the body and supporting adrenal health. This plan emphasizes drinking plenty of water, herbal teas, and detoxifying drinks like green smoothies, which help flush out toxins and keep your cortisol levels in check.



HOW TO FOLLOW THE PLAN

The plan is divided into several phases, each with a clear goal in mind. The initial detox phase is focused on cleansing the body of toxins and excess stress hormones, followed by phases that emphasize reducing inflammation, stabilizing blood sugar, and restoring adrenal health. Each day is structured to provide three balanced meals and a snack, all designed to work in harmony with your body's natural rhythms.

This approach not only helps to lower cortisol but also promotes sustainable weight loss, improved energy levels, and better mental clarity. By following this plan, you'll develop long-term habits that support your body's natural stress response, reduce inflammation, and keep you feeling vibrant and balanced. The recipes are designed to be easy, flavorful, and nourishing, making it simple to incorporate them into your daily routine.

With a focus on whole, nutrient-dense foods, The New Cortisol Detox Diet Plan provides the tools you need to take control of your stress and health for the long term. By adopting these principles, you can achieve a healthier, more balanced lifestyle that naturally regulates cortisol levels, helping you to feel your best every day.

60-Day Diet Plan

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Reducing Cortisol Levels: 14-Day Anti-Inflammatory Diet Plan

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Total Detoxification: 10-Day Superfood Diet Plan

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Maintaining Low Cortisol Levels: 14-Day Diet Plan

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Long-Term Strategies: 12-Day Diet Plan for Maintaining Your Goals

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Shopping List

Cortisol Detox Diet for Women is built on fresh, whole foods that provide essential nutrients to support your body in lowering cortisol levels and managing stress. Having the right ingredients on hand is key to staying on track and making your meals both nourishing and convenient. This shopping list is designed to ensure you have everything you need for the recipes and meal plans in this book, focusing on anti-inflammatory, nutrient-rich foods that are easy to incorporate into your daily routine.

Fresh Produce

A diet rich in fresh fruits and vegetables is central to reducing inflammation and keeping cortisol levels in check. Stocking up on a variety of colorful produce will provide your body with the vitamins, minerals, and antioxidants it needs to thrive.

- Leafy greens: spinach, kale, arugula
- Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts
- Root vegetables: sweet potatoes, carrots, beets
- Alliums: garlic, onions, leeks
- Berries: blueberries, strawberries, raspberries
- Citrus fruits: lemons, limes, oranges
- Avocados: rich in healthy fats and potassium
- Bell peppers: high in vitamin C to help reduce cortisol production

- Tomatoes: for salads, soups, and sauces
- Cucumbers: hydrating and great for snacking
- Herbs: parsley, cilantro, basil, mint

Proteins

Proteins play a key role in stabilizing blood sugar levels, which is important for cortisol regulation. The following protein sources are lean and packed with nutrients.

- Lean meats: chicken breast, turkey breast
- Fatty fish: salmon, mackerel, sardines (rich in omega-3s)
- Eggs: a versatile and nutrient-dense protein source
- Tofu and tempeh: plant-based protein options
- Legumes: chickpeas, lentils, black beans
- Nuts and seeds: almonds, walnuts, chia seeds, flaxseeds, pumpkin seeds

Whole Grains and Complex Carbohydrates

Complex carbohydrates provide steady, slow-releasing energy, helping to avoid blood sugar spikes that can lead to cortisol surges. Stock your pantry with these fiber-rich options.

- Quinoa: a complete protein and excellent grain substitute
- Brown rice: for meals that require a hearty base
- Oats: great for breakfast and baking
- Whole grain bread and tortillas: for quick, wholesome meals
- Sweet potatoes: rich in fiber and vitamins

Healthy Fats

Healthy fats support hormone regulation, including cortisol. These fats also help keep you feeling satisfied after meals.

- Olive oil: a staple for cooking and dressing salads
- Coconut oil: excellent for cooking and baking
- Avocados: both fresh and in oil form for dressings
- Nuts and seeds: a healthy, portable snack option
- Nut butters: almond and peanut butter (unsweetened)

Spices and Condiments

Spices add flavor to your meals while also offering numerous health benefits. Many have anti-inflammatory properties that support overall wellness.

