

# The 28-Day Cortisol Reset Diet Cookbook

A Complete Meal Plan to Support Hormone Balance, Reduce Stress, Boost Energy, and Promote a Healthy Waistline with Easy Anti-Inflammatory Recipes & Superfoods

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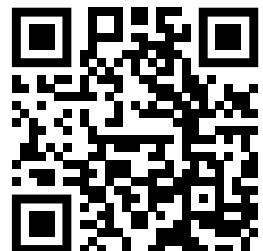
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## **Want to go deeper?**

If you feel ready to eat with care and gently support your body and mind, I have created a special additional guide on simple yogic practices, breathing, and meditation.

These short, easy-to-follow instructions for all skill levels will help you reduce stress, improve sleep, and build inner resilience.

**You can find out more and get access here:**



# Recipes and Meal Plan Preview

Before we dive into the details, take a look at how simple and delicious your anti-inflammatory journey can be!

### Day 11

**Breakfast: Mackerel Salad with Endive Leaves**

*Rich in omega-3s and bitter greens, this salad supports adrenal health and reduces inflammation, helping to stabilize cortisol levels.*



**Servings:** 2  
**Prep Time:** 10 min | **Cooking Time:** 0 min

**Ingredients:**

- 2 cans (4.5 oz / 130 g) mackerel fillets, drained
- 1 tbsp (15 ml) extra virgin olive oil
- 1 tbsp (15 ml) lemon juice, freshly squeezed
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper, freshly ground
- 1 small endive (about 1 cup / 50 g), leaves separated
- ¼ cup (30 g) red onion, thinly sliced
- ¼ cup (15 g) fresh parsley, chopped

**Instructions:**  
Place the mackerel in a dish, pour it with the juice from the lemon as well as olive oil, then gently toss to incorporate. Add pepper and a little salt for seasoning. Spoon the mackerel been arranged on a dish. Scatter the red onion and parsley over the salad, then serve immediately for optimal freshness.

**Anti-Stress Score:** 8  
**Cortisol Support:** High

**Lunch: Duck Breast with Roasted Parsnips & Rosemary-Infused Quinoa**

*This meal combines lean protein, slow-digesting carbs, and rosemary's calming properties to support stable blood sugar and stress response.*



**Servings:** 2  
**Prep Time:** 10 min | **Cooking Time:** 20 min

**Ingredients:**

- 2 duck breasts (6 oz / 170 g each), skin scored
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper
- 2 medium parsnips (about 1 cup / 150 g), peeled and cut into sticks
- 1 tbsp (15 ml) olive oil
- ¼ tsp (1 g) dried rosemary
- ½ cup (50 g) quinoa, rinsed
- 1 cup (240 ml) water or bone broth

**Instructions:**  
For preheating, set your oven at 400°F (200°C). Roast the parsnips for twenty min, all the time, after making them in the olive oil, sea salt, after making them in the olive oil, rosemary, and a dash of salt. In the meantime, the rub a combination of salt and pepper on the pieces of duck breast and sear them in a cold pan on a moderate flame, skin-side down, until they are approximately six to eight min, till they are crispy. Cook for two to three additional min after flipping. Prior to cutting, let the duck cool for five min. Cook quinoa in water or broth for 12 min, then fluff with a fork. Serve duck over quinoa with roasted parsnips on the side.

**Anti-Stress Score:** 7  
**Cortisol Support:** Moderate

**Snack: Celery Root Hummus with Flax Crackers**

*This fiber-rich snack combines probiotic celery root and omega-3-packed flaxseeds to support gut-brain balance and reduce inflammation, key for cortisol regulation.*



**Servings:** 2  
**Prep Time:** 15 min | **Cooking Time:** 15 min

**Ingredients:**

- 1 small celery root (about 1 cup / 150 g), peeled and diced
- ¼ cup (60 ml) tahini
- 2 tbsp (30 ml) lemon juice, freshly squeezed
- ½ tsp (1 g) extra virgin olive oil
- ½ tsp (2 g) ground cumin
- ¼ tsp (1 g) sea salt
- ¼ cup (60 ml) water (adjust for consistency)
- ½ cup (50 g) flaxseeds
- ½ cup (60 ml) water (for crackers)
- ½ tsp (2 g) garlic powder

**Instructions:**  
Steam celery root until fork-tender (about 10 min), then blend with tahini, lemon juice, olive oil, cumin, and salt until smooth, adding water as needed. For the crackers, mix flaxseeds with water and garlic powder, let sit for 5 min, then spread thinly on parchment paper. Cook for fifteen min at 350°F (175°C) till it's crisp and crumbly. Serve hummus chilled or at room temperature with flax crackers.

**Anti-Stress Score:** 7  
**Cortisol Support:** Moderate

**Dinner: Seaweed Salad with Avocado & Pumpkin Seed Oil**

*Mineral-rich seaweed and magnesium-loaded pumpkin seed oil nourish the adrenals, while creamy avocado provides stress-busting healthy fats.*



**Servings:** 2  
**Prep Time:** 15 min | **Cooking Time:** 0 min

**Ingredients:**

- 1 oz (30 g) dried wakame seaweed, rehydrated
- 1 ripe avocado (about ½ cup / 75 g), cubed
- ½ tsp (1.5 ml) pumpkin seed oil
- 1 tbsp (15 ml) rice vinegar
- ¼ tsp (3 g) honey or maple syrup
- 1 tsp (1 g) ginger, grated
- 1 tbsp (10 g) roasted pumpkin seeds
- ¼ cup (20 g) cucumber, thinly sliced

**Instructions:**  
For ten min, immerse wakame in chilly water, then drain and squeeze dry. While pumpkin seed oil, vinegar, honey, and ginger to make dressing. Gently toss seaweed with avocado and cucumber to avoid mashing. Garnish with pumpkin seeds as well as drizzle with dressing. Serve immediately for optimal texture.

**Anti-Stress Score:** 8  
**Cortisol Support:** High

## 5 Essential Lifestyle Habits to Enhance Your Cortisol-Oriented Diet

To maximize the benefits of your cortisol-balancing diet, supportive lifestyle habits are key. Just as nourishing foods help regulate stress hormones, daily routines like sleep, breathing, and mindful movement can amplify your results—creating a powerful synergy between nutrition and overall well-being. Let's explore five foundational habits to enhance your progress:

- Prioritize Deep, Restorative Sleep**
  - Aim for **7-9 hours nightly**—sleep is when your body repairs and regulates cortisol.
  - Keep a **consistent sleep schedule** (even on weekends) and create a dark, cool, screen-free environment.
- Practice Stress-Reducing Breathing Techniques**
  - **Diaphragmatic breathing (4-7-8 method):** Inhale for 4 sec, hold for 7, exhale for 8. Repeat 3-5x to lower cortisol instantly.
  - Try **5-minute morning breathwork** to set a calm tone for the day.
- Move Mindfully (Not Excessively)**
  - **Gentle movement** (walking, yoga, stretching) supports cortisol balance better than intense, prolonged workouts.
  - **Post-meal walks (10-15 min)** aid digestion and blood sugar regulation.

Also, we invite you to explore the specially selected yoga exercises, meditations, and qigong techniques featured in our **Vital Guide app**—all chosen to complement this exclusive guide.

- Hydrate Strategically**
  - Start the day with **warm lemon water** to support detox and digestion.
  - Sip **herbal teas** (chamomile, ashwagandha, or tulsi) to reduce stress.
- Digital Detox & Mental Resets**
  - To preserve the quality of your sleep, **limit your exposure to blue light** one to two hours before bed.
  - Schedule **"stress buffers"**—5-minute breaks to stretch, breathe, or step outside—to prevent cortisol spikes.
  - **Small shifts, big impact!** Pair these habits with your diet for deeper, faster results.

## 28-Days Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
1	Scrambled Eggs with Avocado and Spinach	Baked Salmon with Potatoes and Arugula Salad	Almond Butter with Celery Sticks	Kale and Fermented Cabbage Salad with Pumpkin Seeds
2	Chia Pudding with Almond Milk, Berries, and Flaxseeds	Grilled Mackerel with Quinoa and Steamed Greens	Fermented Yogurt with Almonds	Zucchini Noodles with Avocado Pesto and Hemp Seeds
3	Smoked Salmon Omelet with Avocado and Microgreens	Turkey Patties with Mashed Sweet Potatoes and Fermented Veggies	Sliced Apple with Almond Butter	Warm Kale and Roasted Beet Salad with Pumpkin Seeds
4	Scrambled Tofu with Spinach and Olive Oil	Sardines on Quinoa with Arugula and Lemon-Olive Oil Dressing	Coconut Yogurt with Berries and Chia Seeds	Light Miso Soup with Seaweed and Fermented Veggies
5	Almond Flour Pancakes with Berries and Coconut Cream	Baked Trout with Roasted Brussels Sprouts and Sweet Potato Mash	Walnuts with Cucumber Slices	Spinach and Sauerkraut Salad with Sunflower Seeds
6	Avocado and Smoked Salmon on Flaxseed Crackers	Chicken Thighs with Kale Salad and Quinoa	Kefir Smoothie with Berries and Almond Butter	Roasted Pumpkin Soup with Coconut Milk and Turmeric
7	Shakshuka with Spinach and Olive Oil	Grilled Salmon with Roasted Asparagus and Fermented Carrots	Celery Sticks with Tahini	Arugula Salad with Avocado, Pumpkin Seeds, and Lemon Dressing
8	Sardine & Avocado Mash on Flaxseed Toast	Grilled Chicken with Roasted Potatoes and Fermented Beet Salad	Coconut Yogurt with Walnuts and Cinnamon	Chilled Cucumber & Dill Soup with Hemp Seeds
9	Turmeric-Spiced Scrambled Eggs with Watercress and Pumpkin Seeds	Wild Cod with Mashed Cauliflower and Kale	Smoked Salmon Roll-Ups with Almond Cream Cheese	Arugula & Roasted Fennel Salad with Olives
10	Chia-Berry Parfait with Coconut Kefir and Pecans	Lamb Meatballs with Zucchini Noodles and Tahini Drizzle	Fermented Pickles with Almond-Infused Olives	Miso-Glazed Eggplant with Sesame Seeds and Microgreens
11	Mackerel Salad with Endive Leaves	Duck Breast with Roasted Parsnips & Rosemary-Infused Quinoa	Celery Root Hummus with Flax Crackers	Seaweed Salad with Avocado & Pumpkin Seed Oil
12	Almond Flour Waffles with Macadamia Butter and Raspberries	Trout Cerviche with Jicama, Lime, and Cilantro	Kefir Smoothie with Ashwagandha and Blackberries	Roasted Bell Peppers Stuffed with Fermented Lentils
13	Poached Eggs Over Dandelion Greens with Anchovy Dressing	Venison Steak with Roasted Jerusalem Artichokes and Watercress	Brazil Nutz with Fermented Apple Slices	Chilled Avocado & Cucumber Catocho with Chia Oil

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# Introduction to the Cortisol Detox Diet

The Cortisol Detox Diet is a simple, food-based approach designed to help your body manage stress more effectively. Cortisol, often called the "stress hormone," plays a big role in how we feel day-to-day. When cortisol levels stay too high for too long, it can leave us feeling tired, sluggish, and out of balance. The good news? The right foods can help support your body naturally.

This diet focuses on fresh, wholesome ingredients that nourish your body while helping to keep cortisol in check. You'll enjoy meals packed with lean proteins, healthy fats, fiber-rich veggies, and calming herbs—all while reducing processed sugars and caffeine, which can make stress worse. The goal isn't strict rules or deprivation, but rather choosing foods that help you feel your best.

Why is this important? Food isn't just fuel—it's one of the easiest ways to support your mood, energy, and overall well-being. By eating in a way that helps balance cortisol, you may notice better sleep, more stable energy, and an improved sense of calm.

This cookbook makes it simple with delicious, stress-friendly recipes that fit into your daily life. Whether you're new to mindful eating or just looking for a reset, these meals are designed to help you feel nourished and balanced—one bite at a time.

## Reclaim Your Energy

Feeling drained, foggy, or like you're running on empty? The Cortisol Detox Diet is designed to help you rediscover your natural energy—without relying on caffeine, sugar, or quick fixes. When stress wears us down, it doesn't just affect our mood—it can zap our stamina, making even simple tasks feel exhausting. The foods we eat play a key role in either draining us further or helping us bounce back.

This diet focuses on ingredients that work with your body, not against it. Instead of the temporary highs and crashes from processed snacks or sugary drinks, you'll enjoy meals built on steady energy sources—think lean proteins, wholesome grains, and plenty of colorful vegetables. These foods help stabilize blood sugar, which keeps energy levels smooth and consistent throughout the day. Healthy fats, like those from avocados, nuts, and olive oil, support brain function, while magnesium-rich foods (like leafy greens and seeds) help relax the nervous system.

You'll also find recipes that reduce common energy thieves, like refined carbs and artificial additives, which can leave you feeling sluggish. Instead, you'll savor satisfying, nutrient-packed meals that fight fatigue naturally. Over time, many people notice they wake up feeling refreshed, stay focused longer, and no longer hit that mid-afternoon slump.

Energy isn't just about what you avoid—it's about what you add in. By choosing foods that support your body's stress response, you're not just eating for today—you're fueling a more vibrant, resilient version of yourself.

## Balance Hormones Naturally

Hormones act like your body's messengers, influencing everything from mood to metabolism—and when they're out of sync, you might feel off without knowing why. The Cortisol Detox Diet helps gently restore balance by focusing on foods that support your body's natural rhythms, especially when stress throws them off track.

The key is choosing ingredients that work with your hormones, not against them. For example, fiber-rich foods like vegetables, whole grains, and legumes help regulate insulin, a hormone that manages blood sugar. Stable blood sugar means fewer energy crashes and cravings. Healthy fats—found in foods like salmon, walnuts, and flaxseeds—support hormone production, while antioxidant-packed berries and dark leafy greens help reduce inflammation, which can disrupt hormonal harmony.

You'll also minimize processed foods and excess sugar, which can spike cortisol and throw other hormones like estrogen and testosterone off balance. Instead, you'll enjoy meals rich in adaptogenic herbs (like turmeric and ashwagandha) that help your body adapt to stress, along with magnesium-rich foods (think pumpkin seeds and spinach) that promote relaxation. Even small tweaks—like swapping coffee for herbal tea or choosing complex carbs over white bread—can make a big difference over time.

This isn't about perfection; it's about giving your body the tools it needs to find equilibrium. By eating intentionally, you're not just soothing stress—you're helping your hormones work as they should so you can feel more like you again.

## Reduce Stress with Every Bite

Food has a powerful effect on how we handle stress—either adding to the burden or helping us stay calm and centered. The Cortisol Detox Diet is designed to ease tension by focusing on ingredients that naturally soothe your mind and body, turning meals into a form of daily self-care.

When stress hits, your body craves quick fuel like sugar and processed carbs, but these actually make stress worse by causing energy crashes and mood swings. Instead, this diet emphasizes foods that keep you steady: complex carbohydrates (like sweet potatoes and oats) help boost serotonin, your brain's natural "feel-good" chemical, while omega-3-rich foods (such as salmon and chia seeds) reduce inflammation linked to stress. You'll also enjoy plenty of dark leafy greens and nuts, packed with magnesium—a mineral that helps relax muscles and quiet a racing mind.

Alcohol and caffeine have the potential to overstimulate your neurological system, so you'll learn delicious swaps like herbal teas or golden milk that hydrate and calm. Herbs like rosemary, basil, and turmeric add flavor while gently supporting your body's stress response. Even the act of preparing these meals—chopping fresh vegetables, simmering a nourishing soup—can become a mindful ritual that slows you down.

By choosing foods that work with your body—not against it—you'll notice stress losing its grip as your meals become a form of daily support. But how do you know which foods make the biggest difference? That's where the Anti-Stress Score and Cortisol Support come in—simple ways to identify the ingredients that actively help you feel calmer, sleep deeper, and bounce back faster. This isn't about eliminating stress completely; it's about giving your body the right tools to handle life's ups and downs with grace.

## Understanding Anti-Stress Score & Cortisol Support

The Anti-Stress Score measures how effectively a food or meal helps your body combat stress. Ingredients rich in calming nutrients (like magnesium, antioxidants, and adaptogens) score higher, meaning they actively promote relaxation, stabilize mood, and reduce inflammation. Think leafy greens, nuts, and dark chocolate—these are stress-fighting superstars.

Cortisol Support refers to how well a food helps regulate your body's stress hormone response. Ingredients that prevent cortisol spikes (like lean proteins, healthy fats, and fiber) or aid its natural decline (such as chamomile or ashwagandha) keep your hormones balanced. This means fewer cravings, steadier energy, and less belly fat storage.

Why do they matter? Together, these metrics guide you toward meals that don't just fill you up—they actively help your body thrive under stress. By choosing high-scoring options, you're eating strategically to feel calmer, lighter, and more in control.

## Melt Away Belly Fat Naturally

Stubborn belly fat isn't just about calories—it's often a sign your body is struggling with stress, inflammation, or imbalanced hormones. The Cortisol Detox Diet tackles this by focusing on foods that target the root causes, helping you slim down while feeling nourished and energized.

When cortisol stays elevated, your body clings to fat—especially around your midsection—as a survival response. This plan breaks the cycle by stabilizing blood sugar with fiber-rich vegetables, lean proteins, and healthy fats like avocado and olive oil. These foods keep you full longer, reduce cravings, and prevent the insulin spikes that signal your body to store fat. You'll also enjoy anti-inflammatory ingredients like berries, leafy greens, and turmeric, which help reduce bloating and water retention linked to stress.

Processed foods and refined sugars are replaced with whole, nutrient-dense options that boost metabolism. Think crunchy almonds instead of chips, cinnamon-spiced oatmeal over sugary cereal, and probiotic-rich yogurt to support gut health—a key player in weight management. Even hydration gets an upgrade with herbal teas and lemon water to flush toxins and reduce cortisol-related water retention.

This isn't about crash dieting; it's about giving your body the right tools to let go of excess weight naturally. As cortisol levels balance, many notice their waistline trimming down—without extreme restrictions. Pair these meals with mindful eating and gentle movement, and you'll see results that last. Say goodbye to stubborn belly fat and hello to a lighter, more confident you!

## The Top 20 Cortisol-Balancing Superfoods

Did you know your kitchen holds powerful tools to help your body recover from stress? The right foods don't just nourish—they actively help rebalance cortisol levels, turning meals into natural stress relief. Below are the top 20 ingredients scientifically shown to soothe adrenal fatigue, stabilize mood, and restore energy. Keep this list handy when meal planning, and watch how quickly your body responds to these delicious, healing foods.

Ingredient	Key Benefit
1. Ashwagandha	Adaptogen that lowers cortisol and boosts resilience to stress
2. Salmon	Omega-3s reduce inflammation linked to high cortisol
3. Spinach	Magnesium relaxes nerves and supports adrenal health
4. Blueberries	Antioxidants combat oxidative stress from cortisol
5. Avocado	Healthy fats stabilize blood sugar and mood swings
6. Pumpkin Seeds	High in zinc and magnesium to balance stress response
7. Chamomile Tea	Calms nervous system, lowers nighttime cortisol
8. Dark Chocolate (85%+)	Polyphenols reduce stress hormones
9. Turmeric	Curcumin lowers inflammation driven by cortisol
10. Greek Yogurt	Probiotics improve gut-brain axis for stress modulation
11. Lentils	Fiber and B vitamins support steady energy and adrenal function
12. Almonds	Vitamin E and magnesium ease stress-induced tension
13. Oats	Slow-release carbs boost serotonin, stabilize cortisol
14. Green Tea (L-theanine)	Promotes calm focus without caffeine spikes
15. Flaxseeds	Lignans help regulate hormonal stress responses
16. Bone Broth	Glycine soothes nervous system and improves sleep quality
17. Oranges	Vitamin C reduces cortisol spikes during stress
18. Walnuts	Omega-3s and melatonin support cortisol rhythm
19. Basil	Adaptogenic herb that combats physical stress effects
20. Sweet Potatoes	Complex carbs prevent cortisol-driven sugar cravings

## How the Following Pages Are Organized

The next section of this book features a 28-day meal plan, with each day structured for balanced energy, hormone support, and stress reduction:

- **Breakfast, Lunch, Dinner & One Snack** – Carefully selected recipes to nourish your body and mind.
- **Recipe Logic:**
  - **Breakfasts** – High in protein and healthy fats (eggs, avocado, seeds) to stabilize blood sugar and fuel your morning.
  - **Lunches & Dinners** – Feature quality proteins (fish, meat, or plant-based) + fiber (vegetables, fermented foods) for lasting satiety.
  - **Snacks** – Only when truly needed (nuts, yogurt, veggie sticks). Minimizing snacks helps digestion and metabolic flexibility.

- **Recipe Structure:**

Each recipe is designed to be simple, nutritious, and stress-supportive, with clear sections to help you cook with ease:

1. **Title & Benefits** – The dish name is followed by a brief explanation of its key nutrients and how they support stress relief and energy balance.
2. **Servings & Time** – Quickly tells you how many people it serves and how long prep and cooking take.
3. **Ingredients** – Listed in order of use, with measurements in both standard and metric units for convenience.
4. **Instructions** – Step-by-step directions in simple, beginner-friendly language.
5. **Anti-Stress Score (1-10)** – Rates how well the meal helps manage stress.
6. **Cortisol Support** – Indicates whether the recipe is High, Medium, or Low in ingredients that help regulate cortisol (the stress hormone).

- ✔ Key Reminder! Try to reduce unnecessary snacking—this helps regulate hunger cues and gives your adrenals a break. If hungry between meals, opt for water or herbal tea first.

- ✔ Anti-Stress Score (listed per recipe) highlights meals that best support nervous system balance.

Now you're ready to cook—every recipe is simple, quick, and designed for real-life ease!

## **Snack Break... or Soul Break?**

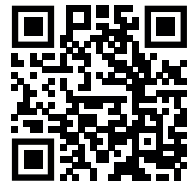
Snacks are welcome—but so is not snacking.


On this cortisol-restoring journey, snacks are here if you need them—but they're not required. Some days, your body might say, "Yes, please!" to a little bite between meals. Other days, it might whisper, "I'm okay for now."


If you're not feeling snackish, that's perfectly fine. You can still take your break—and nourish yourself in other meaningful ways that also support balanced cortisol levels:


### **Try These Instead of Snacking:**


**At this point, we encourage you to try replacing your usual snack break with a mindful moment—a short yoga practice or meditation from our Visual Guide app. You'll find the link at the end of the book (or simply scan the QR code here).**




-  **Stretch it out** – A few minutes of gentle yoga or light movement can activate your parasympathetic nervous system—the one responsible for calming and restoring.

-  **Breathe deeply** – Slow, steady breathing sends signals to your brain that you're safe, helping lower cortisol naturally.

-  **Take a music pause** – Listening to calming music can reduce stress markers and give your nervous system a reset.

-  **Journal a little** – Writing down your thoughts or a moment of gratitude can shift your mindset and ease mental pressure.

-  **Step outside** – Just five minutes of fresh air and natural light can help regulate your cortisol rhythm and lift your mood.

### **Why it works:**

Both your body and mind are gradually transitioned from "fight or flight" to "rest and restore" state by these exercises. That's when your cortisol levels begin to stabilize, your breath deepens, and your energy becomes more sustainable throughout the day.

- ✔ **No guilt, no pressure.**

If you want a snack—go for it. If you want a moment of stillness instead, that's also a form of nourishment. Listening to your body is always the right choice.

# Week 1 Introduction: The Beginnings

Welcome to Week 1 of your cortisol-balancing journey! This week is all about nourishing your body with wholesome, anti-inflammatory foods that help regulate stress hormones while keeping you energized and satisfied.

You'll enjoy meals rich in healthy fats (like avocado, salmon, and olive oil), fiber-packed veggies, fermented foods for gut health, and balanced proteins to stabilize blood sugar—key for managing cortisol.

## A few tips to set you up for success:

- ✔ Stay hydrated—water and herbal teas support detox and stress relief.
- ✔ Prioritize sleep—rest is just as important as nutrition for cortisol balance.
- ✔ Move mindfully—gentle walks or yoga can enhance the diet's benefits.
- ✔ Prep ahead: Batch-cook staples like quinoa, roasted veggies, or hard-boiled eggs for easy assembly.

You've got this! Small, consistent steps lead to big changes. Let's make Week 1 a foundation for feeling calmer, more energized, and in tune with your body. Ready? Dive into Day 1!

(P.S. Listen to your body—adjust portions or timing as needed. This is YOUR journey!)

## Day 1



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

### Ingredients:

- 4 large eggs
- avocado 2oz (60g), sliced about
- 1 cup (30g) fresh spinach
- 1 tbsp (15ml) olive oil
- ¼ tsp (1g) sea salt
- ¼ tsp (0.5g) black pepper

## Breakfast: Scrambled Eggs with Avocado and Spinach

*Rich in healthy fats, magnesium, and protein to stabilize blood sugar and support adrenal function.*

### Instructions:

Heat olive oil in a pan over medium heat. Add spinach and sauté until wilted (2-3 min). Beat eggs with salt and pepper, pour into the pan, and scramble gently until softly set (4-5 min). Serve topped with avocado slices.

**Anti-Stress Score:** 8

**Cortisol Support:** High



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

## Lunch: Baked Salmon with Roasted Sweet Potatoes and Arugula Salad

*Packed with omega-3s, fiber, and antioxidants to reduce inflammation and lower cortisol.*

### Ingredients:

- 2 salmon fillets (6 oz each / 170g)
- 1 cup (150g) medium sweet potato, cubed
- 2 cups (40g) arugula
- 1 tbsp (15ml) olive oil + 1 tsp (5ml) for dressing
- 1 tbsp (15ml) lemon juice
- ¼ tsp (1g) sea salt
- ¼ tsp (0.5g) paprika

**Instructions:**

Toss sweet potatoes with 1 tbsp olive oil, salt, and paprika. Roast at 400°F (200°C) for 20 min until tender. Season salmon with salt, bake alongside potatoes for the last 12-15 min until flaky. Toss arugula with lemon juice and 1 tsp olive oil. Serve salmon with potatoes and salad.

**Anti-Stress Score:** 9

**Cortisol Support:** High

### **Snack: Almond Butter with Celery Sticks**

*Combines healthy fats and fiber to stabilize blood sugar and curb stress-induced cravings*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

**Ingredients:**

- 2 cups (200g) celery stalks, cut into sticks
- ¼ cup (60g) almond butter
- 1 tsp (2g) chia seeds (optional, for omega-3s)

**Instructions:**

Spread almond butter onto celery sticks and sprinkle with chia seeds if using. Serve immediately for a crunchy, satisfying snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

### **Dinner: Kale and Fermented Cabbage (Sauerkraut) Salad with Pumpkin Seeds**

*Probiotics from sauerkraut support gut health, while kale and seeds provide magnesium and zinc to combat stress.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

**Ingredients:**

- 2 cups (60g) kale, stems removed and chopped
- ½ cup (70g) sauerkraut
- 2 tbsp (15g) pumpkin seeds
- 1 tbsp (15ml) olive oil
- 1 tbsp (15ml) lemon juice
- ¼ tsp (0.5g) black pepper

**Instructions:**

Massage kale with olive oil and lemon juice until softened. Toss with sauerkraut and pumpkin seeds. Season with black pepper and let sit for 5 minutes before serving to enhance flavors.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Day 2

### Breakfast: Chia Pudding with Almond Milk, Berries, and Flaxseeds

*Rich in omega-3s and antioxidants, this combo stabilizes blood sugar and reduces inflammation, key for stress resilience.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

#### Ingredients:

- ½ cup (120 ml) unsweetened almond milk
- 3 tbsp (30 g) chia seeds
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (15 ml) maple syrup (optional)
- ¼ cup (30 g) mixed berries (fresh or frozen), mashed
- 1 tbsp (10 g) flaxseeds, ground
- 2 tbsp (15 g) sliced almonds, toasted

#### Instructions:

Whisk together almond milk, chia seeds, vanilla, and maple syrup in a bowl until smooth. Let it sit for 10 minutes, then stir again to prevent clumping. Cover and refrigerate overnight. Before serving, layer the pudding with mashed berries in glasses or bowls. Top with ground flaxseeds and toasted almonds for crunch.

**Anti-Stress Score:** 8

**Cortisol Support:** High

### Lunch: Grilled Mackerel with Quinoa and Steamed Greens

*Packed with magnesium, B vitamins, and omega-3s, this meal supports adrenal function and combats fatigue.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

#### Ingredients:

- 2 mackerel fillets (about 5 oz/150 g each), skin-on
- ½ cup (90 g) quinoa, rinsed
- 1 cup (240 ml) water or vegetable broth
- 2 cups (60 g) spinach or kale, roughly chopped
- 1 tbsp (15 ml) olive oil
- 1 tbsp (15 ml) lemon juice
- 1 garlic clove, minced
- Salt and black pepper to taste

#### Instructions:

Cook quinoa in water or broth for 15 minutes until fluffy, then let it rest covered. Brush mackerel with olive oil, season with salt and pepper, and grill for 3-4 minutes per side on medium heat. In a pan, sauté garlic in remaining olive oil for 30 seconds, add greens, and steam for 2 minutes until wilted. Fluff quinoa with a fork and divide between plates. Top with greens and mackerel, drizzle with lemon juice.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Fermented Yogurt with Almonds

Probiotics from yogurt and healthy fats from almonds promote gut health, which is directly linked to lower cortisol and improved mood.



- **Servings:** 2
- **Prep Time:** 2 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240 g) probiotic-rich unsweetened fermented yogurt (Greek or coconut yogurt for dairy-free)
- ½ cup (60 g) raw almonds
- 2 tsp (10 ml) honey (optional, for slight sweetness)
- A pinch of cinnamon

### Instructions:

Scoop the yogurt into a bowl and drizzle lightly with honey if desired. Sprinkle with cinnamon for its blood sugar-stabilizing benefits. Serve with almonds on the side for a satisfying crunch.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Dinner: Light Zucchini Noodles with Avocado Pesto and Hemp Seeds

This low-carb, high-fat meal provides magnesium from zucchini, stress-fighting omega-3s from hemp seeds, and creamy avocado for sustained energy.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 5 min

### Ingredients:

- 2 medium zucchinis (about 10 oz/300 g total), spiralized
- 1 ripe avocado (about 5 oz/150 g total), pitted
- ½ cup (15 g) fresh basil leaves
- 1 tbsp (15 ml) lemon juice
- 1 garlic clove
- 2 tbsp (30 ml) olive oil
- 2 tbsp (20 g) hemp seeds
- Salt and black pepper to taste

### Instructions:

Blend avocado, basil, lemon juice, garlic, olive oil, salt, and pepper into a smooth pesto in a food processor. Toss the zucchini noodles gently with the pesto until evenly coated—no cooking is needed for a fresh, crisp texture. Divide into bowls and sprinkle with hemp seeds for extra protein and omega-3s.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Day 3

### Breakfast: Smoked Salmon Omelet with Avocado and Microgreens

*Rich in omega-3s, protein, and magnesium, this breakfast stabilizes blood sugar, reduces inflammation, and supports brain health for lower stress levels.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

#### Ingredients:

- 4 large eggs
- 2 oz (60 g) smoked salmon, thinly sliced
- ½ avocado, sliced
- ¼ cup (10 g) microgreens (or sprouts)
- 1 tbsp (15 ml) ghee or olive oil
- 1 tsp (5 ml) lemon juice
- Black pepper to taste

#### Instructions:

Whisk the eggs in a bowl until smooth. Heat ghee or olive oil in a non-stick pan over medium heat. Pour in the eggs, tilting the pan to spread evenly. Cook for 2-3 minutes until set, then add smoked salmon slices on one half. Fold the omelet over, slide onto a plate, and top with avocado, microgreens, a squeeze of lemon juice, and black pepper.

**Anti-Stress Score:** 9

**Cortisol Support:** High

### Lunch: Turkey Patties with Mashed Sweet Potatoes and Fermented Vegetables

*Lean turkey provides tryptophan for serotonin production, sweet potatoes offer slow-digesting carbs for steady energy, and fermented veggies support gut health—key for cortisol regulation.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

#### Ingredients:

- 10 oz (300 g) ground turkey
- 1 tbsp (15 ml) coconut aminos (or tamari)
- 1 tsp (5 ml) olive oil
- ½ tsp (0.5 g) garlic powder
- Pinch of sea salt
- 1 large sweet potato (about 10 oz/300 g), peeled and cubed
- 1 tbsp (15 ml) coconut oil
- ¼ tsp (0.25 g) cinnamon
- ½ cup (60 g) fermented vegetables (sauerkraut or kimchi)

#### Instructions:

Boil sweet potato cubes for 10-12 minutes until soft, then drain and mash with coconut oil and cinnamon. Meanwhile, mix turkey with coconut aminos, garlic powder, and salt. Form into two patties and pan-fry in olive oil for 4-5 minutes per side. Serve the patties with mashed sweet potatoes and a side of fermented veggies for gut-friendly probiotics.

- **Anti-Stress Score:** 8
- **Cortisol Support:** High

## Snack: Sliced Apple with Almond Butter

*This simple combo provides fiber for blood sugar stability and healthy fats to curb cortisol spikes, while the crunch satisfies stress-related cravings.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 2 medium apples (12 oz/340 g), sliced
- 4 tbsp (120 g) unsweetened almond butter
- 2 tsp (10 ml) cinnamon
- 2 tbsp (20 g) crushed walnuts (optional)

### Instructions:

Arrange apple slices on a plate and drizzle with almond butter. Sprinkle with cinnamon (to enhance blood sugar regulation) and optional walnuts for extra omega-3s.

- **Anti-Stress Score:** 7
- **Cortisol Support:** Moderate

## Dinner: Warm Kale and Roasted Beet Salad with Olive Oil and Pumpkin Seeds

*Beets support liver detoxification (key for cortisol metabolism), while kale and pumpkin seeds provide magnesium to relax the nervous system.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 medium beets (8 oz/225 g total), peeled and diced
- 3 cups (90 g) kale, stems removed and torn
- 2 tbsp (30 ml) olive oil, divided
- 1 tbsp (15 ml) apple cider vinegar
- ¼ cup (30 g) pumpkin seeds
- 1 oz (30 g) goat cheese (optional)
- Pinch of sea salt
- Black pepper to taste

### Instructions:

Toss diced beets with 1 tbsp olive oil and roast at 400°F (200°C) for 20 min until tender. Massage kale with remaining olive oil, apple cider vinegar, salt, and pepper until softened. Combine warm roasted beets with kale, then top with pumpkin seeds and optional goat cheese for creamy contrast.

- **Anti-Stress Score:** 8
- **Cortisol Support:** High

## Day 4

### **Breakfast: Scrambled Tofu with Spinach and Olive Oil**

*Rich in plant-based protein and magnesium, this dish stabilizes blood sugar and supports nervous system function, reducing stress hormones.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 10 min

#### **Ingredients:**

- 1 tbsp (15 ml) extra-virgin olive oil
- ½ cup (75 g) red onion, finely chopped
- 2 cups (60 g) fresh spinach, roughly chopped
- 7 oz (200 g) firm tofu, crumbled
- ¼ tsp (1 g) turmeric powder
- ¼ tsp (1 g) garlic powder
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper, freshly ground
- ¼ cup (30 g) cherry tomatoes, halved

#### **Instructions:**

Heat olive oil in a pan over medium heat and sauté the red onion until translucent. Add the spinach and cook until wilted. Stir in the crumbled tofu, turmeric, garlic powder, salt, and pepper, mixing well to combine. Cook for 3-4 min until heated through. Garnish with cherry tomatoes and serve warm.

**Anti-Stress Score:** 7

**Cortisol Support:** High

### **Lunch: Sardines on Quinoa with Arugula and Lemon-Olive Oil Dressing**

*Packed with omega-3s, fiber, and antioxidants, this meal combats inflammation and supports adrenal health for balanced cortisol.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

#### **Ingredients:**

- ½ cup (90 g) quinoa, uncooked
- 1 cup (240 ml) water
- 3.5 oz (100 g) sardines in olive oil, drained
- 2 cups (40 g) arugula
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 tbsp (15 ml) lemon juice
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper, freshly ground
- 1 tbsp (10 g) red onion, thinly sliced

#### **Instructions:**

As directed on the label, wash the quinoa, simmer it in water, after which allow it to cool a little. To create the dressing, mix together the lemon juice, olive oil, salt, and some pepper in a serving dish. Fluff the quinoa and divide it between two plates. Top with sardines, arugula, and red onion. Drizzle with the lemon-olive oil dressing and serve.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Coconut Yogurt with Berries and Chia Seeds

*Rich in probiotics, antioxidants, and omega-3s, this snack soothes the gut-brain axis and combats oxidative stress.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240 ml) unsweetened coconut yogurt
- ½ cup (75 g) mixed berries (blueberries, raspberries, or strawberries), fresh or thawed
- 1 tbsp (12 g) chia seeds
- 1 tsp (5 ml) raw honey (optional)
- 1 tbsp (5 g) unsweetened coconut flakes

### Instructions:

Divide the coconut yogurt evenly between two bowls. Add chia seeds on top of each dish and garnish with a variety of berries. If wanted, drizzle with honey and garnish with coconut flakes. Leave the chia seeds to soften for 10 min in order to achieve a more dense texture.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Dinner: Light Miso Soup with Seaweed and Fermented Veggies

*Fermented miso and veggies support gut health, while iodine-rich seaweed aids thyroid function, promoting hormonal balance.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

### Ingredients:

- 3 cups (720 ml) filtered water
- 2 tbsp (30 g) white or yellow miso paste
- ¼ cup (15 g) dried wakame seaweed, soaked and drained
- ½ cup (75 g) fermented vegetables (kimchi or sauerkraut), chopped
- 2 tbsp (10 g) green onions, thinly sliced
- 1 tsp (5 ml) toasted sesame oil

### Instructions:

In a saucepan, simmer water until it's warm but not boiling. Remove a small amount to dissolve the miso paste, then stir it back into the pot. Add soaked seaweed and simmer on low for 5 min. Divide into bowls and top with fermented veggies and green onions. Drizzle with sesame oil and serve immediately.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Almond Flour Pancakes with Berries and Coconut Cream

*Rich in healthy fats and antioxidants, this low-carb breakfast stabilizes blood sugar and reduces inflammation, promoting calm energy.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (120g) almond flour
- 2 large eggs
- ¼ cup (60ml) unsweetened almond milk
- 1 tbsp (15ml) coconut oil, melted
- 1 tsp (5ml) vanilla extract
- ½ tsp (2.5g) baking soda
- Pinch of sea salt
- ½ cup (75g) mixed berries (fresh or frozen)
- ¼ cup (60ml) coconut cream, chilled
- 1 tsp (5ml) raw honey (optional)

### Instructions:

Whisk together the almond flour, eggs, almond milk, melted coconut oil, vanilla, baking soda, and salt until smooth. Heat a lightly greased skillet over medium-low heat and pour small portions of batter to form pancakes, cooking until bubbles form (about 2-3 min per side). Serve stacked with berries and a dollop of coconut cream, drizzled with honey if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Baked Trout with Roasted Brussels Sprouts and Sweet Potato Mash

*Packed with omega-3s, fiber, and vitamin C, this balanced meal combats inflammation and supports adrenal health.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 25 min

### Ingredients:

- 2 trout fillets (6oz/170g each)
- 2 cups (200g) Brussels sprouts, halved
- 1 medium sweet potato (10oz/300g), peeled and cubed
- 2 tbsp (30ml) olive oil, divided
- 1 tsp (5g) garlic powder
- ½ tsp (2.5g) smoked paprika
- ½ lemon, sliced
- 1 tbsp (15ml) chopped fresh parsley
- Salt and black pepper to taste

### Instructions:

Cook Brussels sprouts at 400°F (200°C) for approximately twenty min till crispy after tossing them with a single tablespoon of olive oil, garlic powder, salt, and some pepper. Meanwhile, boil sweet potato until tender (12-15 min), drain, mash with remaining olive oil, and season. Place trout on a baking sheet, top with lemon slices, paprika, and a pinch of salt, then bake for 10-12 min at 400°F (200°C). Serve alongside the sprouts and mash, garnished with parsley.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Walnuts with Cucumber Slices

*A simple, crunchy snack rich in omega-3s and hydration, helping to lower cortisol and stabilize mood.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- ½ cup (60g) raw walnuts
- 1 medium cucumber (about 8oz/225g), sliced into rounds
- Pinch of sea salt (optional)
- 1 tsp (5ml) lemon juice (optional)

### Instructions:

Arrange the cucumber slices on a plate and sprinkle lightly with sea salt and lemon juice if using. Serve alongside the walnuts for a satisfying crunch. For extra flavor, toast the walnuts lightly in a dry pan for 2-3 min (optional).

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Spinach and Sauerkraut Salad with Olive Oil and Sunflower Seeds

*Fermented sauerkraut supports gut health (linked to stress resilience), while spinach and seeds provide magnesium and healthy fats for nervous system balance.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 4 cups (120g) fresh baby spinach
- ½ cup (100g) raw sauerkraut, drained
- 2 tbsp (30ml) extra-virgin olive oil
- ¼ cup (35g) raw sunflower seeds
- 1 tbsp (15ml) apple cider vinegar
- ½ tsp (2.5g) ground cumin
- Black pepper to taste

### Instructions:

In a large bowl, gently toss the spinach and sauerkraut together. Drizzle with olive oil and apple cider vinegar, then sprinkle with cumin and black pepper. Top with sunflower seeds and mix lightly. Prior to serving, leave it to sit for five min so the flavors can combine.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Day 6

### Breakfast: Avocado and Smoked Salmon on Flaxseed Crackers

*This balanced breakfast provides healthy fats and omega-3s to support brain function and reduce inflammation, helping stabilize cortisol levels.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

#### Ingredients:

- 4 flaxseed crackers
- 1 medium avocado (about ½ cup / 100g mashed), peeled and pitted
- 4 oz (115g) smoked salmon, thinly sliced
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) extra-virgin olive oil
- ½ tsp (1g) dried dill (or 1 tbsp / 3g fresh, chopped)
- Pinch of black pepper

#### Instructions:

Mash the avocado in a bowl and mix with lemon juice, olive oil, dill, and black pepper until smooth. Spread the avocado mixture evenly over the flaxseed crackers. Top each cracker with smoked salmon slices. Serve immediately for optimal freshness.