- Turmeric: a powerful anti-inflammatory spice
- Ginger: great for digestion and reducing inflammation
- Cinnamon: helps stabilize blood sugar
- Paprika and cumin: for flavoring and heat
- Tamari or low-sodium soy sauce: for seasoning
- Balsamic vinegar: for dressings and marinades

Beverages and Liquids

Staying hydrated is critical for detoxification and maintaining low cortisol levels.

- Herbal teas: chamomile, peppermint, green tea
- Almond milk: for smoothies and recipes
- Coconut water: for hydration
- Filtered water: always have plenty on hand for hydration and cooking

This shopping list is designed to ensure that you're fully equipped to follow The New Cortisol Detox Diet Plan with ease, giving your body the nutrients it needs to detoxify, reduce stress,

and maintain balanced energy levels.

Tracking Your Progress

Tracking your progress is an essential aspect of managing your cortisol detox journey and maintaining long-term stress reduction. Monitoring how your body responds to dietary changes, lifestyle adjustments, and stress-management techniques can provide valuable insights, helping you make necessary tweaks and stay motivated. The key to successful progress tracking is consistency and awareness, as it allows you to recognize patterns, measure improvements, and address challenges early on. This chapter outlines practical ways to track your progress and how it can enhance your cortisol detox plan.

Why Tracking Matters

When it comes to managing stress and cortisol levels, the changes aren't always immediately visible. Stress reduction, improved energy levels, and better mood can happen gradually, making it difficult to recognize progress without some form of documentation. By tracking your journey, you can objectively observe improvements over time and understand which strategies work best for you.

Furthermore, tracking helps you identify potential stressors and obstacles that may trigger a rise in cortisol levels. Whether it's through diet, sleep patterns, or emotional well-being, having a clear record allows you to adjust your lifestyle and continue moving forward.



TOOLS FOR TRACKING

There are several methods and tools available for tracking your progress, ranging from traditional journaling to advanced health apps. Choose the approach that best fits your lifestyle and preferences:

1. Daily Journaling

Journaling is one of the simplest and most effective ways to track your progress. In your journal, you can record daily meals, stress levels, mood, energy levels, and sleep quality. Reflect on how your body feels, any noticeable changes in your well-being, and how well you're managing stress.

Sample prompts for your journal:

- How did I feel after today's meals?
- What triggered my stress today, and how did I handle it?
- How much energy did I have throughout the day?
- Did I sleep well, and for how many hours?

2. Health and Fitness Apps

Numerous apps can help you track your progress. Apps like MyFitnessPal, Headspace, and Calm allow you to log meals, monitor physical activity, and track meditation or mindfulness practices. Some apps also track hydration, heart rate, and sleep patterns, all of which are important for cortisol management.

You can set specific goals within these apps, such as

incorporating more anti-inflammatory foods into your diet or committing to daily meditation sessions. They also offer reminders, keeping you accountable and focused on your long-term goals.

3. Wearable Devices

Wearables such as Fitbit and Apple Watch offer built-in features that monitor key health metrics like sleep patterns, heart rate variability, and stress responses. Tracking these metrics can provide you with real-time data on how your body is responding to lifestyle changes.

Many wearable devices also include mindfulness features that prompt you to pause for breathing exercises or meditation, helping you manage stress on the go.

4. Food and Mood Tracking

Keeping a food and mood log is another powerful tool for understanding the connection between diet and stress. By tracking what you eat and how you feel afterward, you can identify how certain foods impact your mood, energy levels, and stress response. For example, some foods may make you feel more energized, while others might lead to feelings of fatigue or irritability.

Monitoring your eating habits also helps you ensure that you're incorporating cortisol-lowering foods into your daily diet, such as leafy greens, fatty fish, nuts, and seeds.