**Anti-Stress Score:** 8

**Cortisol Support:** High

### Lunch: Chicken Thighs with Kale Salad and Quinoa (Olive Oil Dressing)

*This nutrient-dense lunch combines lean protein, magnesium-rich kale, and slow-digesting quinoa to balance blood sugar and lower stress hormones.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

#### Ingredients:

- 2 boneless, skinless chicken thighs (about 6 oz / 170g total)
- 1 cup (60g) kale, stems removed and roughly chopped
- ½ cup (90g) cooked quinoa
- 1 tbsp (15ml) extra-virgin olive oil (for cooking)
- 1 tbsp (15ml) extra-virgin olive oil (for dressing)
- 1 tbsp (15ml) apple cider vinegar
- ½ tsp (2g) garlic powder
- ½ tsp (1g) paprika
- Salt and black pepper to taste

#### Instructions:

Season the chicken thighs with garlic powder, paprika, salt, and pepper. In a pan, warm the olive oil on a moderate flame. Fry the chicken for six to seven min on each side, till it is done. In a bowl, massage the kale with the remaining olive oil and apple cider vinegar until softened. Mix in the cooked quinoa and divide between plates. After cutting the chicken, arrange it over the salad.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Kefir Smoothie with Berries and Almond Butter

*This probiotic-rich smoothie combines gut-friendly kefir with antioxidant-packed berries and healthy fats to nourish the nervous system and stabilize cortisol.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240ml) plain kefir (or coconut kefir for dairy-free)
- ½ cup (75g) mixed frozen berries (blueberries, raspberries, or strawberries)
- 1 tbsp (16g) almond butter
- 1 tsp (5g) chia seeds
- ½ tsp (2g) cinnamon
- 1 tsp (5ml) raw honey (optional, omit for lower sugar)

### Instructions:

In an immersion blender, mix all of the components and process till smooth. Adjust thickness with a splash of water if needed. Pour into two glasses and serve immediately for maximum nutrient retention.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Light Roasted Pumpkin Soup with Coconut Milk and Turmeric

*This warming soup features anti-inflammatory turmeric and coconut milk, while pumpkin's fiber and vitamins help regulate cortisol and promote relaxation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 cups (300g) pumpkin, peeled and cubed
- ½ cup (120ml) coconut milk (full-fat)
- 1 tbsp (15ml) coconut oil
- 1 small onion (½ cup / 50g), diced
- 1 tsp (2g) ground turmeric
- ½ tsp (1g) ground cumin
- 1½ cups (360ml) vegetable broth
- Salt and black pepper to taste
- Fresh cilantro (optional, for garnish)

### Instructions:

For preheating, set your oven at 400°F (200°C). Toss pumpkin cubes with coconut oil, turmeric, cumin, salt, and pepper, then roast for 15-20 min until soft. Sauté the onion in a pot until translucent, then add roasted pumpkin and vegetable broth. Simmer for 5 min, blend until smooth, and stir in coconut milk. Garnish with cilantro if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Shakshuka with Spinach and Olive Oil

*This dish combines lycopene-rich tomatoes, protein-packed eggs, and magnesium-loaded spinach to support adrenal health and reduce inflammation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 tbsp (30 ml) extra-virgin olive oil
- ½ cup (75 g) yellow onion, diced
- 2 garlic cloves, minced
- 1 can (14 oz / 400 g) crushed tomatoes
- 2 cups (60 g) fresh spinach, roughly chopped
- 4 large eggs
- ½ tsp (1 g) ground cumin
- ½ tsp (1 g) paprika
- ¼ tsp (0.5 g) sea salt
- ¼ tsp (0.5 g) black pepper
- 1 tbsp (3 g) fresh parsley, chopped

### Instructions:

Heat olive oil in a skillet over medium heat and sauté the onion until translucent, then add garlic and cook for another minute. Stir in crushed tomatoes, cumin, paprika, salt, and pepper, letting the sauce simmer for 5 min. Cook the spinach till it wilts. Create small wells in the sauce and crack the eggs into them. Cover the pan and cook until the egg whites set but the yolks remain runny (about 5-7 min). Garnish with fresh parsley and serve warm.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Grilled Salmon with Roasted Asparagus and Fermented Carrots

*Rich in omega-3s, fiber, and probiotics, this meal supports gut health and reduces cortisol-induced inflammation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 (6 oz / 170 g) salmon fillets
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper
- ½ tsp (1 g) dried dill
- 1 bunch (about 12 oz / 340 g) asparagus, trimmed
- ½ cup (60 g) fermented carrots, sliced
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) apple cider vinegar

### Instructions:

Preheat the oven to 400°F (200°C) and toss asparagus with olive oil, salt, and pepper, then roast for 12-15 min until tender. Meanwhile, season salmon with salt, pepper, and dill, then grill or pan-sear for 4-5 min per side until flaky. Toss fermented carrots with lemon juice and apple cider vinegar. Serve salmon alongside roasted asparagus and fermented carrots.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Celery Sticks with Tahini

*Crunchy celery provides stress-relieving minerals, while tahini's healthy fats and magnesium help regulate the nervous system.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 4 large celery stalks (about 8 oz / 225 g), cut into sticks
- ¼ cup (60 g) tahini
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) garlic powder
- ¼ tsp (0.5 g) sea salt
- 1 tbsp (15 ml) water (to thin if needed)
- 1 tsp (5 g) sesame seeds (optional)

### Instructions:

In a tiny dish, mix together the tahini, lemon juice, garlic powder, and some salt; if necessary, add some water to get a dip-like texture. Arrange celery sticks on a plate and drizzle or serve the tahini sauce alongside. Sprinkle with sesame seeds for extra crunch.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Arugula Salad with Avocado, Pumpkin Seeds, and Lemon Dressing

*This nutrient-dense salad combines magnesium-rich greens, cortisol-balancing healthy fats, and zinc-packed seeds for adrenal support.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 5 min (toasting seeds)

### Ingredients:

- 4 cups (80 g) arugula, washed
- 1 ripe avocado (about 6 oz / 170 g), sliced
- ¼ cup (30 g) pumpkin seeds, raw or toasted
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) lemon juice
- ½ tsp (1 g) honey or maple syrup
- Pinch of sea salt
- Pinch of black pepper

### Instructions:

Toast pumpkin seeds in a dry skillet over low heat for 3-4 min until fragrant (optional). In a large bowl, whisk olive oil, lemon juice, honey, salt, and pepper. Add arugula and toss gently to coat. Top with avocado slices and pumpkin seeds. Serve immediately.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Week 2 Introduction: Deepening Balance

Congratulations on completing Week 1! By now, you may already be noticing subtle shifts—more stable energy, better digestion (thanks to all those fermented foods!), or even improved sleep. This week, we're building on that foundation with even more nutrient-dense meals designed to further support adrenal health and reduce inflammation.

### What's new in Week 2?

- **Expanded superfoods:** Ashwagandha (in smoothies and porridge) and adaptogenic herbs join the menu to help your body adapt to stress.
- **Bolder flavors & textures:** Think grilled octopus, duck breast, and lamb meatballs—keeping meals exciting while staying cortisol-friendly.
- **Deeper gut support:** Fermented lentils, pickles, and kefir boost microbiome diversity, linked to lower stress responses.

### Potential benefits you might experience this week:

- ✓ Fewer mid-afternoon energy crashes (balanced blood sugar!).
- ✓ Less bloating (thank you, fermented foods and fiber!).
- ✓ Sharper mental clarity (hello, omega-3s from fish and seeds!).

### Tips for success:

- **Mindful eating:** Slow down. Chew well. Stress digestion starts in the mouth!
- **Try one new ingredient:** Never had mackerel salad or Jerusalem artichokes? Embrace the adventure!
- **Track non-food wins:** Note improvements in mood, skin, or focus—they're just as important as the scale. You're not just eating—you're healing. Keep trusting the process, and let's make Week 2 even more transformative!

*(Remember: If a meal doesn't resonate, swap it for a Week 1 favorite. Flexibility reduces stress too!)*

## Day 8



### Breakfast: Sardine & Avocado Mash on Flaxseed Toast

*Rich in omega-3s and healthy fats, this combo stabilizes blood sugar and reduces inflammation, key for lowering cortisol.*

- ½ tsp (1g) crushed red pepper flakes (optional)
- Sea salt and black pepper to taste

### Instructions:

Toast the flaxseed bread until golden and crisp. Mix together in a dish the avocado with lemon juice, olive oil, and some salt with pepper until smooth. Gently fold in the sardines, keeping them slightly chunky. Spread the mixture evenly over the toast, sprinkle with chia seeds and red pepper flakes if using, and serve immediately.

**Anti-Stress Score:** 8

**Cortisol Support:** High

- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 5 min

### Ingredients:

- 2 slices flaxseed bread (or whole-grain toast)
- 1 ripe avocado, mashed (about ½ cup / 120g)
- 3.5 oz (100g) canned sardines in olive oil, drained
- 1 tsp (5g) chia seeds
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) extra-virgin olive oil



### Lunch: Grilled Chicken with Roasted Radishes and Fermented Beet Salad

*Lean protein and gut-friendly probiotics in this dish aid digestion and combat stress-induced inflammation.*

- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

### Ingredients:

- 2 boneless, skinless chicken breasts (6 oz each / 170g)
- 1 cup (120g) radishes, halved

- 1 tbsp (15ml) avocado oil
- ½ tsp (1g) smoked paprika
- ½ tsp (1g) garlic powder
- 1 cup (150g) fermented beets, sliced
- 1 tbsp (15ml) apple cider vinegar
- 1 tbsp (5g) chopped fresh dill
- 1 tbsp (10g) pumpkin seeds
- Sea salt and black pepper to taste

**Instructions:**

For preheating, set your oven at 400°F (200°C). Toss radishes with avocado oil, smoked paprika, garlic powder, salt, and pepper, then roast for 15 min until tender. Meanwhile, grill the chicken breasts over medium heat for 6-7 min per side. In a bowl, combine fermented beets, apple cider vinegar, and dill. Serve the chicken with roasted radishes and beet salad, garnished with pumpkin seeds.

**Anti-Stress Score:** 7 | **Cortisol Support:** Moderate

**Snack: Coconut Yogurt with Walnuts and Cinnamon**

*Combines probiotics, healthy fats, and blood-sugar-stabilizing cinnamon to help lower stress hormones and calm the neurological system.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

**Ingredients:**

- 1 cup (240ml / 240g) unsweetened coconut yogurt
- ¼ cup (30g) raw walnuts, roughly chopped
- 1 tsp (2g) ground cinnamon
- 1 tsp (5ml) raw honey (optional)
- ½ tsp (2ml) vanilla extract

**Instructions:**

Divide the coconut yogurt evenly between two bowls. Sprinkle with chopped walnuts, cinnamon, and a drizzle of honey (if using). Add vanilla extract and gently stir to combine. Let it sit for 5 min to allow flavors to meld before serving.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

**Dinner: Chilled Cucumber & Dill Soup with Hemp Seeds**

*A cooling, electrolyte-rich dish with anti-inflammatory fats to counter stress-induced dehydration and tension.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

**Ingredients:**

- 3 cups (400g) cucumbers, peeled and chopped
- ½ cup (120g) unsweetened coconut yogurt
- 2 tbsp (6g) fresh dill, chopped
- 1 tbsp (15ml) lemon juice
- 1 tbsp (15ml) extra-virgin olive oil
- 1 tbsp (10g) hemp seeds
- 1 small garlic clove, minced (optional)
- Pinch of sea salt
- Pinch of black pepper

**Instructions:**

Blend cucumbers, coconut yogurt, dill, lemon juice, olive oil, garlic (if using), salt, and pepper until smooth. Refrigerate for a minimum of one hour. Divide into bowls and top with hemp seeds. Drizzle with extra olive oil if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Day 9

### Breakfast: Turmeric-Spiced Scrambled Eggs with Watercress and Pumpkin Seeds

*Turmeric reduces inflammation, while pumpkin seeds provide magnesium to calm the nervous system. Watercress adds a detoxifying boost.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

#### Ingredients:

- 4 large eggs
- 1 tbsp (15 ml) olive oil
- ¼ tsp (1 g) ground turmeric
- Pinch of black pepper
- 1 cup (30 g) fresh watercress, roughly chopped
- 2 tbsp (20 g) raw pumpkin seeds
- Pinch of sea salt

#### Instructions:

Heat olive oil in a pan over medium heat. Whisk the eggs with turmeric, black pepper, and salt, then pour into the pan, stirring gently until softly scrambled. Fold in the watercress just before the eggs set to wilt slightly. Divide between plates and sprinkle with pumpkin seeds for a crunchy finish.

**Anti-Stress Score:** 7

**Cortisol Support:** High

### Lunch: Wild Cod with Mashed Cauliflower and Kale Sautéed in Olive Oil

*Cod provides lean protein for steady energy, while cauliflower and kale deliver gut-supporting fiber and stress-relieving antioxidants.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

#### Ingredients:

- 2 wild cod fillets (6 oz / 170 g) each
- 2 cups (200 g) cauliflower florets
- 2 cups (60 g) kale, stems removed, chopped
- 2 tbsp (30 ml) olive oil, divided
- ¼ tsp (1.25 g) garlic powder
- Pinch of sea salt, divided
- Pinch of black pepper
- 1 tbsp (15 ml) lemon juice

#### Instructions:

Steam cauliflower until tender, then mash with 1 tbsp olive oil, garlic powder, and half the salt until smooth. Heat the remaining oil in a pan, add kale, and sauté until bright green and slightly crispy. Season cod with remaining salt and pepper, then pan-sear for 3-4 min per side until flaky. Serve cod over mashed cauliflower with kale alongside, drizzled with lemon juice.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Smoked Salmon Roll-Ups with Almond Cream Cheese

*Rich in omega-3s from salmon and healthy fats from almonds, this snack combats inflammation and supports brain health for stress resilience.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 4 oz (115 g) smoked salmon slices
- ¼ cup (60 g) almond cream cheese (or dairy-free alternative)
- 1 tbsp (3 g) fresh dill, chopped
- 1 tsp (2 g) lemon zest
- ¼ cup (5 g) arugula
- Pinch of black pepper

### Instructions:

Mix almond cream cheese with dill, lemon zest, and black pepper until smooth. Lay out salmon slices, spread a thin layer of the cream cheese mixture, and top with a few arugula leaves. Firmly roll each slice, and if necessary, fasten with a toothpick. Chill for 5 min before serving for a firmer texture.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Dinner: Arugula & Roasted Fennel Salad with Olives and Lemon Dressing

*Fennel aids digestion, while olives provide healthy fats to stabilize mood. Arugula's bitterness stimulates detox pathways linked to stress relief.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 medium fennel bulb, thinly sliced (7 oz / 200 g)
- 2 cups (40 g) arugula
- ¼ cup (40 g) Kalamata olives, pitted
- 2 tbsp (30 ml) olive oil, divided
- 1 tbsp (15 ml) lemon juice
- ½ tsp (2.5 ml) honey
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp (10 g) pumpkin seeds

### Instructions:

Toss fennel slices with 1 tbsp olive oil and roast at 400°F (200°C) for 15 min until caramelized. Whisk remaining oil, lemon juice, honey, salt, and pepper for the dressing. Combine roasted fennel, arugula, and olives in a bowl, drizzle with dressing, and toss gently. Top with pumpkin seeds for crunch.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Chia-Berry Parfait with Coconut Kefir and Pecans

*This antioxidant-rich parfait combines omega-3s from chia, probiotics from kefir, and magnesium-packed pecans to calm the nervous system and stabilize blood sugar.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- ½ cup (120 ml) coconut kefir
- ¼ cup (25 g) pecans, roughly chopped
- 3 tbsp (30 g) chia seeds
- 1 cup (150 g) mixed berries (fresh or frozen), mashed
- 1 tsp (5 ml) vanilla extract
- 1 tbsp (15 ml) raw honey (optional)

### Instructions:

Mix the chia seeds with coconut kefir and vanilla extract, stirring well to avoid clumps, then let sit for 10 min to thicken. Layer the chia mixture with mashed berries in serving glasses, repeating until all ingredients are used. If needed, sprinkle chopped pecans and honey over top. For a thicker form, refrigerate or serve right away.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Lamb Meatballs with Zucchini Noodles and Tahini Drizzle

*Grass-fed lamb provides iron and vitamin B for adrenal support, while zucchini and tahini offer magnesium and healthy fats to combat inflammation and stress.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

### Ingredients:

- 10 oz (280 g) ground lamb
- 2 medium zucchinis (about 14 oz/400 g), spiralized
- 2 tbsp (30 ml) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) cumin
- ½ tsp (2.5 ml) garlic powder
- 1 tbsp (15 ml) olive oil
- Salt and pepper to taste

### Instructions:

Form into tiny meatballs after combining the lamb, cumin, and garlic powder with some salt and pepper in a dish. The meatballs should be cooked thoroughly and browned after ten to twelve min of cooking in a skillet with heated olive oil over a moderate flame, stirring periodically. Heat the zucchini noodles by tossing them in the pan for one to two min. Whisk tahini with lemon juice and 2 tbsp (30 ml) water to create a drizzle. Serve the meatballs over zucchini noodles, topped with tahini sauce.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Snack: Fermented Pickles with Almond-Stuffed Olives

*This probiotic-rich snack combines gut-friendly fermented pickles with magnesium-loaded almonds and olives, promoting digestion and calming the nervous system.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (150 g) fermented pickles (no vinegar, brine-only)
- ½ cup (75 g) green olives, pitted
- 12 raw almonds
- 1 tsp (5 ml) extra-virgin olive oil
- Pinch of dried oregano

### Instructions:

Gently stuff each pitted olive with a raw almond. Toss the stuffed olives and fermented pickles in a bowl with olive oil and oregano. Serve chilled or at room temperature for a crunchy, gut-loving snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Miso-Glazed Eggplant with Sesame Seeds and Microgreens

*This savory dish features magnesium-rich eggplant, fermented miso for gut health, and antioxidant-packed microgreens to reduce inflammation and support adrenal function.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 1 large eggplant (about 1 lb/450 g), sliced into ½-inch (1.25 cm) rounds
- 2 tbsp (30 ml) white miso paste
- 1 tbsp (15 ml) coconut sugar
- 1 tbsp (15 ml) sesame oil
- 1 tbsp (15 ml) water
- ¼ cup (10 g) microgreens
- 1 tbsp (9 g) sesame seeds, toasted
- 1 tsp (5 ml) rice vinegar

### Instructions:

For preheating, set your oven at 400°F (200°C). Whisk miso, coconut sugar, sesame oil, and water into a smooth glaze. Arrange the eggplant pieces on a baking pan, coat them with the glaze on each side, and roast them for a total of twenty min, turning them halfway through. Remove from the oven, drizzle with rice vinegar, and top with microgreens and toasted sesame seeds. Serve warm.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Mackerel Salad with Endive Leaves

*Rich in omega-3s and bitter greens, this salad supports adrenal health and reduces inflammation, helping to stabilize cortisol levels.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 2 cans (4.5 oz / 130 g) mackerel fillets, drained
- 1 tbsp (15 ml) extra virgin olive oil
- 1 tbsp (15 ml) lemon juice, freshly squeezed
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper, freshly ground
- 1 small endive (about 1 cup / 50 g), leaves separated
- ¼ cup (30 g) red onion, thinly sliced
- ¼ cup (15 g) fresh parsley, chopped

### Instructions:

Place the mackerel in a dish, pour it with the juice from the lemon as well as olive oil, then gently toss to incorporate. Add pepper and a little salt for seasoning. Spoon the mackerel combination over the endive leaves that have been arranged on a dish. Scatter the red onion and parsley over the salad, then serve immediately for optimal freshness.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Duck Breast with Roasted Parsnips & Rosemary-Infused Quinoa

*This meal combines lean protein, slow-digesting carbs, and rosemary's calming properties to support stable blood sugar and stress response.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 duck breasts (6 oz / 170 g each), skin scored
- ¼ tsp (1 g) sea salt
- ¼ tsp (0.5 g) black pepper
- 2 medium parsnips (about 1 cup / 150 g), peeled and cut into sticks
- 1 tbsp (15 ml) olive oil
- ½ tsp (1 g) dried rosemary
- ½ cup (90 g) quinoa, rinsed
- 1 cup (240 ml) water or bone broth

### Instructions:

For preheating, set your oven at 400°F (200°C). Roast the parsnips for twenty min, till they are soft, after mixing them in the olive oil, rosemary, and a dash of salt. In the meantime, rub a combination of salt and pepper on the pieces of duck breast and sear them in a cold pan on a moderate flame, skin-side down, approximately six to eight min, till they are crispy. Cook for two to three additional min after flipping. Prior to cutting, let the duck cool for five min. Cook quinoa in water or broth for 12 min, then fluff with a fork. Serve duck over quinoa with roasted parsnips on the side.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Celery Root Hummus with Flax Crackers

*This fiber-rich snack combines prebiotic celery root and omega-3-packed flaxseeds to support gut-brain balance and reduce inflammation, key for cortisol regulation.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

### Ingredients:

- 1 small celery root (about 1 cup / 150 g), peeled and diced
- ¼ cup (60 ml) tahini
- 2 tbsp (30 ml) lemon juice, freshly squeezed
- 1 tbsp (15 ml) extra virgin olive oil
- ½ tsp (2 g) ground cumin
- ¼ tsp (1 g) sea salt
- ¼ cup (60 ml) water (adjust for consistency)
- ½ cup (50 g) flaxseeds
- ¼ cup (60 ml) water (for crackers)
- ½ tsp (2 g) garlic powder

### Instructions:

Steam celery root until fork-tender (about 10 min), then blend with tahini, lemon juice, olive oil, cumin, and salt until smooth, adding water as needed. For the crackers, mix flaxseeds with water and garlic powder, let sit for 5 min, then spread thinly on parchment paper. Cook for fifteen min at 350°F (175°C) till it's crisp and crumbly. Serve hummus chilled or at room temperature with flax crackers.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Seaweed Salad with Avocado & Pumpkin Seed Oil

*Mineral-rich seaweed and magnesium-loaded pumpkin seed oil nourish the adrenals, while creamy avocado provides stress-busting healthy fats.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

### Ingredients:

- 1 oz (30 g) dried wakame seaweed, rehydrated
- 1 ripe avocado (about ½ cup / 75 g), cubed
- 1 tbsp (15 ml) pumpkin seed oil
- 1 tbsp (15 ml) rice vinegar
- ½ tsp (3 g) honey or maple syrup
- ¼ tsp (1 g) ginger, grated
- 1 tbsp (10 g) toasted pumpkin seeds
- ¼ cup (20 g) cucumber, thinly sliced

### Instructions:

For ten min, immerse wakame in chilly water, then drain and squeeze dry. Whisk pumpkin seed oil, vinegar, honey, and ginger to make dressing. Gently toss seaweed with avocado and cucumber to avoid mashing. Garnish with pumpkin seeds as well as drizzle with dressing. Serve immediately for optimal texture.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Almond Flour Waffles with Macadamia Butter and Raspberries

*Rich in healthy fats and antioxidants, this breakfast stabilizes blood sugar and supports adrenal function.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (120g) almond flour
- 2 eggs
- ¼ cup (60ml) coconut milk, unsweetened
- 1 tbsp (15ml) maple syrup
- 1 tsp (5g) baking powder
- ¼ tsp (1g) sea salt
- 2 tbsp (30g) macadamia butter
- ½ cup (60g) fresh raspberries
- 1 tbsp (15ml) coconut oil, melted

### Instructions:

Gently coat your waffle iron using coconut oil after preheating it. Mix the ingredients: almond flour, eggs, coconut milk, baking powder, maple syrup, as well as salt in a dish till thoroughly combined. After pouring the batter into your waffle iron, sauté it until it's crisp and golden. Spread macadamia butter over the warm waffles and top with fresh raspberries. Drizzle with extra coconut oil if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Trout Ceviche with Jicama, Lime, and Cilantro

*Packed with omega-3s and vitamin C, this refreshing dish combats inflammation and supports nervous system balance.*



- **Servings:** 2
- **Prep Time:** 20 min | **Cooking Time:** 0 min (marination)

### Ingredients:

- 8 oz (225g) fresh trout fillet, thinly sliced
- ½ cup (75g) jicama, julienned
- ¼ cup (15g) fresh cilantro, chopped
- ¼ cup (60ml) lime juice
- 1 tbsp (15ml) olive oil
- Pinch of sea salt
- Pinch of black pepper
- ½ avocado, diced (optional)

### Instructions:

In a glass bowl, combine trout, jicama, cilantro, lime juice, olive oil, salt, and pepper. Gently toss to coat and let marinate in the fridge for 15 min until the fish turns opaque. Serve chilled, garnished with avocado if desired.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Kefir Smoothie with Ashwagandha and Blackberries

*This probiotic-rich smoothie combines adaptogenic herbs and antioxidants to soothe the gut-brain axis and reduce stress hormones.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1.5 cups (360ml) plain kefir (or coconut kefir for dairy-free)
- 1 cup (140g) frozen blackberries
- 1 tbsp (15ml) almond butter
- 1 tsp (3g) ashwagandha powder
- ½ tsp (2g) cinnamon
- 1 tsp (5ml) raw honey (optional)
- 1 tbsp (15ml) chia seeds

### Instructions:

Blend kefir, blackberries, almond butter, ashwagandha, cinnamon, and honey (if using) until smooth. Pour into glasses and stir in chia seeds. Prior to serving, allow it to cool for two to three min for it to slightly thicken.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Dinner: Roasted Bell Peppers Stuffed with Fermented Lentils

*A fiber- and probiotic-packed dinner that stabilizes blood sugar and supports microbiome health, key for cortisol regulation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 large bell peppers, halved and deseeded
- 1 cup (200g) fermented lentils (or cooked lentils + 1 tbsp (15 ml) sauerkraut juice)
- ¼ cup (30g) walnuts, chopped
- 2 tbsp (30ml) olive oil
- 1 tsp (2g) cumin
- ½ tsp (3g) sea salt
- ¼ cup (15g) parsley, chopped
- 1 tbsp (15ml) lemon juice

### Instructions:

Preheat oven to 400°F (200°C). Toss fermented lentils with walnuts, 1 tbsp olive oil, cumin, salt, parsley, and lemon juice. Stuff the mixture into bell pepper halves, drizzle with remaining oil, and roast for 20 min until peppers are tender.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Poached Eggs Over Dandelion Greens with Anchovy Dressing

*Rich in omega-3s and bitter greens, this breakfast combats inflammation and supports liver detoxification, key for cortisol metabolism.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 10 min

### Ingredients:

- 4 large eggs
- 2 cups (60 g) dandelion greens, roughly chopped
- 2 tbsp (30 ml) extra-virgin olive oil
- 4 anchovy fillets, minced
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) raw honey
- 1 small garlic clove, grated
- Pinch of black pepper
- Pinch of sea salt
- 1 tbsp (15 ml) white vinegar (for poaching)

### Instructions:

Whisk together the olive oil, anchovies, lemon juice, honey, garlic, pepper, and salt to make the dressing. After adding the vinegar and bringing the pot of water to a mild simmer, poach the eggs for approximately three to four min, till the yolks are still runny while the whites are set. Toss the dandelion greens with half the dressing, divide between plates, and top with poached eggs. Drizzle the remaining dressing over the eggs.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Venison Steak with Roasted Jerusalem Artichokes and Watercress

*Lean venison provides iron for adrenal health, while Jerusalem artichokes (prebiotics) and watercress (detoxifying) aid gut-cortisol balance.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 venison steaks (5 oz / 140 g) each
- 1 cup (150 g) Jerusalem artichokes, scrubbed and halved
- 2 tbsp (30 ml) avocado oil
- 1 tsp (5 ml) rosemary, chopped
- ½ tsp (2.5 ml) sea salt
- ½ tsp (2.5 ml) black pepper
- 2 cups (60 g) watercress
- 1 tbsp (15 ml) apple cider vinegar
- 1 tsp (5 ml) Dijon mustard

### Instructions:

Add the Jerusalem artichokes, rosemary, salt, pepper, and one teaspoon of avocado oil. Grill them for twenty min at 400°F (200°C) till they are soft. Use the remainder of the oil to sear the venison for three to four min on every side (medium-rare) after seasoning it with salt and pepper. Let it rest for 5 min. Whisk vinegar and mustard, toss with watercress. Slice the venison and serve with roasted artichokes and watercress salad.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Brazil Nuts with Fermented Apple Slices

*Brazil nuts provide selenium for thyroid support, while fermented apples boost gut health—key for managing stress hormones.*



- **Servings:** 2
- **Prep Time:** 10 min | Fermentation time: 2–3 days

### Ingredients:

- 1 medium apple, thinly sliced (unpeeled)
- ½ cup (120 ml) filtered water
- 1 tbsp (15 ml) raw apple cider vinegar
- ½ tsp (2.5 ml) sea salt
- ½ tsp (2.5 ml) cinnamon
- 12 Brazil nuts (about 1 oz / 30 g)

### Instructions:

Dissolve salt in water and mix with apple cider vinegar in a clean jar. Pack apple slices tightly into the jar, ensuring they're submerged. After two to three days of fermentation at room temperature, chill. To serve, drain apples and sprinkle with cinnamon. Pair with Brazil nuts for a crunchy, probiotic-rich snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Chilled Avocado & Cucumber Gazpacho with Chia Oil



- **Servings:** 2
- **Prep Time:** 15 min | Chilling time: 1 hour

### Ingredients:

- 1 large avocado, pitted and peeled
- 1 medium cucumber, chopped (unpeeled)
- ½ cup (120 ml) coconut water
- 2 tbsp (30 ml) lime juice
- 1 small garlic clove
- ¼ cup (10 g) fresh cilantro
- ½ tsp (2.5 ml) sea salt
- 1 tbsp (15 ml) chia seed oil
- ¼ tsp (1.25 ml) cayenne pepper (optional)

### Instructions:

Blend avocado, cucumber, coconut water, lime juice, garlic, cilantro, and salt until smooth. Chill for at least 1 hour. Drizzle with chia oil and a pinch of cayenne before serving. The cold temperature and healthy fats help calm adrenal overactivity.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Buckwheat Porridge with Almond Milk, Goji Berries & Ashwagandha

*This nutrient-dense, low-carb porridge stabilizes blood sugar (preventing cortisol spikes), while ashwagandha and goji berries directly combat stress and inflammation.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (240 ml) unsweetened almond milk (or 1.5 cups (360 ml) for creamier texture)
- ½ cup (90 g) raw buckwheat groats, rinsed
- 1 tbsp (15 ml) coconut oil
- 1 tsp (2 g) ground ashwagandha root
- 2 tbsp (20 g) dried goji berries
- 1 tbsp (15 ml) almond butter
- ½ tsp (2 ml) vanilla extract
- Pinch of sea salt

### Instructions:

In a tiny saucepan, heat the almond milk over moderately low flame, without boiling it. Drop in buckwheat groats, coconut oil, and ashwagandha, stirring gently. Simmer, stirring periodically, till the buckwheat is soft and the liquid has been absorbed, between twelve and fifteen min. Remove from heat and fold in goji berries, almond butter, vanilla, and salt. Let it sit for 2 min to soften the berries. Divide into bowls and drizzle with extra almond milk if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Grilled Octopus with Purple Sweet Potato Mash & Olive Tapenade

*Octopus provides magnesium for nerve relaxation, while purple sweet potatoes offer stress-busting antioxidants. Olive tapenade adds healthy fats to curb cortisol production.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 20 min

### Ingredients:

- 12 oz (340 g) pre-cooked octopus tentacles (thawed if frozen)
- 2 medium purple sweet potatoes (about 1 lb / 450 g), peeled and cubed
- ¼ cup (60 ml) extra-virgin olive oil, divided
- 1 tbsp (15 ml) lemon juice
- ½ cup (80 g) pitted Kalamata olives, roughly chopped
- 1 tsp (2 g) capers, drained
- 1 small garlic clove, minced
- Pinch of dried oregano
- Sea salt and black pepper to taste

### Instructions:

Sweet potatoes should be fork-tender after between twelve and fifteen min of boiling in salted water. Drain and mash with 2 tbsp olive oil, lemon juice, and a pinch of salt. Meanwhile, pat the octopus dry and brush with 1 tbsp olive oil. Grill till gently browned, approximately two to three min on each side, on a high flame. For the tapenade, combine olives, capers, garlic, oregano, and remaining olive oil in a bowl, mashing slightly with a fork. Plate the mash, top with octopus, and spoon tapenade over everything.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Sunflower Seed Pâté with Radish Slices

*This creamy, mineral-rich pâté delivers magnesium and zinc from sunflower seeds to calm the nervous system, while radishes provide crunchy detox support for the liver.*



- **Servings:** 2
- **Prep Time:** 10 min (+ 1-hour soaking) | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (140 g) raw sunflower seeds, soaked for 1 hour, then drained
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) lemon juice
- 1 small garlic clove, minced
- ½ tsp (2 g) ground cumin
- ¼ tsp (1 g) smoked paprika
- 3 tbsp (45 ml) water (adjust for texture)
- Pinch of sea salt
- 6–8 radishes, thinly sliced

### Instructions:

Blend the soaked sunflower seeds, olive oil, lemon juice, garlic, cumin, paprika, and sea salt in a food processor, scraping down the sides as necessary, till smooth. Water should be added progressively till the mixture is creamy and spreadable. Move to a bowl and refrigerate for ten min (if desired). Dish with fresh radish slices for dipping or spreading.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Shaved Brussels Sprouts Salad with Walnuts & Apple Cider Dressing

*Cruciferous Brussels sprouts aid liver detoxification of excess cortisol, while walnuts supply omega-3s to reduce inflammation. Apple cider vinegar balances blood sugar.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

### Ingredients:

- 2 cups (150 g) Brussels sprouts, trimmed and finely shaved (or sliced)
- ½ cup (60 g) walnuts, roughly chopped
- ¼ cup (35 g) dried cranberries (unsweetened)
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) apple cider vinegar
- 1 tsp (5 ml) raw honey or maple syrup
- ½ tsp (2 g) Dijon mustard
- Pinch of sea salt
- Black pepper to taste

### Instructions:

Mix together in a large dish olive oil, apple cider vinegar, honey/maple syrup, Dijon mustard, salt, and pepper to make the dressing. Add the shaved Brussels sprouts, walnuts, and cranberries, tossing until evenly coated. Give the salad five to ten min to rest to soften slightly before serving.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Week 3 Introduction: Sustained Balance & Progress

You've made it to **Week 3**—where the real magic happens! By now, your body is adapting to this nourishing way of eating, and you may be noticing:

- ✔ **More stable moods** (fewer stress-induced cravings or energy crashes).
- ✔ **Improved digestion** (thanks to fermented foods, fiber, and healthy fats).
- ✔ **Better recovery** (deeper sleep, less inflammation, and sustained energy).

This week's meals are designed to reinforce those benefits while introducing new flavors and textures to keep things exciting. Expect:

- **More variety in proteins** (smoked trout, turkey meatballs, salmon patties).
- **Comforting, warming dishes** (turmeric lentil soup, zucchini-turkey soup, white bean stew).
- **Smart indulgences** (dark chocolate-covered almonds—yes, really!).

### Tips to Maximize Week 3 Success:

- **Tune into hunger cues** – Are you eating out of habit or true hunger? Cortisol balance improves when we listen to our bodies.
- **Spice it up!** Turmeric, ginger, and garlic in this week's meals boost anti-inflammatory effects.
- **Prep for convenience** – Batch-cook soups, roast veggies, or hard-boil eggs for easy grab-and-go options.
- **Celebrate non-scale victories** – Clearer skin? Less bloating? Better focus? These are signs of progress!

You're not just following a meal plan—you're **rewiring your body's response to stress** through food. Keep trusting the process, and let's make **Week 3 your strongest yet!**

*(Remember: If life gets busy, simplify meals—leftovers, smoothies, or even a snack-style plate still count as wins!)*

## Day 15



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 10 min

### Ingredients:

- 2 tbsp (30 ml) extra-virgin olive oil
- 1 cup (70 g) mushrooms, sliced
- 2 cups (60 g) fresh spinach, roughly chopped
- 4 large eggs, beaten
- ¼ cup (60 g) goat cheese, crumbled
- ¼ tsp (1 g) sea salt
- 1/8 tsp (0.5 g) black pepper

### Breakfast: Omelet with Sautéed Mushrooms, Spinach, and Goat Cheese

*Rich in protein, healthy fats, and magnesium, this omelet stabilizes blood sugar and supports adrenal function.*

### Instructions:

In a pan, heat the olive oil on a moderate flame and sauté the mushrooms until softened, about 3 min. Cook for a further two min after adding the spinach till it has wilted. Turn the pan to distribute the beaten eggs equally onto the veggies. Sprinkle goat cheese, salt, and pepper on top. Cook until the eggs set, about 3-4 min, then fold the omelet in half and serve warm.

**Anti-Stress Score:** 8

**Cortisol Support:** High



### Lunch: Turkey & Quinoa Stuffed Bell Peppers with Garlic-Tahini Drizzle

*Packed with lean protein, fiber, and healthy fats, this dish balances blood sugar and reduces inflammation.*

- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 25 min

### Ingredients:

- 2 large bell peppers, halved and seeded
- ½ lb (225 g) ground turkey
- ½ cup (90 g) cooked quinoa

- ¼ cup (30 g) red onion, diced
- 1 clove garlic, minced
- 1 tsp (5 ml) olive oil
- ¼ tsp (1 g) cumin
- ¼ tsp (1 g) paprika
- ¼ cup (60 g) tahini
- 1 tbsp (15 ml) lemon juice
- 2 tbsp (30 ml) water
- 1 tbsp (5 g) fresh parsley, chopped

### Snack: Cottage Cheese with Sunflower Seeds and Cucumber Slices

*This high-protein snack provides calming amino acids, zinc, and healthy fats to stabilize blood sugar and reduce stress hormones.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 5 min

#### Ingredients:

- 1 cup (225 g) full-fat cottage cheese
- ¼ cup (35 g) raw sunflower seeds
- ½ medium cucumber (100 g), thinly sliced
- 1 tsp (5 ml) extra-virgin olive oil
- 1/8 tsp (0.5 g) sea salt
- Fresh dill or chives (optional), chopped

#### Instructions:

Divide the cottage cheese evenly between two bowls. Top with cucumber slices and sprinkle with sunflower seeds. Sprinkle with a little sea salt and some olive oil. Garnish with fresh herbs if desired. Serve immediately for a crunchy, satisfying snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

#### Instructions:

For preheating, set your oven at 375°F (190°C). In a skillet with heated olive oil, sauté the garlic and onion for around three min, till they are tender. Drop the turkey, cumin, and paprika, cooking until browned, 5-6 min. Stir in the quinoa. Cook the bell pepper pieces for twenty min after stuffing them with the mixture. Meanwhile, whisk tahini, lemon juice, and water until smooth. Drizzle over the peppers before serving, garnished with parsley.

**Anti-Stress Score:** 9 | **Cortisol Support:** High

### Dinner: Cabbage & Carrot Fermented Slaw with Pan-Seared Sardines

*Fermented veggies support gut health (key for cortisol regulation), while sardines provide omega-3s to combat inflammation.*



- **Servings:** 2
- **Prep Time:** 15 min (plus 10 min fermenting) | **Cooking Time:** 5 min

#### Ingredients:

- 2 cups (140 g) shredded green cabbage
- 1 cup (110 g) shredded carrots
- 2 tbsp (30 ml) apple cider vinegar
- 1 tbsp (15 ml) extra-virgin olive oil, divided
- ¼ tsp (1 g) sea salt
- ¼ tsp (1 g) caraway seeds (optional)
- 4 fresh sardine fillets (about 6 oz / 170 g total)
- 1/8 tsp (0.5 g) black pepper
- 1 tbsp (15 ml) lemon juice
- Fresh parsley, chopped (for garnish)

#### Instructions:

Toss cabbage, carrots, apple cider vinegar, ½ tbsp olive oil, salt, and caraway seeds in a bowl. Massage for 1-2 min until slightly wilted. Let it sit for 10 min to lightly ferment. In the meantime, place a pan over a medium-high flame and warm the rest of the olive oil. Pat sardines dry, season with pepper, and sear for 2 min per side until crispy. Divide slaw between plates, top with sardines, drizzle with lemon juice, and garnish with parsley.

**Anti-Stress Score:** 9 | **Cortisol Support:** High

## Breakfast: Savory Oatmeal with Flaxseeds, Avocado & Soft-Boiled Egg

Rich in magnesium (oats), omega-3s (flaxseeds), and healthy fats (avocado) to stabilize blood sugar and lower inflammation.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 20 min

### Ingredients:

- 1 cup (90g) steel-cut oats
- 2 cups (480ml) water
- 2 tbsp (14g) ground flaxseeds
- 1 medium avocado (sliced)
- 2 large eggs (soft-boiled)
- 1 tbsp (15ml) extra-virgin olive oil
- Pinch of sea salt
- Pinch of black pepper (freshly ground)
- ½ tsp (1g) turmeric powder

### Instructions:

In a small saucepan, boil the water, then add steel-cut oats, and cook till creamy, fifteen to twenty min. Stir in flaxseeds, olive oil, turmeric, salt, and pepper. Meanwhile, soft-boil eggs for 6 min, then cool and peel. Divide oatmeal into bowls, top with avocado slices and halved soft-boiled eggs. Drizzle with extra olive oil if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Chicken & Sweet Potato Skillet with Kale

Combines lean protein (chicken), complex carbs (sweet potato), and leafy greens (kale) for sustained energy and adrenal support.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 boneless, skinless chicken thighs (cut into 1-inch/2.5 cm pieces)
- 1 medium sweet potato (peeled, diced into ½-inch/1.5 cm cubes)
- 2 cups (60g) kale (stems removed, chopped)
- 1 tbsp (15ml) extra-virgin olive oil
- 1 tsp (2g) paprika
- ½ tsp (3g) garlic powder
- Pinch of sea salt
- Pinch of black pepper

### Instructions:

Warm the olive oil in a pan over a moderate flame. Sauté for five to six min, till the chicken turns brown after adding the paprika, garlic powder, salt, as well as pepper. Remove chicken and set aside. In the same skillet, sauté sweet potato for 10 min until tender. Add kale and cook until wilted (2-3 min). Put the chicken back in the skillet, mix everything together, and cook for two more min. Serve warm.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Roasted Chickpeas with Rosemary & Sea Salt

High in fiber and plant-based protein (chickpeas) to stabilize blood sugar, while rosemary supports digestion and reduces inflammation.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 25 min

### Ingredients:

- 1 can (15 oz / 425g) chickpeas (drained, rinsed, patted dry)
- 1 tbsp (15ml) extra-virgin olive oil
- 1 tsp (1g) fresh rosemary (finely chopped)
- Pinch of sea salt
- Pinch of black pepper
- Pinch of garlic powder

### Instructions:

For preheating, set your oven at 400°F, or 200°C. Add the garlic powder, salt, pepper, rosemary, and olive oil to the chickpeas and mix till thoroughly coated. Arrange in one layer on a sheet of parchment paper. Roast till crispy, stirring the pan halfway through, between twenty and twenty-five min. Prior to serving, let it cool down a little.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

## Dinner: Turmeric Lentil Soup with Coconut Milk & Pumpkin Seeds

Lentils provide steady energy, turmeric fights inflammation, and pumpkin seeds add magnesium to relax the nervous system.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- ½ cup (100g) dried red lentils (rinsed)
- 1 cup (240ml) light coconut milk
- 1 cup (240ml) vegetable broth
- 1 tbsp (15ml) coconut oil
- 1 tsp (2g) turmeric powder
- ½ tsp (1g) cumin
- Pinch of sea salt
- 2 tbsp (16g) pumpkin seeds (raw)
- 1 tbsp (5g) fresh cilantro (chopped, for garnish)

### Instructions:

Melt coconut oil in a pot over a moderate flame. Drop in lentils, turmeric, and cumin, stirring for 1 minute. Add the broth and coconut milk, heat to boiling point, and cook the lentils for fifteen to twenty min, till they are tender. Blend lightly with an immersion blender for creaminess (optional). Transfer to dishes and garnish with cilantro and pumpkin seeds.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Greek Yogurt Bowl

*This creamy, nutrient-dense breakfast combines probiotics, healthy fats, and organic sweetness to keep blood sugar levels stable and support gut health, which is key for managing cortisol.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240 ml) plain Greek yogurt (full-fat)
- ¼ cup (30 g) walnuts, roughly chopped
- 1 tbsp (15 ml) local honey
- 1 small apple, grated (about ½ cup / 75 g)
- ½ tsp (1 g) cinnamon

### Instructions:

Scoop the Greek yogurt into two bowls. Top evenly with grated apple, walnuts, and a drizzle of honey. Sprinkle with cinnamon for added anti-inflammatory benefits. Serve immediately for a fresh, crunchy texture.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Lunch: Tuna Salad Wraps (Collard Greens)

*Packed with omega-3s, fiber, and healthy fats, these wraps help reduce inflammation and promote steady energy levels, preventing cortisol spikes.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