Measuring Progress

Progress isn't just about physical changes; it also involves

mental and emotional well-being. Here are some key areas to track:

1. **Cortisol-Related Symptoms:** Record any changes in symptoms associated with high cortisol levels, such as reduced fatigue, improved sleep, less anxiety, or a decrease in weight gain around the abdomen. These improvements, even if small, are signs that your cortisol detox plan is working.

2. **Energy and Mood:** Tracking your energy levels and mood throughout the day can give you insights into how well you're managing stress. Do you feel more balanced and less reactive to stressors? Are you able to maintain stable energy levels without mid-day crashes?

3. **Sleep Patterns:** Quality sleep is critical for cortisol regulation. Record how many hours you're sleeping each night and the quality of that sleep. Do you wake up feeling rested, or are you still fatigued?

4. **Physical Health:** Over time, you may notice changes in your physical health, such as improved digestion, clearer skin, or enhanced muscle tone. Tracking these changes is important to see how your body is benefiting from the detox plan.

Adjusting Your Plan

Tracking your progress allows you to be proactive. If you notice areas where you're struggling, whether it's stress management, diet, or sleep, you can adjust your plan accordingly. If certain foods aren't working well for you, or if a particular stress-management technique isn't yielding results, don't hesitate to try new strategies.

Ultimately, tracking your progress is about staying mindful of your body's needs and celebrating your successes. Each small victory is a step toward long-term health, balanced cortisol levels, and sustained well-being.

Managing Unexpected Situations: Travel, Social Events, and

Dining Out

Sticking to a healthy eating plan can be relatively easy when you're at home and in control of your food choices. However, unplanned situations like travel, dining out, and social events can pose challenges when it comes to maintaining a lifestyle that lowers cortisol levels. With a bit of planning and mindfulness, it's possible to navigate these moments without compromising your well-being. This chapter provides practical strategies to handle unplanned situations while continuing to support your hormonal balance.

Dining Out

When you're invited to a restaurant, maintaining control over your diet might seem challenging, but there are ways to approach the situation without feeling deprived. If you know the restaurant in advance, check the menu online to select a balanced meal ahead of time. Choose dishes with lean proteins like fish or chicken, paired with fresh vegetables. If possible, ask for dressings or sauces on the side to avoid excess oil or unhealthy ingredients.

If you're attending a dinner at a friend's house, consider bringing a healthy dish to share. This way, you ensure that there is at least one option that aligns with your dietary goals, and you can still enjoy the social aspect of the meal.

Social Events

Social events such as parties or buffets can be filled with tempting, unhealthy snacks and sweets. Before attending an event, try eating a healthy snack at home, such as a handful of nuts or Greek yogurt. This will help you feel fuller and less likely to indulge in processed or sugary foods.

At the event, focus on fresh options like fruit, vegetables, and lean proteins. Try to limit sugary drinks or alcohol, as they can destabilize your blood sugar levels and elevate cortisol.

Travel

When traveling, whether for work or leisure, the available food options can often be less healthy or filled with processed ingredients. Before your trip, it's helpful to plan ahead and bring along some healthy snacks. Dried fruits, nuts, whole grain snack bars with no added sugars, and packets of chia seeds or flaxseeds are portable options that can help you keep your energy levels stable.

When dining out during your travels, aim to choose fresh, nutrient-dense foods such as salads, grilled fish or chicken, and vegetable side dishes. Avoid fried and sugary foods that can cause blood sugar spikes and increase cortisol levels. Don't forget to stay hydrated—drinking plenty of water helps flush toxins from your body and supports adrenal function, which is critical in managing stress.

In unplanned situations, the key is to stay mindful of your food choices without depriving yourself of the joy of new experiences. With a little planning and smart decision-making, you can continue to maintain a healthy balance even in

unpredictable circumstances. By following these strategies, you can enjoy your travels, meals, and social gatherings while still supporting your cortisol detox goals and overall well-being.

Sustaining Low Cortisol for Long-Term Health

Maintaining lower cortisol levels and managing stress over the long term requires ongoing learning, support, and self-awareness. While this book provides a strong foundation for adopting a cortisol-lowering lifestyle, there are additional resources that can help you stay on track and deepen your understanding. In this chapter, we'll explore support groups, and tools that can aid in your journey to better health and long-term stress management.