### Ingredients:

- 2 large collard green leaves, stems trimmed
- 1 (5 oz / 140 g) can of tuna in water, drained
- ½ avocado, mashed (about ¼ cup / 60 g)
- ¼ cup (35 g) Kalamata olives, pitted and sliced
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) olive oil
- Pinch of black pepper
- ¼ cup (15 g) fresh parsley, chopped

### Instructions:

In a bowl, mix the drained tuna with mashed avocado, olives, lemon juice, olive oil, black pepper, and parsley until well combined. Lay out the collard green leaves and divide the tuna salad evenly between them, placing it in the center. To create wraps, fold the leaf sides inside and roll tightly. Slice in half if desired and serve.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Hard-Boiled Eggs with Everything Bagel Seasoning

Eggs provide high-quality protein and choline, which support neurotransmitter production, while the seasoning adds flavor without spiking cortisol.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

### Ingredients:

- 4 large eggs
- 1 tsp (5 g) Everything Bagel seasoning
- ½ tsp (2.5 ml) olive oil (optional)
- Pinch of sea salt

### Instructions:

Place the eggs in a pot and cover them with cold water. After bringing to a boil, turn off the heat, cover, then allow to cool for ten min. Then put in an ice bath for cooling, peel, and cut in half. Drizzle lightly with olive oil (if using), add a touch of sea salt and Everything Bagel seasoning.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

## Dinner: Baked Cod with Roasted Cherry Tomatoes and Garlicky Spinach

This omega-3-rich dish fights inflammation, while tomatoes and spinach provide antioxidants that help regulate stress hormones.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 (6 oz / 170 g) cod fillets
- 1 cup (150 g) cherry tomatoes, halved
- 4 cups (120 g) fresh spinach
- 2 cloves garlic, minced
- 2 tbsp (30 ml) olive oil, divided
- Pinch of dried oregano
- Pinch of black pepper
- Pinch of sea salt
- 1 tbsp (15 ml) lemon juice

### Instructions:

For preheating, set your oven at 400°F (200°C). Toss cherry tomatoes with a single tbsp olive oil, oregano, salt, and pepper, then spread on a baking sheet. Roast for 10 min. Push tomatoes to one side, add cod fillets to the tray, drizzle with lemon juice, and bake for another 10 min. In the meantime, warm up the leftover olive oil in a skillet, sauté the garlic until fragrant, then wilt the spinach (1-2 min). Serve cod over spinach with roasted tomatoes.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: "Fried Rice" (Cauliflower Rice, Egg, Peas, and Sesame Oil)

*This dish is rich in choline from eggs and fiber from cauliflower, supporting neurotransmitter balance and gut health—both crucial for stress regulation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 2 cups (200g) cauliflower rice, fresh or frozen
- 2 eggs, beaten
- ½ cup (75g) green peas, fresh or frozen
- 1 tbsp (15ml) sesame oil
- 1 tbsp (15ml) coconut aminos
- 1 tsp (5g) fresh ginger, grated
- 1 garlic clove, minced
- Pinch of turmeric powder
- 1 tbsp (8g) sesame seeds
- Pinch of sea salt

### Instructions:

Using a pan, heat the sesame oil over a moderate flame, then sauté garlic and ginger until fragrant. Add cauliflower rice and peas, stirring for 5 min until softened. After pushing the mixture to one side of the pan, fill the empty area with the beaten eggs and scramble those till they are done. Mix everything together, add coconut aminos, turmeric, and salt, then stir-fry for another 2 min. Garnish with sesame seeds and serve warm.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Lunch: Beef & Broccoli Stir-Fry (With Coconut Aminos, Ginger, and Sesame Seeds)

*Grass-fed beef provides iron and vitamin B for energy metabolism, while broccoli's sulforaphane supports detoxification and stress resilience.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 12 min

### Ingredients:

- 8 oz (225g) grass-fed beef sirloin, thinly sliced
- 2 cups (150g) broccoli florets
- 1 tbsp (15ml) coconut aminos
- 1 tbsp (15ml) sesame oil
- 1 tsp (5g) fresh ginger, grated
- 1 garlic clove, minced
- 1 tbsp (8g) sesame seeds
- ½ tsp (2g) red pepper flakes (optional)
- 1 tbsp (15ml) olive oil

### Instructions:

Heat olive oil in a wok or pan over high heat, then sear beef slices for 3 min until browned. Set apart the beef after removing it. Drop the ginger, garlic, and sesame oil into the exact same pan and sauté for thirty seconds. Add the broccoli florets and stir-fry them for five min, till they are crisp-tender. Put the steak back in the pan and simmer for additional two min after adding the coconut aminos and red pepper flakes, if necessary. Sprinkle with sesame seeds before serving.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Kefir Smoothie (Frozen Berries, Almond Butter, and Cinnamon)

*Probiotic-rich kefir nurtures gut health—linked to lower cortisol—while berries and cinnamon provide antioxidants and blood-sugar-stabilizing effects.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1½ cups (360ml) plain kefir (or coconut kefir for dairy-free)
- 1 cup (140g) mixed frozen berries (blueberries, raspberries, or cherries)
- 2 tbsp (32g) almond butter
- ½ tsp (1g) cinnamon
- 1 tsp (5ml) raw honey (optional)
- 1 tbsp (10g) ground flaxseeds

### Instructions:

Using a blender, mix all the ingredients and process till smooth. If necessary, add a dash of water to adjust thickness. For the best probiotic effects, immediately put into two separate glasses and serve.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

## Dinner: Zucchini & Turkey Meatball Soup (Bone Broth Base with Fresh Herbs)

*Bone broth supplies gut-healing collagen, while turkey offers tryptophan to boost serotonin. Zucchini's potassium helps counteract stress-induced tension.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 20 min

### Ingredients:

- 8 oz (225g) ground turkey
- 4 cups (1L) chicken bone broth
- 1 medium zucchini (200g), diced
- 1 tbsp (15ml) olive oil
- 1 tbsp (3g) fresh parsley, chopped
- 1 tsp (1g) fresh thyme leaves
- 1 garlic clove, minced
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp (15ml) lemon juice

### Instructions:

Mix turkey with half the parsley, thyme, garlic, salt, and pepper, then roll into 1-inch meatballs. Warm olive oil in a pan on a moderate flame. For three min, gently brown the meatballs. After adding the bone broth, simmer for ten min. Stir in zucchini and simmer for another 5 min until tender. Finish with lemon juice and remaining parsley.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Chickpea Flour Pancakes with Olive Tapenade and Arugula

*Rich in magnesium and plant-based protein, chickpea flour stabilizes blood sugar, while olives provide healthy fats to combat inflammation and support adrenal health.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (120g) chickpea flour, sifted
- 1 cup (240ml) water
- 2 tbsp (30ml) extra-virgin olive oil + extra for frying
- Pinch of sea salt
- Pinch of turmeric powder
- ½ cup (80g) pitted Kalamata olives, finely chopped
- 1 tsp (5g) capers, drained and minced
- 1 small garlic clove, minced
- 1 tbsp (15ml) lemon juice
- 1 cup (20g) arugula

### Instructions:

Whisk together chickpea flour, water, 1 tbsp olive oil, salt, and turmeric until smooth, then let the batter rest for 5 min. Heat a skillet with a drizzle of olive oil, pour small portions of batter to form pancakes, and cook until golden on both sides. For the tapenade, mix olives, capers, garlic, lemon juice, and remaining olive oil. Serve pancakes topped with tapenade and fresh arugula.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Lunch: Salmon Patties with Fermented Slaw

*Omega-3s from salmon lower inflammation linked to chronic stress, while fermented slaw boosts gut health—key for cortisol regulation. Almond flour adds a blood-sugar-stable crunch.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 10 min

### Ingredients:

- 1 can (6 oz / 170g) wild-caught salmon, drained
- ¼ cup (25g) almond flour
- 1 egg, beaten
- 1 tbsp (15ml) lemon juice
- 1 tbsp (5g) fresh dill, chopped
- Pinch of sea salt
- 2 tbsp (30ml) coconut oil, for frying
- 1 cup (70g) red cabbage, thinly sliced
- ½ cup (60g) carrots, shredded
- 2 tbsp (30ml) apple cider vinegar
- ½ tsp (1g) cumin seeds

### Instructions:

In a bowl, combine salmon, almond flour, egg, lemon juice, dill, and salt; form into tiny patties. In a skillet with hot coconut oil, cook patties for four min on each side, till they're crisp. For the slaw, massage cabbage and carrots with apple cider vinegar and cumin, then let sit for 10 min to soften. Serve patties with a side of slaw.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Dark Chocolate-Covered Almonds

Dark chocolate (85% cocoa) provides magnesium and polyphenols to calm the nervous system, while almonds offer stress-reducing healthy fats and vitamin E.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- ½ cup (70g / 2.5 oz) raw almonds
- 1 oz (30g) 85% dark chocolate, chopped (about 2 squares)
- ½ tsp (2.5ml) coconut oil
- Pinch of sea salt
- Pinch of cinnamon (optional)

### Instructions:

Warm coconut oil and dark chocolate in a microwave or double boiler at 15-second intervals, stirring until smooth. Dip each almond into the melted chocolate, coating halfway, then place on parchment paper. Sprinkle with sea salt and cinnamon. Chill in the fridge until set.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Dinner: Ratatouille with Hemp Seeds

Slow-cooked vegetables provide fiber and antioxidants to combat oxidative stress, while hemp seeds add plant-based omega-3s to support adrenal function.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 25 min

### Ingredients:

- 1 small eggplant (150g / 5 oz), diced
- 1 medium zucchini (120g / 4 oz), sliced
- 1 cup (180g / 6 oz) cherry tomatoes, halved
- ½ red bell pepper (60g / 2 oz), chopped
- 2 tbsp (30ml) extra-virgin olive oil
- 2 garlic cloves, minced
- Pinch of dried oregano
- Pinch of sea salt
- 2 tbsp (20g) hulled hemp seeds
- Fresh basil leaves, torn (for garnish)

### Instructions:

Warm olive oil in a pan over a moderate flame. Sauté garlic until fragrant, then add eggplant, zucchini, bell pepper, and salt. Cook till veggies are tender, stirring regularly, for ten min. Add tomatoes and oregano, reduce heat, and simmer uncovered for 10-15 min until thickened. Serve warm, topped with hemp seeds and fresh basil.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Breakfast: Scrambled Eggs with Smoked Trout and Dill on Flaxseed Toast

*Rich in omega-3s from trout and flaxseeds, this dish combats inflammation and stabilizes mood, while eggs provide choline for brain health.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 10 min

### Ingredients:

- 4 large eggs (or 1 cup/240 ml plant-based eggs for vegan option)
- 2 oz (60 g) smoked trout fillet, flaked
- 1 tbsp (15 ml) ghee or coconut oil
- ¼ cup (60 ml) unsweetened almond milk
- 2 slices flaxseed bread (or ½ cup/50 g ground flaxseeds) mixed with 1 egg or 1 tbsp
- chia gel (for grain-free)
- 1 tbsp (15 ml) fresh dill, chopped
- ½ tsp (2.5 ml) turmeric powder
- Pinch of black pepper
- ¼ avocado, sliced (optional garnish)

### Instructions:

Toast the flaxseed bread until crisp, or prepare flaxseed "toast" by baking the flax-egg mixture at 350°F (175°C) for 10 min. Whisk eggs with almond milk, turmeric, and black pepper until frothy. Heat ghee in a pan over low, stir slowly till the egg mixture is lightly set after adding it. Fold in flaked trout and dill. Serve atop toast with avocado slices if desired.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Quinoa "Fried Rice" with Egg, Peas, and Carrots

*Quinoa's magnesium and fiber regulate stress responses, while coconut aminos offer gut-friendly umami to reduce cravings.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (180 g) cooked quinoa (or ½ cup/90 g dry)
- 2 eggs, beaten (or ½ cup/120 ml crumbled firm tofu)
- ½ cup (75 g) carrots, diced
- 1/3 cup (50 g) peas, fresh or thawed
- 1 tbsp (15 ml) coconut oil
- 1 tbsp (15 ml) coconut aminos
- 1 tsp (5 ml) fresh ginger, grated
- 1 garlic clove, minced
- ½ tsp (2.5 ml) sesame seeds (optional)
- 1 scallion, sliced

### Instructions:

Heat coconut oil in a wok or skillet over medium, and sauté garlic and ginger until fragrant. Add carrots and peas, then stir-fry for 3 min. Push veggies aside, pour beaten eggs into the pan, and scramble until set. Mix in cooked quinoa and coconut aminos, tossing everything together for 2 min. Garnish with scallions and sesame seeds.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Edamame with Sea Salt and Chili Flakes

*Edamame provides plant-based protein and magnesium to relax muscles, while chili flakes boost endorphins for a natural mood lift.*



- **Servings:** 2
- **Prep Time:** 2 min | **Cooking Time:** 5 min

### Ingredients:

- 1 ½ cups (240 g) frozen edamame pods (shell-on)
- Pinch of sea salt
- ¼ tsp (1.25 g) chili flakes (adjust to taste)
- 1 tsp (5 ml) extra-virgin olive oil
- ½ tsp (2.5 g) lemon zest (optional)

### Instructions:

After three to four min of boiling in salted water till the edamame is soft, drain. Toss with olive oil, sea salt, chili flakes, and lemon zest (if using). Serve warm or chilled for a crunchy, satisfying snack.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

## Dinner: White Bean & Kale Stew with Olive Oil and Rosemary

*Fiber-rich white beans stabilize blood sugar, while kale's folate and rosemary's antioxidants combat oxidative stress from cortisol overload.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 1 ½ cups (250 g) cooked cannellini beans (or 1 can, drained)
- 2 cups (60 g) kale, stems removed, chopped
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp (5 ml) fresh rosemary, chopped
- 2 cups (480 ml) low-sodium vegetable broth
- Pinch of sea salt
- ¼ tsp (1.25 ml) black pepper
- 1 tbsp (15 ml) lemon juice

### Instructions:

Heat olive oil in a pot over medium, and sauté onion and garlic until translucent. Add rosemary and kale, stirring until kale wilts (2 min). Pour in broth and beans, then simmer for 10-15 min until flavors meld. Season with salt, pepper, and lemon juice. Drizzle with extra olive oil before serving.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Apple "Nachos"

*This sweet and crunchy breakfast balances blood sugar with fiber and healthy fats, while cinnamon helps regulate cortisol levels.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 2 medium apples (about 1 cup sliced) (200g), thinly sliced
- ¼ cup (60g) almond butter, creamy
- 1 tbsp (15g) chia seeds
- Pinch of ground cinnamon

### Instructions:

Place the apple slices in one layer on a platter. Drizzle the almond butter evenly over the apples, then sprinkle with chia seeds and cinnamon. Serve immediately for a crisp texture or let sit for 5 min to soften slightly.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Lunch: Stuffed Portobello Mushrooms

*Protein-rich turkey and magnesium-packed spinach support adrenal health, while tahini provides calming fats.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 large portobello mushrooms (about 4 oz each / 120g), stems removed
- ½ lb (225g) ground turkey
- 1 cup (60g) fresh spinach, chopped
- 2 tbsp (30g) tahini
- 1 tbsp (15ml) olive oil
- ½ tsp (02g) garlic powder
- Pinch of sea salt

### Instructions:

For preheating, set your oven at 375°F (190°C) and brush the mushrooms with olive oil. Bake for 10 min while you cook the turkey in a pan on a moderate flame until browned, then mix in spinach, tahini, garlic powder, and salt. Fill the mushrooms with the turkey mixture and bake for another 10 min until tender.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Snack: Pickled Veggies with Hummus

Fermented foods like quick-pickled veggies and fiber-rich hummus promote gut health, which is directly linked to lower cortisol production.



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min (plus 1-hour optional marinating)

### Ingredients:

- 1 cup (140g) carrots, julienned
- 1 cup (120g) radishes, thinly sliced
- ½ cup (120ml) apple cider vinegar
- ½ cup (120ml) warm water
- 1 tsp (5g) sea salt
- 1 tsp (5g) honey (or maple syrup for vegan)
- ½ tsp (2g) cumin seeds
- ¾ cup (180g) hummus (store-bought or homemade)

### Instructions:

Whisk vinegar, water, salt, honey, and cumin seeds until dissolved. Pack carrots and radishes into a jar, pour the brine over them, and let them sit for at least 15 min (or up to 1 hour for stronger flavor). Drain and serve with hummus for dipping.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

## Dinner: Herbed Chicken Thighs with Roasted Carrots & Garlic Sauerkraut

Chicken provides tryptophan for serotonin production, while sauerkraut's probiotics and carrots' beta-carotene combat inflammation linked to stress.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 25 min

### Ingredients:

- 2 bone-in, skin-on chicken thighs (about 6 oz / 170g each)
- 2 cups (300g) carrots, cut into sticks
- 1 cup (140g) garlic sauerkraut (store-bought or homemade)
- 2 tbsp (30ml) olive oil, divided
- 1 tbsp (9g) fresh rosemary, chopped (or 1 tsp dried)
- ½ tsp (3g) smoked paprika
- Pinch of black pepper

### Instructions:

Preheat oven to 400°F (200°C). Toss carrots with 1 tbsp olive oil, rosemary, paprika, and pepper, then spread on a baking sheet. Nestle chicken thighs among the carrots, drizzle with remaining oil, and roast for 25 min until chicken is cooked through. Serve with a side of garlic sauerkraut.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Week 4 Introduction: Maintenance & Mastery

**Congratulations—you've reached the final week!** By now, your body has had nearly a month of consistent, cortisol-supportive nutrition, and the benefits should be clear:

- ✓ **Hormonal harmony** – Your cortisol levels are likely more balanced, leading to fewer energy crashes and mood swings.
- ✓ **Metabolic resilience** – Stable blood sugar means fewer cravings and better appetite control.
- ✓ **Gut-brain connection** – Fermented foods, fiber, and healthy fats have nurtured your microbiome, which directly impacts stress response.
- ✓ **Sustainable habits** – This isn't just a "diet" anymore—it's a lifestyle shift.

### What's Special About Week 4?

This week's meals are designed to reinforce long-term habits while keeping flavors exciting:

- **Simple, satisfying proteins** (shrimp, turkey chili, baked cod) for easy digestion.
- **More plant-based variety** (chia pudding, quinoa bowls, zucchini noodles) to keep fiber intake high.
- **Smart, stress-free indulgences** (dark chocolate, almond butter, goat cheese) because enjoyment lowers cortisol too!

## Day 22



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

### Ingredients:

- 2 slices almond flour bread (or gluten-free bread of choice)
- 1 medium avocado (mashed)
- 2 eggs
- 1 tbsp olive oil (15 ml)
- 2 tbsp hemp seeds (14 g)
- Pinch of sea salt

### Breakfast: Avocado & Egg Toast on Almond Flour Bread

*This protein-rich breakfast combines healthy fats and magnesium to support adrenal function and stabilize blood sugar, reducing stress triggers.*

- Pinch of black pepper
- 1 tbsp (15 ml) lemon juice

### Instructions:

Toast the almond flour bread until golden. While the bread toasts, heat olive oil in a pan and fry the eggs sunny-side up or to preference. Mash the avocado with lemon juice, salt, and pepper in a bowl. Spread the mashed avocado evenly on the toasted bread, top with fried eggs, and sprinkle generously with hemp seeds. Serve immediately.

**Anti-Stress Score:** 8

**Cortisol Support:** High



### Lunch: Mediterranean Tuna Salad

*Packed with omega-3s from tuna and olives, this salad fights inflammation while the cucumber provides hydration to ease stress-related tension.*

- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

### Ingredients:

- 1 can wild-caught tuna in water (5 oz/142 g, drained)
- ½ cup (75 g) cucumber, diced
- ¼ cup (35 g) Kalamata olives, pitted and sliced
- 2 tbsp (30 ml) extra virgin olive oil

- 1 tbsp (15 ml) lemon juice
- 1 tbsp (3 g) fresh parsley, chopped
- Pinch of dried oregano
- Salt and pepper to taste

**Instructions:**

Flake the drained tuna into a mixing bowl. Add diced cucumber, sliced olives, and chopped parsley. Mix the olive oil, lemon juice, oregano,

**Snack: Cottage Cheese with Flax Crackers & Cherry Tomatoes**

*This snack combines slow-digesting protein from cottage cheese with lycopene-rich tomatoes and fiber from flax to stabilize blood sugar and curb stress-induced cravings.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

**Ingredients:**

- 1 cup (225 g) full-fat cottage cheese
- 12 flaxseed crackers
- ½ cup (75 g) cherry tomatoes, halved
- 1 tbsp (15 ml) extra virgin olive oil
- Pinch of black pepper
- ½ tsp (2g) fresh dill (chopped, optional)

**Instructions:**

Divide the cottage cheese evenly between two bowls. Spritz with olive oil and season with dill and black pepper. Arrange the halved cherry tomatoes and flax crackers around the cottage cheese. Serve immediately for a crunchy, creamy balance.

**Anti-Stress Score:** 6

**Cortisol Support:** Moderate

salt, and pepper in a tiny bowl. After adding the dressing, carefully mix the tuna combination till it is well incorporated. Prior to serving, let it sit for five min so the flavors can combine.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

**Dinner: One-Pan Garlic Butter Salmon with Roasted Asparagus**

*Rich in omega-3s and chromium, this dish combats inflammation while supporting serotonin production. The asparagus provides folate to ease nervous system tension.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 15 min

**Ingredients:**

- 2 salmon fillets (6 oz/170 g each)
- 1 bunch asparagus, trimmed (about 12 oz/340 g)
- 2 tbsp (30 g) grass-fed butter, melted
- 2 garlic cloves, minced
- 1 tbsp (15 ml) lemon juice
- Pinch of sea salt
- Pinch of black pepper
- 1 tbsp (5g) fresh parsley (chopped, for garnish)

**Instructions:**

For preheating, set your oven at 400°F (200°C). Arrange salmon fillets and asparagus on a parchment-lined baking sheet. Whisk melted butter, garlic, lemon juice, salt, and pepper in a bowl, then brush evenly over the salmon and asparagus. Salmon should flake readily after twelve to fifteen min of roasting. Garnish with fresh parsley before serving.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Berry Smoothie Bowl

*Packed with antioxidants, healthy fats, and magnesium to combat stress and support adrenal health.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1½ cups (360 ml) unsweetened almond milk
- 2 cups (60 g) fresh spinach
- 1 cup (150 g) mixed berries (frozen or fresh)
- 2 tbsp (20 g) chia seeds
- ¼ cup (30 g) walnuts, roughly chopped
- 1 tbsp (15 ml) honey (optional)
- ½ tsp (2.5 ml) vanilla extract

### Instructions:

Blend almond milk, spinach, berries, chia seeds, and vanilla extract until smooth. Add chopped walnuts on top after pouring into bowls. Drizzle with honey if desired. Serve immediately for a refreshing, nutrient-dense breakfast.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Chicken & Quinoa Stuffed Avocados

*Rich in protein, fiber, and healthy fats to stabilize blood sugar and reduce cortisol spikes.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (185 g) cooked quinoa
- 1 cup (140 g) cooked chicken breast, shredded
- 2 ripe avocados, halved and pitted
- 1 lime, juiced
- 2 tbsp (8 g) fresh cilantro, chopped
- 1 tbsp (15 ml) olive oil
- Pinch of cumin
- Salt and pepper to taste

### Instructions:

Mix quinoa, shredded chicken, lime juice, cilantro, olive oil, cumin, salt, and pepper in a bowl. Scoop out a little avocado flesh to create more space, then stuff each half with the quinoa-chicken mixture. Serve immediately for a balanced, cortisol-friendly lunch.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Snack: Dark Chocolate-Covered Almonds

*Rich in magnesium and healthy fats to soothe nerves and combat stress-induced cravings.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 5 min

### Ingredients:

- ½ cup (70 g) raw almonds
- 2 oz (55 g) 85% dark chocolate, chopped
- ½ tsp (2.5 ml) coconut oil
- Pinch of sea salt

### Instructions:

Warm coconut oil and dark chocolate in a microwave or a double boiler at 15-second intervals. Stir in almonds until fully coated, then spread them on parchment paper. Season with some sea salt and allow to cool till solidified. Break into clusters and enjoy as a mood-stabilizing snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Turmeric Ginger Lentil Soup

*Anti-inflammatory spices and plant-based protein help lower cortisol and support digestion.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- ½ cup (100 g) red lentils, rinsed
- 1 tbsp (15 ml) coconut oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 1 tsp (5 g) fresh ginger, grated
- 1 tsp (5 g) turmeric powder
- 1 ½ cups (360 ml) vegetable broth
- ½ cup (120 ml) coconut milk
- 1 tbsp (15 ml) lemon juice
- Salt and pepper to taste

### Instructions:

Sauté onion, garlic, ginger, and turmeric in coconut oil until fragrant. Add lentils and broth, then simmer for 15 min until lentils are soft. Mix coconut milk with lemon juice, then blend lightly for creaminess (optional). Season with salt and pepper. Serve warm for a grounding, cortisol-friendly dinner.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Scrambled Eggs with Smoked Salmon and Microgreens

*Rich in omega-3s and protein to stabilize blood sugar and support brain health, while microgreens provide antioxidants to combat oxidative stress.*



- Servings: 2
- Prep Time: 5 min | Cooking Time: 10 min

### Ingredients:

- 4 large eggs
- 2 oz (60 g) smoked salmon, thinly sliced
- ½ cup (15 g) microgreens
- 1 tbsp (15 g) grass-fed butter
- 1 tbsp (15 ml) extra virgin olive oil
- Pinch of tsp sea salt
- Pinch of black pepper
- ½ avocado, sliced

### Instructions:

Warm the butter in a non-stick pan with olive oil on a medium-low flame. After smoothing the eggs with salt and pepper, place them into the skillet and use a spatula to gently swirl them till they are softly set. Divide the scrambled eggs between plates, top with smoked salmon and microgreens, and serve with avocado slices on the side.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Turkey & Spinach Stuffed Sweet Potatoes (Topped with Tahini)

*Sweet potatoes provide slow-release carbs for steady energy, turkey offers tryptophan for serotonin production, and tahini adds magnesium to relax muscles.*



- Servings: 2
- Prep Time: 10 min | Cooking Time: 20 min

### Ingredients:

- 2 medium sweet potatoes
- ½ lb (225 g) ground turkey
- 2 cups (60 g) fresh spinach, chopped
- 1 tbsp (15 ml) coconut oil
- 1 clove garlic, minced
- Pinch of cumin
- Pinch of paprika
- 2 tbsp (30 g) tahini
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 ml) honey
- Pinch of sea salt

### Instructions:

After piercing the sweet potatoes, bake them for forty-five min at 400°F (200°C) or microwave them for eight to ten min, till they are soft. While they cook, heat coconut oil in a pan and sauté garlic until fragrant, then add turkey, cumin, paprika, and salt, breaking it into crumbles until cooked through. Stir in spinach until wilted. Slice open the sweet potatoes, stuff with the turkey mixture, and drizzle with a mix of tahini, lemon juice, and honey.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Kefir with Cinnamon & Walnuts

Probiotic-rich kefir supports gut health (linked to stress resilience), walnuts provide omega-3s for brain function, and cinnamon helps stabilize blood sugar.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240 g) plain, unsweetened kefir
- ¼ cup (30 g) raw walnuts, roughly chopped
- Pinch of ground cinnamon
- 1 tsp (5 ml) raw honey (optional)

### Instructions:

Divide the kefir evenly between two small bowls. Sprinkle each serving with chopped walnuts and cinnamon, then drizzle lightly with honey if desired. Stir gently just before eating to combine flavors.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Zucchini Noodles with Pesto

Low-carb zucchini reduces inflammation, basil pesto delivers magnesium and healthy fats, and pine nuts provide zinc for neurotransmitter balance.



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 5 min

### Ingredients:

- 3 medium zucchinis, spiralized
- 1 cup (20g) fresh basil leaves
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (20 g) pine nuts
- 1 small garlic clove
- 1 tbsp (5 g) nutritional yeast or parmesan
- Pinch of sea salt
- Pinch of black pepper
- ½ cup (75 g) cherry tomatoes, halved

### Instructions:

To make a smooth pesto, blend together the basil, pine nuts, garlic, nutritional yeast, olive oil, salt, and pepper. Toss raw zucchini noodles with pesto until evenly coated, then let sit for 5 min to soften slightly. Top with cherry tomatoes and an extra sprinkle of pine nuts. Serve at room temperature.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Chia Pudding with Almond Butter and Raspberries

*Rich in omega-3s, magnesium, and antioxidants to reduce inflammation and support adrenal health.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min (chill overnight)

### Ingredients:

- ½ cup (120 ml) chia seeds
- 2 cups (480 ml) unsweetened almond milk
- 1 tbsp (15 ml) pure maple syrup
- ½ tsp (2.5 ml) vanilla extract
- ¼ cup (60 ml) almond butter
- ½ cup (60 g) fresh raspberries
- 1 tbsp (15 ml) crushed pumpkin seeds

### Instructions:

In a dish, whisk together the chia seeds, almond milk, maple syrup, and vanilla extract till well blended. Let it sit for 5 min, then stir again to prevent clumping. Cover and refrigerate overnight. When ready to serve, divide the pudding between two bowls, drizzle with almond butter, top with raspberries, and sprinkle with pumpkin seeds.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Sardine Salad with Mixed Greens, Avocado, and Pumpkin Seeds

*Packed with omega-3s, healthy fats, and adaptogenic nutrients to stabilize blood sugar and lower cortisol.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 4 oz (115 g) sardines in olive oil, drained
- 4 cups (120 g) mixed greens (spinach, arugula, kale)
- ½ avocado, sliced
- 2 tbsp (30 ml) pumpkin seeds
- 1 tbsp (15 ml) extra-virgin olive oil
- 1 tbsp (15 ml) apple cider vinegar
- 1 tsp (5 ml) Dijon mustard
- Pinch of sea salt
- Pinch of black pepper

### Instructions:

Mix together olive oil in a large bowl with apple cider vinegar, Dijon mustard, salt, and pepper to make the dressing. Add the mixed greens and toss gently to coat. Divide the greens between two plates and top with sardines, avocado slices, and pumpkin seeds. Serve immediately.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## **Snack: Poached Eggs with Everything Bagel Seasoning**

*High in protein and choline to stabilize blood sugar and support neurotransmitter function, while the seasoning adds flavor without excess sodium.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 15 min

### **Ingredients:**

- 4 large eggs
- 1 tbsp (15 ml) everything bagel seasoning (salt-free or low-sodium preferred)
- 1 tsp (5 ml) extra-virgin olive oil
- Pinch of smoked paprika (optional)
- Pinch of ground turmeric

### **Instructions:**

Bring a pot of water to a gentle simmer. Add 1 tsp vinegar (optional). Crack eggs into a small bowl, then slide into water. Then cook for 3 min for runny yolks (or 4 mins for firmer). Remove with a slotted spoon. Drizzle warm eggs with olive oil. Sprinkle generously with stress-supporting seasoning and turmeric.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## **Dinner: Sheet-Pan Chicken Thighs with Brussels Sprouts and Garlic**

*Combines lean protein, cruciferous veggies, and garlic to support liver detoxification and reduce cortisol spikes.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### **Ingredients:**

- 4 bone-in, skin-on chicken thighs (about 1 lb / 450 g)
- 2 cups (200 g) Brussels sprouts, halved
- 3 cloves garlic, minced
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) lemon juice
- Pinch of dried thyme
- Pinch of sea salt
- Pinch of black pepper

### **Instructions:**

For preheating, set your oven at 425°F (220°C). Toss Brussels sprouts and garlic with 1 tbsp olive oil, lemon juice, thyme, salt, and pepper on a sheet pan. Nestle the chicken thighs among the sprouts, drizzle with remaining oil, and season with additional salt and pepper. Roast for 20 min or until the chicken reaches 165°F (74°C) and the sprouts are caramelized.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Breakfast: Omelet with Goat Cheese & Arugula

*Rich in protein, healthy fats, and magnesium from arugula to stabilize blood sugar and support adrenal health.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 10 min

### Ingredients:

- 4 large eggs (or 1 cup / 240 ml liquid egg substitute)
- 1 oz (30 g) goat cheese, crumbled
- 1 cup (30 g) arugula, loosely packed
- 1 tbsp (15 ml) olive oil
- Pinch of sea salt
- Pinch of black pepper
- ½ avocado, sliced (for serving)

### Instructions:

Add pepper as well as salt to the eggs and stir till creamy. In a nonstick pan, warm the olive oil over medium-low. Add the eggs and allow them to set a little. Sprinkle goat cheese and arugula over one half, then fold the omelet gently. Cook for another minute until the cheese softens. Serve with avocado slices on the side.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Quinoa & Black Bean Bowl

*Rich in plant-based protein, fiber, and good fats to lower inflammation and regulate blood sugar.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (185 g) cooked quinoa (or ½ cup / 95 g dry)
- 1 cup (170 g) black beans, drained and rinsed
- ½ avocado, diced
- ¼ cup (4 g) fresh cilantro, chopped
- 1 tbsp (15 ml) lime juice
- 1 tbsp (15 ml) olive oil
- Pinch of cumin
- Pinch of sea salt
- ¼ cup (35 g) red onion, finely diced

### Instructions:

Prepare the quinoa as directed per the box, and then employ a fork to make it more firm. In a bowl, mix black beans, red onion, lime juice, olive oil, cumin, and salt. Layer quinoa and bean mixture, then top with avocado and cilantro. Toss gently before serving.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Snack: Olives & Almonds

A simple combo of healthy fats and magnesium to curb cravings, stabilize blood sugar, and promote relaxation.



- **Servings:** 2
- **Prep Time:** 2 min | **Cooking Time:** 0 min

### Ingredients:

- ½ cup (75 g) mixed olives (Kalamata, green, etc.), pitted
- ¼ cup (30 g) raw almonds
- 1 tsp (5 ml) extra-virgin olive oil (optional)
- ¼ tsp (1 g) dried rosemary (optional)

### Instructions:

Toss the olives and almonds together in a small bowl. Rub with olive oil and garnish with rosemary for added taste. Serve as a quick, no-prep snack.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Baked Cod with Lemon-Dill Sauce & Steamed Green Beans

High in omega-3s, protein, and folate to combat inflammation and support nervous system function.



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 20 min

### Ingredients:

- 2 cod fillets (6 oz / 170 g each)
- 2 cups (200 g) green beans, trimmed
- 2 tbsp (30 ml) olive oil, divided
- 1 tbsp (15 ml) lemon juice
- 1 tsp (5 g) lemon zest
- 1 tbsp (5 g) fresh dill, chopped (or 1 tsp / 1 g dried)
- Pinch of sea salt
- Pinch of black pepper
- 1 garlic clove, minced

### Instructions:

Preheat oven to 375°F (190°C). Place cod on a baking sheet, drizzle a single tbsp of olive oil, and season with salt and pepper. Bake for 15-18 min until flaky. Meanwhile, steam green beans for 5-7 min until tender-crisp. Whisk remaining olive oil, lemon juice, zest, dill, and garlic for the sauce. Serve cod over green beans, drizzled with sauce.

**Anti-Stress Score:** 9

**Cortisol Support:** High

## Breakfast: Almond Flour Pancakes with Blueberries and Coconut Yogurt

*Rich in healthy fats and antioxidants, this breakfast stabilizes blood sugar and reduces inflammation, key for cortisol regulation.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 15 min

### Ingredients:

- 1 cup (120g) almond flour
- 2 eggs
- ¼ cup (60ml) unsweetened almond milk
- 1 tbsp (15ml) maple syrup
- ½ tsp (2.5g) baking soda
- ¼ tsp (1g) cinnamon
- ¼ cup (35g) fresh blueberries
- ½ cup (120g) coconut yogurt
- 1 tbsp (15ml) coconut oil, melted

### Instructions:

Whisk the almond flour, eggs, almond milk, maple syrup, baking soda, and cinnamon until smooth. Gently coat a non-stick pan with coconut oil and place it on a medium-low flame. Pour small portions of batter, scatter blueberries on top, and cook until bubbles form (about 2-3 min per side). Top with a drizzle of maple syrup and a scoop of coconut yogurt, then serve warmed.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Egg Salad Lettuce Wraps with Celery and Mustard

*Packed with protein and healthy fats, this lunch combats energy crashes while the celery provides stress-reducing phytonutrients.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 0 min

### Ingredients:

- 4 hard-boiled eggs, chopped
- ¼ cup (30g) celery, finely diced
- 1 tbsp (15g) Dijon mustard
- 1 tbsp (15ml) extra-virgin olive oil
- ½ tsp (2.5g) turmeric
- Salt and pepper to taste
- 4 large butter lettuce leaves
- ¼ avocado, sliced (optional)

### Instructions:

In a bowl, mash the chopped eggs lightly with a fork, then mix in celery, mustard, olive oil, turmeric, salt, and pepper until well combined. Spoon the egg salad onto lettuce leaves, add avocado slices if using, and wrap gently. Serve chilled.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Snack: Hummus & Sliced Bell Peppers

*Chickpeas provide steady energy and magnesium, while bell peppers deliver vitamin C to combat stress-induced oxidative damage.*



- **Servings:** 2
- **Prep Time:** 10 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240g) cooked chickpeas (or canned, drained)
- 2 tbsp (30ml) tahini
- 1 tbsp (15ml) extra-virgin olive oil
- 1 tbsp (15ml) lemon juice
- ½ tsp (2.5g) cumin
- Pinch of garlic powder
- Pinch of sea salt
- 2 cups (100g) bell peppers (any color), sliced into strips

### Instructions:

Blend chickpeas, tahini, olive oil, lemon juice, cumin, garlic powder, and some salt in a food processor till smooth, adding 1-2 tbsp of water if needed. Adjust seasoning to taste. Serve immediately with fresh bell pepper slices. Alternatively, for its thickness, refrigerate for half an hour.

- **Anti-Stress Score:** 7
- **Cortisol Support:** Moderate

## Dinner: Beef & Broccoli Stir-Fry with Coconut Aminos and Ginger

*Grass-fed beef supplies iron and vitamin B for adrenal support, while broccoli's sulforaphane aids detoxification of stress hormones.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 10 min

### Ingredients:

- 8 oz (225g) grass-fed beef sirloin, thinly sliced
- 2 cups (150g) broccoli florets
- 1 tbsp (15ml) coconut aminos
- 1 tbsp (15ml) sesame oil
- 1 tsp (5g) fresh ginger, grated
- 1 clove garlic, minced
- ½ tbsp (7ml) apple cider vinegar
- ¼ tsp (1g) red pepper flakes (optional)
- 1 tbsp (15ml) avocado oil

### Instructions:

Heat avocado oil in a pan over medium-high. Sear beef slices for 2-3 min until browned, then set aside. In the same pan, sauté broccoli, ginger, and garlic for 3-4 min until bright green. Return beef to the pan, add coconut aminos, sesame oil, vinegar, additionally some red pepper flakes (if using). Toss everything together for 1-2 min until coated. Serve warm.

- **Anti-Stress Score:** 9
- **Cortisol Support:** High

## Breakfast: Greek Yogurt Parfait (Granola-Free)

*Rich in probiotics, omega-3s, and antioxidants, this parfait stabilizes blood sugar and supports gut health, key for lowering cortisol.*



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 cup (240 ml) plain Greek yogurt (unsweetened, full-fat)
- ¼ cup (30 g) walnuts, roughly chopped
- 1 tbsp (6 g) chia seeds
- 1 tsp (5 ml) raw honey (optional)
- Pinch of ground cinnamon
- ½ cup (70 g) fresh blueberries

### Instructions:

Layer the Greek yogurt in two bowls or glasses, then sprinkle evenly with chia seeds, cinnamon, and walnuts. Drizzle lightly with honey if using, and top with fresh blueberries. Serve immediately for optimal texture, or let sit for 10 min to soften the chia seeds slightly.

**Anti-Stress Score:** 8

**Cortisol Support:** High

## Lunch: Grilled Shrimp Skewers with Quinoa & Lemon-Garlic Dressing

*Packed with magnesium, protein, and healthy fats, this meal combats inflammation and promotes steady energy, reducing stress responses.*



- **Servings:** 2
- **Prep Time:** 15 min | **Cooking Time:** 10 min

### Ingredients:

- 10 oz (280 g) raw shrimp, peeled and deveined
- ½ cup (100 g) quinoa, uncooked
- 1 cup (240 ml) water or low-sodium vegetable broth
- 2 tbsp (30 ml) extra-virgin olive oil
- 1 tbsp (15 ml) lemon juice
- 1 clove garlic, minced
- Pinch of sea salt
- Pinch of black pepper
- ½ cup (40 g) cherry tomatoes, halved
- ¼ cup (15 g) fresh parsley, chopped

### Instructions:

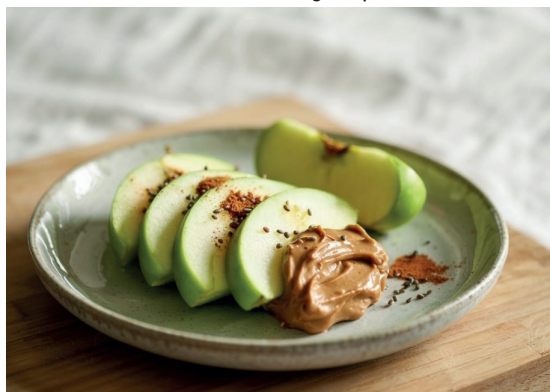
Rinse the quinoa thoroughly, then cook it in water or broth according to package instructions (about 12 min). Hook the shrimp onto skewers and gently drizzle with 1 tablespoon of olive oil as the quinoa cooks. Cook until pink and firm, approximately two to three min per side, on a moderate flame. To prepare the dressing, mix together the rest of the olive oil, lemon juice, garlic, salt, and pepper. Fluff the quinoa and divide it between plates, then top with shrimp skewers, tomatoes, and a drizzle of dressing. Garnish with fresh parsley.

**Anti-Stress Score:** 7

**Cortisol Support:** High

## Snack: Apple Slices with Almond Butter

Combining fiber, healthy fats, and polyphenols, this snack promotes brain function and slows digestion to avoid blood sugar spikes.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 0 min

### Ingredients:

- 1 medium apple (170 g), sliced (leave skin on)
- 3 tbsp (45 g) unsweetened almond butter
- Pinch of ground cinnamon
- 1 tsp (5 ml) chia seeds (optional, for extra omega-3s)

### Instructions:

The pieces of apple should be arranged on a platter and dipped in almond butter. Sprinkle evenly with cinnamon and chia seeds (if using). Serve immediately to prevent browning.

**Anti-Stress Score:** 7

**Cortisol Support:** Moderate

## Dinner: Turkey Chili

High in protein, magnesium, and adaptogen-rich spices, this chili supports adrenal health and reduces inflammation linked to stress.



- **Servings:** 2
- **Prep Time:** 5 min | **Cooking Time:** 25 min

### Ingredients:

- 8 oz (225 g) lean ground turkey
- ½ cup (70 g) diced onion
- ½ cup (70 g) diced bell pepper (any color)
- 1 clove garlic, minced
- ½ cup (120 g) canned diced tomatoes (no salt added)
- ½ cup (120 ml) low-sodium chicken broth
- Pinch of ground cumin
- Pinch of smoked paprika
- ¼ tsp (1.5 g) chili powder (adjust for tolerance)
- Pinch of sea salt
- ¼ avocado (30 g), diced (for topping)
- 1 tbsp (15 ml) lime juice (for topping)
- Fresh cilantro, chopped (optional garnish)

### Instructions:

Break the turkey into tiny pieces and brown it in a pan over a moderate flame. Drain any extra fat. After transferring to a slow cooker, drop in the onion, bell pepper, garlic, tomatoes, broth, cumin, paprika, chili powder, and salt. Stir well, cover, and cook on low for 20 min. Before serving, top each bowl with avocado, a squeeze of lime juice, and cilantro (if using).