Support Groups

Having a support system is critical when it comes to managing stress and maintaining lower cortisol levels. There are several options for finding like-minded individuals who are on a similar journey toward better health:

- **Online Forums and Communities:** Websites like Reddit, Facebook, and specialized health forums offer communities focused on stress management, adrenal health, and holistic wellness. Joining these groups can provide you with advice, encouragement, and the chance to share your experiences with others who are on the same path.

- **Local Support Groups:** Many communities offer in-person support groups that focus on stress management, mindfulness, or general health and wellness. These groups can offer a sense of accountability and belonging, helping you stay motivated in your long-term goals.

- **Therapeutic Support:** If you feel overwhelmed by stress or find it difficult to manage cortisol levels on your own, seeking professional support from a therapist or counselor can provide valuable tools for coping. Cognitive-behavioral therapy (CBT) and mindfulness-based stress reduction (MBSR) are particularly effective approaches for managing stress.

Tools for Long-Term Monitoring

Tracking your progress is a key component of maintaining lower cortisol levels and managing stress over time. Here are some useful tools and technologies that can help:

- **Health Apps:** Apps like MyFitnessPal, Headspace, or Calm can help you monitor your diet, track mindfulness practices, and manage stress levels. Many apps now offer guided meditations, breathing exercises, and tools for stress relief that you can access anytime.

- **Wearable Devices:** Devices like Fitbit or Apple Watch come with built-in stress monitoring features. They track physical activity, sleep patterns, and heart rate variability—important metrics for assessing stress levels. By using these devices, you can gain insights into how your body responds to stress and adjust your habits accordingly.

- **Journaling:** Keeping a journal can help you track not only your stress levels but also your emotional and mental well-being. Writing down how you feel after certain activities, meals, or interactions can help you identify stress triggers and patterns.

- **Food and Mood Trackers:** Apps or written trackers that allow you to log meals, stress levels, and emotions can be

powerful tools for understanding how diet impacts your stress response. Monitoring how certain foods or eating habits affect your mood and energy will help you fine-tune your diet for optimal stress management.



CONTINUING YOUR CORTISOL detox journey requires not just internal motivation, but also the right resources, support systems, and tools for monitoring your progress. By exploring additional readings, joining supportive communities, and using technology to track your stress levels, you can maintain a balanced lifestyle that supports long-term health. With these resources at your fingertips, managing daily stress and keeping cortisol levels low becomes not just a goal, but a sustainable way of living.

Conclusion

As you reach the end of this journey through the Cortisol Detox Diet for Women, it's important to reflect on the many insights and practical strategies you've gained to help manage stress, balance hormones, and support your overall well-being. The information and tools provided in this book are designed to empower you to take control of your health, especially as it relates to cortisol—the body's primary stress hormone. Whether you're dealing with the daily stressors of work and family life, navigating hormonal changes during menopause, or adjusting to life as a new mother, managing cortisol effectively can transform how you feel, both physically and emotionally.

Cortisol is an essential hormone, but when it becomes elevated due to chronic stress, it can lead to a wide range of health issues, including weight gain, fatigue, hormonal imbalances, and even mental health challenges. For women, the effects of high cortisol are often more pronounced due to the complex interplay between cortisol and other hormones like estrogen and progesterone. As we've explored throughout this book, reducing cortisol levels through diet, exercise, and mindfulness is not just about reducing stress—it's about creating lasting, sustainable health that allows you to feel vibrant and balanced.

Key Takeaways for Long-Term Success

1. Nutrition as a Foundation

One of the key pillars of cortisol management is nutrition. You've learned how to nourish your body with whole, nutrient-dense foods that not only support hormone balance but also help reduce inflammation and stabilize blood sugar levels. Prioritizing anti-inflammatory foods, healthy fats, and fiber-rich meals is essential for keeping cortisol levels in check. By making these foods a regular part of your diet, you can prevent the spikes and crashes in blood sugar that often lead to stress and overeating.