**Anti-Stress Score:** 9

**Cortisol Support:** High

**You've done something powerful:** You've used food as medicine to recalibrate your body's stress response. Now, take these tools forward and enjoy the lasting benefits!

*(P.S. Miss a few recipes? Revisit Weeks 1-3 favorites—this is your journey!)*

**Onward to a balanced, nourished future!**

# 5 Essential Lifestyle Habits to Enhance Your Cortisol-Oriented Diet

To maximize the benefits of your cortisol-balancing diet, supportive lifestyle habits are key. Just as nourishing foods help regulate stress hormones, daily routines like sleep, breathing, and mindful movement can amplify your results—creating a powerful synergy between nutrition and overall well-being. Let's explore five foundational habits to enhance your progress:

## 1. Prioritize Deep, Restorative Sleep

- Aim for **7-9 hours nightly**—sleep is when your body repairs and regulates cortisol.
- Keep a **consistent sleep schedule** (even on weekends) and create a dark, cool, screen-free environment.

## 2. Practice Stress-Reducing Breathing Techniques

- **Diaphragmatic breathing (4-7-8 method)**: Inhale for 4 sec, hold for 7, exhale for 8. Repeat 3-5x to lower cortisol instantly.
- Try **5-minute morning breathwork** to set a calm tone for the day.

## 3. Move Mindfully (Not Excessively)

- **Gentle movement** (walking, yoga, stretching) supports cortisol balance better than intense, prolonged workouts.
- **Post-meal walks** (10-15 min) aid digestion and blood sugar regulation.

Also, we invite you to explore the specially selected yoga exercises, meditations, and qigong techniques featured in our Visual Guide app—all chosen to complement this book. Don't forget to follow the author's page so you won't miss the release of this exclusive guide.

## 4. Hydrate Strategically

- Start the day with **warm lemon water** to support detox and digestion.
- Sip **herbal teas** (chamomile, ashwagandha, or tulsi) to reduce stress.

## 5. Digital Detox & Mental Resets

- To preserve the quality of your sleep, **limit your exposure to blue light** one to two hours before bed.
- **Schedule "stress buffers"**—5-minute breaks to stretch, breathe, or step outside—to prevent cortisol spikes.

**Small shifts, big impact!** Pair these habits with your diet for **deeper, faster results**.

# 28-Days Meal Plan

Day	Breakfast	Lunch	Snack	Dinner
1	Scrambled Eggs with Avocado and Spinach	Baked Salmon with Roasted Sweet Potatoes and Arugula Salad	Almond Butter with Celery Sticks	Kale and Fermented Cabbage Salad with Pumpkin Seeds
2	Chia Pudding with Almond Milk, Berries, and Flaxseeds	Grilled Mackerel with Quinoa and Steamed Greens	Fermented Yogurt with Almonds	Zucchini Noodles with Avocado Pesto and Hemp Seeds
3	Smoked Salmon Omelet with Avocado and Microgreens	Turkey Patties with Mashed Sweet Potatoes and Fermented Veggies	Sliced Apple with Almond Butter	Warm Kale and Roasted Beet Salad with Pumpkin Seeds
4	Scrambled Tofu with Spinach and Olive Oil	Sardines on Quinoa with Arugula and Lemon-Olive Oil Dressing	Coconut Yogurt with Berries and Chia Seeds	Light Miso Soup with Seaweed and Fermented Veggies
5	Almond Flour Pancakes with Berries and Coconut Cream	Baked Trout with Roasted Brussels Sprouts and Sweet Potato Mash	Walnuts with Cucumber Slices	Spinach and Sauerkraut Salad with Sunflower Seeds
6	Avocado and Smoked Salmon on Flaxseed Crackers	Chicken Thighs with Kale Salad and Quinoa	Kefir Smoothie with Berries and Almond Butter	Roasted Pumpkin Soup with Coconut Milk and Turmeric
7	Shakshuka with Spinach and Olive Oil	Grilled Salmon with Roasted Asparagus and Fermented Carrots	Celery Sticks with Tahini	Arugula Salad with Avocado, Pumpkin Seeds, and Lemon Dressing
8	Sardine & Avocado Mash on Flaxseed Toast	Grilled Chicken with Roasted Radishes and Fermented Beet Salad	Coconut Yogurt with Walnuts and Cinnamon	Chilled Cucumber & Dill Soup with Hemp Seeds
9	Turmeric-Spiced Scrambled Eggs with Watercress and Pumpkin Seeds	Wild Cod with Mashed Cauliflower and Kale	Smoked Salmon Roll-Ups with Almond Cream Cheese	Arugula & Roasted Fennel Salad with Olives
10	Chia-Berry Parfait with Coconut Kefir and Pecans	Lamb Meatballs with Zucchini Noodles and Tahini Drizzle	Fermented Pickles with Almond-Stuffed Olives	Miso-Glazed Eggplant with Sesame Seeds and Microgreens
11	Mackerel Salad with Endive Leaves	Duck Breast with Roasted Parsnips & Rosemary-Infused Quinoa	Celery Root Hummus with Flax Crackers	Seaweed Salad with Avocado & Pumpkin Seed Oil
12	Almond Flour Waffles with Macadamia Butter and Raspberries	Trout Ceviche with Jicama, Lime, and Cilantro	Kefir Smoothie with Ashwagandha and Blackberries	Roasted Bell Peppers Stuffed with Fermented Lentils
13	Poached Eggs Over Dandelion Greens with Anchovy Dressing	Venison Steak with Roasted Jerusalem Artichokes and Watercress	Brazil Nuts with Fermented Apple Slices	Chilled Avocado & Cucumber Gazpacho with Chia Oil

Day	Breakfast	Lunch	Snack	Dinner
14	Buckwheat Porridge with Almond Milk, Goji Berries & Ashwagandha	Grilled Octopus with Purple Sweet Potato Mash & Olive Tapenade	Sunflower Seed Pâté with Radish Slices	Shaved Brussels Sprouts Salad with Walnuts & Apple Cider Dressing
15	Omelet with Sautéed Mushrooms, Spinach, and Goat Cheese	Turkey & Quinoa Stuffed Bell Peppers with Garlic-Tahini Drizzle	Cottage Cheese with Sunflower Seeds and Cucumber Slices	Cabbage & Carrot Fermented Slaw with Pan-Seared Sardines
16	Savory Oatmeal with Flaxseeds, Avocado & Soft-Boiled Egg	Chicken & Sweet Potato Skillet with Kale	Roasted Chickpeas with Rosemary & Sea Salt	Turmeric Lentil Soup with Coconut Milk & Pumpkin Seeds
17	Greek Yogurt Bowl	Tuna Salad Wraps (Collard Greens)	Hard-Boiled Eggs with Everything Bagel Seasoning	Baked Cod with Roasted Cherry Tomatoes and Garlicky Spinach
18	"Fried Rice" (Cauliflower Rice, Egg, Peas, and Sesame Oil)	Beef & Broccoli Stir-Fry (With Coconut Aminos, Ginger, and Sesame Seeds)	Kefir Smoothie (Frozen Berries, Almond Butter, and Cinnamon)	Zucchini & Turkey Meatball Soup (Bone Broth Base with Fresh Herbs)
19	Chickpea Flour Pancakes with Olive Tapenade and Arugula	Salmon Patties with Fermented Slaw	Dark Chocolate-Covered Almonds	Ratatouille with Hemp Seeds
20	Scrambled Eggs with Smoked Trout and Dill on Flaxseed Toast	Quinoa "Fried Rice" with Egg, Peas, and Carrots	Edamame with Sea Salt and Chili Flakes	White Bean & Kale Stew with Olive Oil and Rosemary
21	Apple "Nachos"	Stuffed Portobello Mushrooms	Pickled Veggies with Hummus	Herbed Chicken Thighs with Roasted Carrots & Garlic Sauerkraut
22	Avocado & Egg Toast on Almond Flour Bread	Mediterranean Tuna Salad	Cottage Cheese with Flax Crackers & Cherry Tomatoes	One-Pan Garlic Butter Salmon with Roasted Asparagus
23	Berry Smoothie Bowl	Chicken & Quinoa Stuffed Avocados	Dark Chocolate-Covered Almonds	Turmeric Ginger Lentil Soup
24	Scrambled Eggs with Smoked Salmon and Microgreens	Turkey & Spinach Stuffed Sweet Potatoes (Topped with Tahini)	Kefir with Cinnamon & Walnuts	Zucchini Noodles with Pesto
25	Chia Pudding with Almond Butter and Raspberries	Sardine Salad with Mixed Greens, Avocado, and Pumpkin Seeds	Poached Eggs with Everything Bagel Seasoning	Sheet-Pan Chicken Thighs with Brussels Sprouts and Garlic
26	Omelet with Goat Cheese & Arugula	Quinoa & Black Bean Bowl	Olives & Almonds	Baked Cod with Lemon-Dill Sauce & Steamed Green Beans
27	Almond Flour Pancakes with Blueberries and Coconut Yogurt	Egg Salad Lettuce Wraps with Celery and Mustard	Hummus & Sliced Bell Peppers	Beef & Broccoli Stir-Fry with Coconut Aminos and Ginger
28	Greek Yogurt Parfait (Granola-Free)	Grilled Shrimp Skewers with Quinoa & Lemon-Garlic Dressing	Apple Slices with Almond Butter	Turkey Chili

# Shopping Lists

## Week 1

### PRODUCE

- **Avocados** – 3 whole (sold individually)
- **Spinach (fresh)** – 1 clamshell (5 oz / 142 g)
- **Arugula** – 1 clamshell (5 oz / 142 g)
- **Kale** – 1 bunch (10 oz / 284 g)
- **Sweet potatoes** – 2 medium (1 lb / 450 g total)
- **Celery** – 1 bunch (1 lb / 450 g)
- **Zucchini** – 2 medium (10 oz / 300 g total)
- **Cucumber** – 1 medium (8 oz / 225 g)
- **Garlic** – 1 bulb (3 oz / 85 g)
- **Red onion** – 1 medium (5 oz / 150 g)
- **Yellow onion** – 1 medium (5 oz / 150 g)
- **Lemon** – 2 whole (sold individually)
- **Basil (fresh)** – 1 bunch (1 oz / 30 g)
- **Microgreens/sprouts** – 1 container (2 oz / 60 g)
- **Mixed berries (fresh or frozen)** – 1 bag (12 oz / 340 g)
- **Apples** – 2 medium (12 oz / 340 g total)
- **Beets** – 2 medium (8 oz / 225 g total)
- **Brussels sprouts** – 1 bag (12 oz / 340 g)
- **Pumpkin (fresh)** – 1 small (2 lbs / 900 g) *or* 1 can (15 oz / 425 g) purée
- **Cherry tomatoes** – 1 pint (10 oz / 285 g)
- **Asparagus** – 1 bunch (12 oz / 340 g)

### MEAT/SEAFOOD

- **Salmon fillets** – 4 fillets (6 oz / 170 g each)
- **Mackerel fillets** – 2 fillets (5 oz / 150 g each)
- **Smoked salmon** – 1 package (4 oz / 115 g)
- **Ground turkey** – 1 package (10 oz / 300 g)
- **Chicken thighs (boneless, skinless)** – 1 package (12 oz / 340 g)
- **Trout fillets** – 2 fillets (6 oz / 170 g each)
- **Sardines (in olive oil)** – 1 can (3.5 oz / 100 g)

### DAIRY/DAIRY ALTERNATIVES

- **Goat cheese (optional)** – 1 small log (4 oz / 115 g)
- **Probiotic yogurt (Greek or coconut)** – 1 tub (1 oz / 450 g)
- **Kefir (plain or coconut)** – 1 bottle (16 oz / 450 ml)
- **Coconut cream** – 1 can (13.5 oz / 400 ml)

### PANTRY STAPLES

- **Olive oil** – 1 bottle (16 oz / 500 ml)
- **Coconut oil** – 1 jar (14 oz / 400 g)
- **Almond butter** – 1 jar (16 oz / 450 g)
- **Tahini** – 1 jar (16 oz / 450 g)
- **Quinoa** – 1 bag (12 oz / 340 g)
- **Almond flour** – 1 bag (16 oz / 450 g)
- **Chia seeds** – 1 bag (8 oz / 225 g)
- **Flaxseeds (ground)** – 1 bag (8 oz / 225 g)
- **Pumpkin seeds** – 1 bag (8 oz / 225 g)
- **Sunflower seeds** – 1 bag (4 oz / 115 g)
- **Hemp seeds** – 1 bag (4 oz / 115 g)
- **Walnuts** – 1 bag (8 oz / 225 g)
- **Almonds (raw)** – 1 bag (8 oz / 225 g)
- **Sliced almonds** – 1 small bag (2 oz / 60 g)
- **Sea salt** – 1 container (5 oz / 140 g)
- **Black pepper** – 1 container (2 oz / 60 g)
- **Paprika** – 1 small jar (1.5 oz / 40 g)
- **Cinnamon** – 1 small jar (2 oz / 60 g)
- **Turmeric** – 1 small jar (1.5 oz / 40 g)
- **Cumin** – 1 small jar (1.5 oz / 40 g)
- **Dried dill** – 1 small jar (0.5 oz / 15 g)
- **Vanilla extract** – 1 small bottle (2 oz / 60 ml)
- **Maple syrup** – 1 small bottle (8 oz / 240 ml)
- **Honey** – 1 small bottle (8 oz / 240 ml)
- **Apple cider vinegar** – 1 bottle (16 oz / 500 ml)
- **Miso paste** – 1 tub (16 oz / 450 g)
- **Coconut aminos/tamari** – 1 bottle (8 oz / 240 ml)

### CANNED/PACKAGED

- **Sauerkraut/kimchi** – 1 jar (16 oz / 450 g)
- **Crushed tomatoes** – 1 can (14 oz / 400 g)
- **Wakame seaweed (dried)** – 1 package (1 oz / 30 g)
- **Flaxseed crackers** – 1 box (5 oz / 140 g)

### OTHER

- **Large eggs** – 1 dozen
- **Unsweetened almond milk** – 1 carton (32 oz / 1 L)
- **Ghee** – 1 jar (8 oz / 225 g) *or* substitute olive oil

## Week 2

### PRODUCE

- **Avocados** – 3 whole (sold individually)
- **Radishes** – 1 bunch (6 oz / 170 g)
- **Cucumbers** – 2 medium (1 lb / 450 g total)
- **Fennel bulb** – 1 medium (7 oz / 200 g)
- **Garlic** – 1 bulb (3 oz / 85 g)
- **Lemon** – 2 whole (sold individually)
- **Lime** – 1 whole
- **Fresh dill** – 1 bunch (1 oz / 30 g)
- **Fresh cilantro** – 1 bunch (1 oz / 30 g)
- **Fresh parsley** – 1 bunch (1 oz / 30 g)
- **Watercress** – 1 bunch (3 oz / 85 g)
- **Arugula** – 1 clamshell (5 oz / 142 g)
- **Dandelion greens** – 1 bunch (4 oz / 115 g)
- **Kale** – 1 bunch (10 oz / 284 g)
- **Cauliflower** – 1 small head (1.5 lbs / 680 g)
- **Eggplant** – 1 large (1 lb / 450 g)
- **Zucchini** – 2 medium (14 oz / 400 g total)
- **Bell peppers** – 2 large (12 oz / 340 g total)
- **Purple sweet potatoes** – 2 medium (1 lb / 450 g total)
- **Parsnips** – 2 medium (8 oz / 225 g total)
- **Celery root** – 1 small (8 oz / 225 g)
- **Jerusalem artichokes (sunchokes)** – 1 lb / 450 g
- **Endive** – 1 head (6 oz / 170 g)
- **Microgreens** – 1 container (1 oz / 30 g)
- **Mixed berries (fresh or frozen)** – 1 bag (12 oz / 340 g)
- **Blackberries (frozen)** – 1 bag (10 oz / 280 g)
- **Apple** – 1 medium (6 oz / 170 g)
- **Jicama** – 1 small (8 oz / 225 g)
- **Brussels sprouts** – 1 bag (12 oz / 340 g)

### MEAT/SEAFOOD

- **Chicken breasts (boneless, skinless)** – 2 breasts (12 oz / 340 g total)
- **Wild cod fillets** – 2 fillets (6 oz / 170 g each)
- **Smoked salmon slices** – 1 package (4 oz / 115 g)
- **Ground lamb** – 1 package (10 oz / 280 g)
- **Duck breasts** – 2 breasts (12 oz / 340 g total)
- **Venison steaks** – 2 steaks (10 oz / 280 g total)
- **Pre-cooked octopus tentacles** – 1 package (12 oz / 340 g)
- **Anchovy fillets** – 1 small tin (2 oz / 56 g)
- **Sardines (in olive oil)** – 1 can (3.5 oz / 100 g)

- **Mackerel fillets** – 2 cans (4.5 oz / 130 g each)

### DAIRY/DAIRY ALTERNATIVES

- **Coconut yogurt (unsweetened)** – 1 tub (16 oz / 450 g)
- **Almond cream cheese (dairy-free)** – 1 tub (8 oz / 225 g)
- **Coconut kefir** – 1 bottle (16 oz / 450 ml)
- **Plain kefir (or coconut kefir)** – 1 bottle (16 oz / 450 ml)

### PANTRY STAPLES

- **Flaxseed bread** – 1 loaf (16 oz / 450 g) *or* whole-grain bread
- **Olive oil** – 1 bottle (16 oz / 500 ml)
- **Extra-virgin olive oil** – 1 bottle (16 oz / 500 ml)
- **Avocado oil** – 1 bottle (8 oz / 240 ml)
- **Sesame oil** – 1 small bottle (5 oz / 150 ml)
- **Pumpkin seed oil** – 1 small bottle (5 oz / 150 ml)
- **Coconut oil** – 1 jar (14 oz / 400 g)
- **Tahini** – 1 jar (16 oz / 450 g)
- **Macadamia butter** – 1 small jar (8 oz / 225 g)
- **Almond butter** – 1 jar (16 oz / 450 g)
- **Quinoa** – 1 bag (12 oz / 340 g)
- **Buckwheat groats (raw)** – 1 bag (12 oz / 340 g)
- **Almond flour** – 1 bag (16 oz / 450 g)
- **Chia seeds** – 1 bag (8 oz / 225 g)
- **Flaxseeds** – 1 bag (8 oz / 225 g)
- **Hemp seeds** – 1 bag (4 oz / 115 g)
- **Pumpkin seeds** – 1 bag (8 oz / 225 g)
- **Sunflower seeds (raw)** – 1 bag (8 oz / 225 g)
- **Walnuts** – 1 bag (8 oz / 225 g)
- **Pecans** – 1 bag (8 oz / 225 g)
- **Brazil nuts** – 1 small bag (4 oz / 115 g)
- **Dried goji berries** – 1 small bag (4 oz / 115 g)
- **Dried cranberries (unsweetened)** – 1 small bag (5 oz / 140 g)
- **Kalamata olives** – 1 jar (8 oz / 225 g)
- **Green olives** – 1 small jar (6 oz / 170 g)
- **Capers** – 1 small jar (2 oz / 56 g)
- **Sea salt** – 1 container (5 oz / 140 g)
- **Black pepper** – 1 container (2 oz / 60 g)
- **Crushed red pepper flakes** – 1 small jar (1 oz / 28 g)

- **Smoked paprika** – 1 small jar (1.5 oz / 40 g)
- **Garlic powder** – 1 small jar (2 oz / 60 g)
- **Ground turmeric** – 1 small jar (1.5 oz / 40 g)
- **Cumin** – 1 small jar (1.5 oz / 40 g)
- **Cinnamon** – 1 small jar (2 oz / 60 g)
- **Dried rosemary** – 1 small jar (0.5 oz / 15 g)
- **Dried oregano** – 1 small jar (0.5 oz / 15 g)
- **Cayenne pepper (optional)** – 1 small jar (1 oz / 28 g)
- **Vanilla extract** – 1 small bottle (2 oz / 60 ml)
- **Maple syrup** – 1 small bottle (8 oz / 240 ml)
- **Honey** – 1 small bottle (8 oz / 240 ml)
- **Apple cider vinegar** – 1 bottle (16 oz / 500 ml)
- **Rice vinegar** – 1 small bottle (5 oz / 150 ml)
- **Dijon mustard** – 1 small jar (5 oz / 150 g)
- **White miso paste** – 1 tub (16 oz / 450 g)
- **Coconut sugar** – 1 small bag (8 oz / 225 g)
- **Ashwagandha powder** – 1 small bag (2 oz / 60 g)

### CANNED/PACKAGED

- **Fermented beets** – 1 jar (16 oz / 450 g)
- **Fermented pickles (brine-only)** – 1 jar (16 oz / 450 g)
- **Fermented lentils** – 1 pouch (12 oz / 340 g) *or* cooked lentils + sauerkraut juice
- **Dried wakame seaweed** – 1 package (1 oz / 30 g)
- **White vinegar** – 1 bottle (16 oz / 500 ml)

### OTHER

- **Large eggs** – 1 dozen
- **Unsweetened almond milk** – 1 carton (32 oz / 1 L)
- **Coconut milk (unsweetened)** – 1 can (13.5 oz / 400 ml)
- **Coconut water** – 1 bottle (16 oz / 500 ml)
- **Baking powder** – 1 small can (4 oz / 113 g)