2. Exercise for Hormonal Health

Physical activity plays a critical role in managing cortisol and overall hormonal health. While intense workouts can sometimes elevate cortisol, regular, moderate exercise—like walking, swimming, or strength training—can help reduce stress, promote fat loss, and improve mood. Finding a form of exercise that you enjoy and can sustain is key to incorporating it into your daily life.

3. The Power of Sleep and Rest

Restorative sleep is one of the most powerful ways to lower cortisol and allow your body to recover from the day's stresses. By prioritizing sleep hygiene and creating a consistent bedtime routine, you can improve both the quantity and quality of your rest. As you've seen, poor sleep is linked to a host of health issues, including weight gain and hormonal imbalances. Investing in your sleep is investing in your health.

4. Mindfulness and Stress Management

Mindfulness practices such as meditation, deep breathing, and yoga can help calm the nervous system and lower cortisol levels. These practices are simple yet incredibly effective tools for managing daily stress. By taking time each day to focus on your breath, engage in movement, or simply practice gratitude, you can reduce the emotional and physical toll that stress takes on your body.

Looking Forward: A Sustainable Path to Wellness

The journey toward balancing cortisol and improving your health doesn't end here. The strategies outlined in this book are designed to be sustainable and adaptable, so you can continue to build on them over time. It's important to remember that small, consistent changes are often the most effective for long-term health. Whether it's integrating more whole foods into your meals, dedicating time for self-care, or setting boundaries to protect your mental health, every step you take brings you closer to a healthier, more balanced life.

As women, we face unique challenges when it comes to stress, hormones, and health, but with the right tools and knowledge, it's possible to thrive through all stages of life. Whether you're managing the stress of a busy career, navigating the hormonal changes of menopause, or embracing motherhood, the techniques outlined in this book can help you feel more in control of your well-being.

Empowerment Through Knowledge

One of the most powerful takeaways from this book is that knowledge is empowerment. By understanding how cortisol

affects your body and learning how to manage it effectively, you're taking an active role in your health. You now have the tools to not only manage stress but also prevent many of the long-term health issues associated with elevated cortisol, such as cardiovascular disease, metabolic disorders, and hormonal imbalances.

A Life of Balance and Well-Being

As you continue to apply the principles of the Cortisol Detox Diet for Women, you'll find that balance becomes more achievable. By embracing a lifestyle that prioritizes nutrition, mindful movement, restorative sleep, and stress management, you're setting yourself up for long-term health and happiness. This is not just a temporary fix—it's a sustainable approach to living well and feeling your best.

Remember, the key to lasting success is consistency. Continue to nurture your body, mind, and spirit, and you'll reap the rewards of lower stress, improved energy, and a greater sense of balance in all areas of your life.

Winnie Beck

BONUS CHAPTER 1: HOLISTIC WELLNESS PRACTICES FOR WOMEN

In today's fast-paced world, women are often juggling multiple roles and responsibilities, leading to increased stress levels and elevated cortisol production. This stress hormone, while essential for certain bodily functions, can negatively impact health when consistently high. To manage cortisol levels effectively, a comprehensive approach to wellness that integrates physical activity, mindfulness practices like meditation, efficient time management, and strength training is crucial. These strategies not only help lower cortisol but also foster emotional resilience and overall well-being.

The Role of Physical Activity in Cortisol Regulation

Physical activity is a powerful tool for managing cortisol levels. When done regularly, exercise helps the body adapt to stress by promoting the release of endorphins—natural mood enhancers—and reducing the impact of cortisol. However, not all exercises affect cortisol levels in the same way. While high-intensity workouts can briefly increase cortisol levels, they generally help the body manage stress better over time. On the other hand, moderate-intensity exercises, like brisk walking, cycling, or swimming, are particularly effective in lowering cortisol without overstressing the body.

For women, balancing high-intensity and moderate-intensity exercise is key. Activities such as yoga, Pilates, and Tai Chi also play a significant role, as they combine physical movement with

mindful breathing, which can lower cortisol while improving flexibility and strength. Consistency is more important than intensity when it comes to exercise and cortisol management. Finding enjoyable activities that fit into your lifestyle can make a long-term difference in reducing stress and boosting overall health.