## Week 3

### PRODUCE

- **Mushrooms** – 1 package (8 oz / 227 g)
- **Spinach (fresh)** – 1 clamshell (5 oz / 142 g)
- **Bell peppers** – 2 large (12 oz / 340 g total)
- **Red onion** – 1 medium (5 oz / 150 g)
- **Garlic** – 1 bulb (3 oz / 85 g)
- **Cucumber** – 1 medium (8 oz / 225 g)
- **Fresh parsley** – 1 bunch (1 oz / 30 g)
- **Fresh dill/chives** – 1 bunch (1 oz / 30 g)
- **Green cabbage** – 1 small head (2 lbs / 900 g)
- **Carrots** – 1 bag (1 lb / 450 g)
- **Kale** – 1 bunch (10 oz / 284 g)
- **Sweet potato** – 1 medium (10 oz / 300 g)
- **Avocado** – 2 medium (sold individually)
- **Cherry tomatoes** – 1 pint (10 oz / 285 g)
- **Zucchini** – 1 medium (7 oz / 200 g)
- **Red cabbage** – 1 small head (1.5 lbs / 680 g)
- **Eggplant** – 1 small (8 oz / 225 g)
- **Red bell pepper** – 1 medium (6 oz / 170 g)
- **Collard greens** – 1 bunch (8 oz / 225 g)
- **Scallion** – 1 bunch (3 oz / 85 g)
- **Fresh ginger** – 1 root (3 oz / 85 g)
- **Fresh rosemary** – 1 bunch (1 oz / 30 g)
- **Fresh thyme** – 1 bunch (1 oz / 30 g)
- **Fresh basil** – 1 bunch (1 oz / 30 g)
- **Apples** – 2 medium (12 oz / 340 g total)
- **Portobello mushrooms** – 2 large (8 oz / 225 g total)
- **Lemon** – 2 whole (sold individually)

### MEAT/SEAFOOD

- **Ground turkey** – 1 package (16 oz / 450 g)
- **Chicken thighs (boneless, skinless)** – 1 package (24 oz / 680 g)
- **Bone-in, skin-on chicken thighs** – 2 thighs (12 oz / 340 g total)
- **Fresh sardine fillets** – 4 fillets (6 oz / 170 g total)
- **Cod fillets** – 2 fillets (12 oz / 340 g total)
- **Grass-fed beef sirloin** – 1 package (8 oz / 225 g)
- **Canned tuna (in water)** – 1 can (5 oz / 140 g)
- **Wild-caught salmon (canned)** – 1 can (6 oz / 170 g)
- **Smoked trout fillet** – 1 package (2 oz / 60 g)

### DAIRY/DAIRY ALTERNATIVES

- **Goat cheese (crumbled)** – 1 package (4 oz / 115 g)
- **Full-fat cottage cheese** – 1 tub (16 oz / 450 g)
- **Plain Greek yogurt (full-fat)** – 1 tub (16 oz / 450 g)
- **Plain kefir (or coconut kefir)** – 1 bottle (16 oz / 450 ml)
- **Ghee** – 1 jar (8 oz / 225 g)

## PANTRY STAPLES

- **Extra-virgin olive oil** – 1 bottle (16 oz / 500 ml)
- **Olive oil** – 1 bottle (16 oz / 500 ml)
- **Sesame oil** – 1 small bottle (5 oz / 150 ml)
- **Coconut oil** – 1 jar (14 oz / 400 g)
- **Tahini** – 1 jar (16 oz / 450 g)
- **Almond butter** – 1 jar (16 oz / 450 g)
- **Steel-cut oats** – 1 bag (16 oz / 450 g)
- **Quinoa** – 1 bag (12 oz / 340 g)
- **Dried red lentils** – 1 bag (16 oz / 450 g)
- **Chickpea flour** – 1 bag (16 oz / 450 g)
- **Almond flour** – 1 bag (8 oz / 225 g)
- **Ground flaxseeds** – 1 bag (8 oz / 225 g)
- **Hulled hemp seeds** – 1 bag (8 oz / 225 g)
- **Raw sunflower seeds** – 1 bag (8 oz / 225 g)
- **Walnuts** – 1 bag (8 oz / 225 g)
- **Raw almonds** – 1 bag (8 oz / 225 g)
- **Pumpkin seeds (raw)** – 1 bag (4 oz / 115 g)
- **Sesame seeds** – 1 small bag (2 oz / 60 g)
- **Kalamata olives** – 1 jar (8 oz / 225 g)
- **Capers** – 1 small jar (2 oz / 56 g)
- **Sea salt** – 1 container (5 oz / 140 g)
- **Black pepper** – 1 container (2 oz / 60 g)
- **Cumin (seeds & ground)** – 1 small jar (1.5 oz / 40 g)
- **Paprika** – 1 small jar (1.5 oz / 40 g)
- **Smoked paprika** – 1 small jar (1.5 oz / 40 g)
- **Turmeric powder** – 1 small jar (1.5 oz / 40 g)
- **Dried oregano** – 1 small jar (0.5 oz / 15 g)

- **Caraway seeds** – 1 small jar (0.5 oz / 15 g)
- **Cinnamon** – 1 small jar (2 oz / 60 g)
- **Red pepper flakes** – 1 small jar (1 oz / 28 g)
- **Apple cider vinegar** – 1 bottle (16 oz / 500 ml)
- **Coconut aminos** – 1 bottle (8 oz / 240 ml)
- **Everything Bagel seasoning** – 1 small jar (2 oz / 60 g)
- **Local honey** – 1 small bottle (8 oz / 240 ml)
- **85% dark chocolate** – 1 bar (3 oz / 85 g)

## CANNED/PACKAGED

- **Chickpeas** – 1 can (15 oz / 425 g)
- **Light coconut milk** – 1 can (13.5 oz / 400 ml)
- **Vegetable broth** – 1 carton (32 oz / 1 L)
- **Chicken bone broth** – 1 carton (32 oz / 1 L)
- **Frozen edamame (shell-on)** – 1 bag (12 oz / 340 g)
- **Cannellini beans** – 1 can (15 oz / 425 g)
- **Garlic sauerkraut** – 1 jar (16 oz / 450 g)
- **Hummus** – 1 tub (10 oz / 280 g)

## OTHER

- **Large eggs** – 1 dozen
- **Unsweetened almond milk** – 1 carton (32 oz / 1 L)
- **Flaxseed bread** – 1 loaf (16 oz / 450 g) *or* whole-grain bread
- **Mixed frozen berries** – 1 bag (12 oz / 340 g)

# Week 4

## PRODUCE

- **Avocados** – 4 medium (sold individually)
- **Cucumber** – 1 medium (8 oz / 225 g)
- **Cherry tomatoes** – 1 pint (10 oz / 285 g)
- **Asparagus** – 1 bunch (12 oz / 340 g)
- **Garlic** – 1 bulb (3 oz / 85 g)
- **Fresh parsley** – 1 bunch (1 oz / 30 g)
- **Fresh dill** – 1 bunch (1 oz / 30 g)
- **Fresh cilantro** – 1 bunch (1 oz / 30 g)
- **Fresh basil** – 1 bunch (1 oz / 30 g)
- **Lime** – 2 whole (sold individually)
- **Lemon** – 2 whole (sold individually)
- **Spinach (fresh)** – 1 clamshell (5 oz / 142 g)
- **Mixed greens (spinach/arugula/kale)** – 1 clamshell (5 oz / 142 g)
- **Arugula** – 1 clamshell (5 oz / 142 g)
- **Microgreens** – 1 container (2 oz / 60 g)
- **Sweet potatoes** – 2 medium (1 lb / 450 g total)

- **Zucchini** – 3 medium (1.5 lbs / 680 g total)
- **Red onion** – 1 medium (5 oz / 150 g)
- **Yellow onion** – 1 medium (5 oz / 150 g)
- **Bell peppers** – 2 medium (12 oz / 340 g total)
- **Brussels sprouts** – 1 bag (12 oz / 340 g)
- **Green beans** – 1 bag (12 oz / 340 g)
- **Broccoli florets** – 1 bag (12 oz / 340 g)
- **Butter lettuce** – 1 head (8 oz / 225 g)
- **Ginger root** – 1 small piece (2 oz / 60 g)
- **Apple** – 1 medium (6 oz / 170 g)
- **Mixed berries (fresh or frozen)** – 1 bag (12 oz / 340 g)
- **Blueberries (fresh)** – 1 clamshell (6 oz / 170 g)
- **Raspberries (fresh)** – 1 clamshell (6 oz / 170 g)

## MEAT/SEAFOOD

- **Salmon fillets** – 2 fillets (12 oz / 340 g total)
- **Wild-caught tuna (canned in water)** – 1 can (5 oz / 142 g)
- **Sardines (in olive oil)** – 1 can (4 oz / 115 g)
- **Smoked salmon** – 1 package (2 oz / 60 g)
- **Ground turkey** – 1 package (16 oz / 450 g)
- **Bone-in, skin-on chicken thighs** – 4 thighs (1 lb / 450 g total)
- **Grass-fed beef sirloin** – 1 package (8 oz / 225 g)
- **Cod fillets** – 2 fillets (12 oz / 340 g total)
- **Raw shrimp (peeled/deveined)** – 1 package (10 oz / 280 g)

## DAIRY/DAIRY ALTERNATIVES

- **Grass-fed butter** – 1 package (8 oz / 225 g)
- **Goat cheese (crumbled)** – 1 package (4 oz / 115 g)
- **Full-fat cottage cheese** – 1 tub (16 oz / 450 g)
- **Plain Greek yogurt (full-fat)** – 1 tub (16 oz / 450 g)
- **Plain kefir (unsweetened)** – 1 bottle (16 oz / 450 ml)
- **Coconut yogurt (unsweetened)** – 1 tub (16 oz / 450 g)

## PANTRY STAPLES

- **Almond flour bread** – 1 loaf (16 oz / 450 g) *or* gluten-free bread
- **Flaxseed crackers** – 1 box (5 oz / 140 g)
- **Extra-virgin olive oil** – 1 bottle (16 oz / 500 ml)
- **Olive oil** – 1 bottle (16 oz / 500 ml)
- **Coconut oil** – 1 jar (14 oz / 400 g)
- **Avocado oil** – 1 bottle (8 oz / 240 ml)
- **Sesame oil** – 1 small bottle (5 oz / 150 ml)
- **Tahini** – 1 jar (16 oz / 450 g)
- **Almond butter** – 1 jar (16 oz / 450 g)
- **Quinoa** – 1 bag (12 oz / 340 g)
- **Red lentils** – 1 bag (16 oz / 450 g)
- **Black beans (canned)** – 1 can (15 oz / 425 g)
- **Chickpeas (canned)** – 1 can (15 oz / 425 g)
- **Diced tomatoes (no salt added)** – 1 can (14 oz / 400 g)
- **Almond flour** – 1 bag (16 oz / 450 g)

- **Hemp seeds** – 1 bag (8 oz / 225 g)
- **Chia seeds** – 1 bag (8 oz / 225 g)
- **Pumpkin seeds** – 1 bag (4 oz / 115 g)
- **Pine nuts** – 1 small bag (2 oz / 60 g)
- **Walnuts** – 1 bag (8 oz / 225 g)
- **Raw almonds** – 1 bag (8 oz / 225 g)
- **Kalamata olives** – 1 jar (8 oz / 225 g)
- **Mixed olives** – 1 jar (8 oz / 225 g)
- **Sea salt** – 1 container (5 oz / 140 g)
- **Black pepper** – 1 container (2 oz / 60 g)
- **Cumin (ground)** – 1 small jar (1.5 oz / 40 g)
- **Paprika** – 1 small jar (1.5 oz / 40 g)
- **Smoked paprika** – 1 small jar (1.5 oz / 40 g)
- **Turmeric powder** – 1 small jar (1.5 oz / 40 g)
- **Dried oregano** – 1 small jar (0.5 oz / 15 g)
- **Dried thyme** – 1 small jar (0.5 oz / 15 g)
- **Dried rosemary** – 1 small jar (0.5 oz / 15 g)
- **Chili powder** – 1 small jar (1 oz / 28 g)
- **Cinnamon** – 1 small jar (2 oz / 60 g)
- **Red pepper flakes** – 1 small jar (1 oz / 28 g)
- **Apple cider vinegar** – 1 bottle (16 oz / 500 ml)
- **Dijon mustard** – 1 small jar (5 oz / 150 g)
- **Coconut aminos** – 1 bottle (8 oz / 240 ml)
- **Everything Bagel seasoning** – 1 small jar (2 oz / 60 g)
- **Pure maple syrup** – 1 small bottle (8 oz / 240 ml)
- **Honey** – 1 small bottle (8 oz / 240 ml)
- **Vanilla extract** – 1 small bottle (2 oz / 60 ml)
- **Nutritional yeast** – 1 small bag (4 oz / 115 g)
- **85% dark chocolate** – 1 bar (3 oz / 85 g)
- **Baking soda** – 1 small box (8 oz / 225 g)

## CANNED/PACKAGED

- **Light coconut milk** – 1 can (13.5 oz / 400 ml)
- **Vegetable broth (low-sodium)** – 1 carton (32 oz / 1 L)
- **Chicken broth (low-sodium)** – 1 carton (32 oz / 1 L)

## OTHER

- **Large eggs** – 1 dozen
- **Unsweetened almond milk** – 1 carton (32 oz / 1 L)

# 7-Days Progress Checklists

## 7-Day Energy & Cortisol Balance Progress Checklist

**Goal:** Reduce stress, stabilize energy, and support healthy cortisol levels.

**Daily Key Habits** (Check off each day)

✔ **Nutrition:**

- Ate balanced meals (protein + healthy fats + fiber)
- Avoided refined sugar & processed snacks
- Included cortisol-balancing foods (e.g., dark leafy greens, fatty fish, nuts, avocado)
- Limited caffeine (after 2 PM or none at all)

✔ **Hydration:**

- Drank at least 2L of water/herbal tea
- Avoided sugary drinks & excess alcohol

✔ **Stress Reduction:**

- Practiced 5-10 min of deep breathing/meditation
- Took short breaks (movement/stretching)
- Avoided late-night work/screen time

✔ **Sleep & Recovery:**

- Slept 7-8 hours
- Went to bed/woke up at consistent times
- No screens 1 hour before bed

✔ **Energy Notes:**

- Rated energy levels (1-10)
- Noticed stress triggers (e.g., skipped meals, poor sleep)

### Day-by-Day Tracker

Day	Nutrition	Hydration	Stress Reduction	Sleep	Energy (1-10)	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

## 7-Day Sleep & Recovery Progress Checklist

**Goal:** Improve sleep quality, regulate circadian rhythm, and lower nighttime cortisol.

**Daily Key Habits** (Check off each day)

✔ **Evening Wind-Down:**

- No caffeine after 2 PM
- Dimmed lights after sunset (or used blue-light blockers)
- Relaxing pre-bed routine (e.g., reading, meditation, gentle yoga)

✔ **Sleep Environment:**

- Cool, dark, and quiet bedroom (used blackout curtains/eye mask if needed)
- Electronics turned off 1 hour before bed

✔ **Nutrition & Hydration:**

- Light, early dinner (avoid heavy/spicy foods 3 hours before bed)
- Consumed sleep-supportive foods (e.g., chamomile tea, almonds, kiwi, tart cherry juice)
- Limited fluids 1-2 hours before bed to prevent disruptions

✔ **Consistency & Quality:**

- Went to bed/woke up within 30 mins of target time
- Slept 7-9 hours (uninterrupted)
- Rated sleep quality (1-10)

✔ **Stress Management:**

- Wrote down worries/to-dos earlier in the day (not at bedtime)
- Use breathwork/calming scents (e.g., lavender) if anxious

### Day-by-Day Tracker

Day	Wind-Down	Environment	Nutrition	Consistency	Sleep Quality (1-10)	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

## 7-Day Mood & Emotional Balance Progress Checklist

**Goal:** Track mood fluctuations, identify triggers, and reinforce positivity through daily habits.

**Daily Key Habits** (Check off each day)

✔ **Nutrition & Hydration:**

- Ate mood-supportive foods (e.g., omega-3s, dark chocolate, fermented foods)
- Avoided blood sugar crashes (balanced meals + snacks)
- Limited alcohol/processed sugars (known mood disruptors)

✔ **Stress & Mindfulness:**

- Practiced 5-10 min of mindfulness (meditation, gratitude journaling)
- Took breaks during stress spikes (e.g., walking, deep breathing)
- Avoided doomscrolling/news overload

✔ **Social & Activity:**

- Engaged in meaningful connection (call, hug, shared activity)
- Moved body (walk, stretch, dance – even 10 min counts!)

✔ **Sleep & Energy:**

- Prioritized 7+ hours of sleep (link to your Sleep Checklist!)
- Noticed energy dips tied to mood (e.g., afternoon slump = irritability)

✔ **Mood Notes:**

- Rated overall mood (1-10: 😞 → 😊)
- Identified triggers (e.g., hunger, loneliness, lack of sunlight)

### Day-by-Day Tracker

Day	Nutrition	Stress Mgmt	Social/ Activity	Sleep Sync	Mood (1-10)	Notes
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____	_____

## 7-Day Body Weight & Wellness Progress Checklist

**Goal:** Monitor trends, support metabolism, and cultivate habits for long-term balance.

**Daily Key Habits** (Check off each day)

✔ **Nutrition & Hydration:**

- Ate protein + fiber at every meal (for satiety/metabolism)
- Prioritized whole foods (minimized processed snacks/sugars)
- Drank 2L+ water/herbal tea (hydration supports metabolism)

✔ **Movement & Energy:**

- Completed intentional movement (walk, workout, stretch – even 15 mins counts!)
- Avoided prolonged sitting (e.g., took hourly stretch breaks)

✔ **Sleep & Stress:**

- Slept 7+ hours (poor sleep → hunger hormones disruption)
- Managed stress (high cortisol → water retention/cravings)

✔ **Mindful Tracking:**

- Weighed at consistent time (e.g., morning, post-restroom) –Optional–
- Noticed non-scale wins (e.g., better energy, clothes fit, cravings reduced)

✔ **Weekly Metrics:**

- Avg. weight (if tracking) \_\_\_\_\_
- Waist/hip measurements (optional) \_\_\_\_\_
- Progress photo (optional)

### Day-by-Day Tracker

Day	Nutrition	Movement	Sleep/ Stress	Mindful Notes	Scale (Y/N)	Non-Scale Wins
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____
7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> / <input type="checkbox"/>	_____

## Conclusion

As you complete this 4-week journey, take a moment to recognize what you've accomplished. Your consistency has recalibrated your body's stress response—steady energy, fewer cravings, and better digestion are now your new baseline. These aren't fleeting changes but proof of how intentional eating reshapes health. The meals you've embraced and the habits you've built are tools to carry forward. This isn't an ending—it's your system now. Keep trusting it.

### **From Reset to Routine: Making This Your New Normal**

Completing this 4-week plan means you've done more than just follow a meal schedule—you've given your body concrete evidence that food can be healing. Now, the key is to transition these strategies from a structured reset to an intuitive, sustainable way of eating. The beauty lies in the flexibility you've earned: those salmon bowls, turmeric lentil soups, and avocado-packed breakfasts aren't just "diet food" anymore – they're your established tools for feeling balanced.

Start by identifying which meals became your effortless favorites—the ones you'd crave even without the plan. For many, it's the omega-3-rich fish dishes that stabilize afternoon energy or the fermented foods that quietly improve digestion. Keep these in heavy rotation. Notice how your snack preferences have shifted too; where you might have reached for sugar before, almond butter with celery or a handful of walnuts now feels satisfying. That's your metabolism speaking—trust it.

Structure still helps, but now it can breathe. Maybe you keep the cortisol-friendly breakfast formula (protein + healthy fats + fiber) but vary the ingredients, or designate Sundays for prepping a few stress-busting staples like quinoa or roasted sweet potatoes. The system works because it's no longer a system—it's just how you eat.

This isn't maintenance; it's ownership. Those roasted Brussels sprouts with pumpkin seeds? They're not on your plan – they're in your life. And when stress hits (as it will), you're no longer starting from scratch—you're returning to a baseline your body now recognizes as home.

### **The Science of Your Progress: Why These Changes Stick**

What you've experienced over these four weeks isn't fleeting—it's physiology. By consistently nourishing your body with anti-inflammatory fats, gut-supporting fermented foods, and blood sugar-stabilizing proteins, you've given it the raw materials to rewire its stress response. Cortisol doesn't spike as sharply because your meals have trained your metabolism to burn steadily, not in frantic bursts. Your digestion runs smoother because fermented foods and fiber have strengthened your gut microbiome, which directly communicates with your nervous system. Even your sleep has likely deepened—partly because balanced blood sugar prevents midnight crashes, but also because nutrients like magnesium (abundant in leafy greens, nuts, and seeds) quietly support relaxation.

The real power lies in how these improvements compound. Better sleep enhances your body's ability to regulate hunger hormones. Reduced inflammation makes it easier to absorb nutrients from the very foods that keep inflammation low. This isn't a temporary

fix; it's a self-reinforcing cycle. And when life inevitably disrupts your routine (a missed meal, a stressful week), your body now has a blueprint to return to—one it recognizes and prefers. That's the definition of lasting change: not perfection, but resilience.

### **Beyond the Plate: Protecting Your Results in Daily Life**

Food laid the foundation, but true resilience comes from how you live between meals. Remember—stress management isn't about eliminating pressure, but how you meet it. Those deep breathing exercises you practiced? They're your first line of defense when deadlines loom. The walking habit you cultivated? It's not just movement; it's a daily reset button for your nervous system. Even your improved sleep isn't just about feeling rested—it's what gives you the clarity to choose nourishing foods when you're tired, rather than defaulting to old patterns.

There will be days when life interrupts. You'll skip meals, eat something off-plan, or feel stress creeping back. That's not failure—it's data. Notice what triggers those moments without judgment, then return to what works: a simple salmon salad, ten min of quiet breathing, or an early night. The tools are yours now.

This isn't the end. It's the beginning of trusting yourself—not because you're perfect, but because you've proven change is possible. Your body knows how to feel good now. Let it.

**The work wasn't changing your diet—it was changing your relationship with what sustains you. That doesn't end here.**

# Thanks for the journey!

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**Congratulations**, you've completed your 28-day journey on the Cortisol Diet. But it's not the end. It's the beginning of a new, more conscious lifestyle where you choose to take care of yourself at every meal.

## **If you want to...**

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## **See you in the next book!**

— *Iris Kennedy*

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