Meditation and Mindfulness: Essential for Mental Clarity and Cortisol Control

Meditation and mindfulness practices have gained considerable attention in the wellness space for their profound impact on stress management. These techniques are designed to calm the mind, which directly affects cortisol production by lowering the fight-or-flight response that often keeps stress hormones elevated.

Practicing mindfulness is about being present in the moment without judgment. It can be as simple as deep breathing exercises or structured mindfulness meditation sessions. Studies have shown that even short daily mindfulness sessions can significantly reduce cortisol levels. For women, who may experience stress in the form of multitasking and emotional labor, mindfulness provides a much-needed pause to reset and recalibrate their minds.

Breathing exercises are a cornerstone of mindfulness practice. Techniques like diaphragmatic breathing and progressive muscle relaxation help activate the parasympathetic nervous system, counteracting the stress response. Over time, incorporating regular mindfulness practice can lead to greater emotional resilience, a calmer state of mind, and better stress

management.

Time Management: A Key to Reducing Stress

Time management is another essential aspect of lowering cortisol levels. Many women experience stress due to feeling overwhelmed by the demands of work, family, and personal life. When time is poorly managed, stress builds, and cortisol surges. Effective time management helps create a sense of control, which is crucial for reducing stress.

One of the most effective strategies for managing time is setting clear priorities. Breaking tasks into manageable segments and setting realistic deadlines can reduce the pressure of overwhelming to-do lists. Additionally, learning to say “no” to unnecessary commitments can alleviate feelings of being overburdened. Time blocking—scheduling specific tasks at designated times—can be a useful tool for organizing the day, ensuring there’s time for both work and self-care.

It’s also important to build in time for relaxation. Whether it’s a short break for a walk, a few minutes of meditation, or engaging in a hobby, these moments can have a profound impact on stress levels. By managing time effectively, women can create a balance between productivity and relaxation, keeping cortisol levels in check.

Strength Training: Building Resilience and Reducing Cortisol

Strength training is often overlooked when it comes to managing cortisol, but it plays a crucial role in overall wellness. Not only does it improve muscle tone and bone density, but it also has a positive impact on stress levels and emotional

resilience. Unlike endurance-based cardio exercises, which can sometimes increase cortisol if overdone, strength training tends to have a stabilizing effect on stress hormones.

For women, strength training is particularly important as it helps counteract the natural muscle loss that occurs with aging. This form of exercise boosts metabolism, enhances mood, and improves self-confidence—all factors that contribute to lower cortisol levels. Additionally, strength training helps balance other hormones, such as growth hormone and testosterone, which are important for muscle repair and recovery, further promoting a healthy hormonal balance.

Incorporating weightlifting, bodyweight exercises, or resistance band workouts into a weekly routine can provide significant benefits. As with any form of exercise, consistency is key, and starting with manageable goals ensures sustainable progress without overwhelming the body.

The Importance of Consistency and Balance

The holistic approach to wellness—combining physical activity, meditation, time management, and strength training—offers a comprehensive strategy for lowering cortisol and building long-term resilience. These practices not only improve physical health but also enhance emotional well-being, equipping women with the tools to manage stress in a balanced way.

Consistency is essential in maintaining lower cortisol levels over time. It's not about making drastic changes overnight but rather incorporating small, sustainable habits that align with individual goals and lifestyles. Finding activities that bring joy

and balance is the key to sticking with these practices and reaping the long-term benefits of lower stress, better mental clarity, and improved physical health.

By focusing on this integrated wellness model, women can take charge of their cortisol levels and cultivate a healthier, more resilient body and mind, ultimately leading to a more fulfilling and stress-free life.

Conclusion

Adopting a holistic approach to wellness is key for managing cortisol and reducing stress. Through regular physical activity, mindfulness, time management, and strength training, women can improve both their mental and physical well-being. These practices not only lower cortisol but also build long-term resilience. By integrating these habits into daily life, women can achieve greater balance, fostering a healthier, more fulfilling lifestyle.