



THE CORTISOL DETOX COMPANION



LARA WEST

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**YOUR 7-DAY NERVOUS SYSTEM
NOURISHMENT PLAN WITH 45
RECIPES AND GROCERY LIST**

LARA WEST

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WELCOME TO YOUR CORTISOL RESET COMPANION

If you've completed, or are currently moving through, *The Complete Beginner's Guide to Cortisol Detox for Women Over 40*, you already understand something powerful:

Cortisol balance is not created through restriction. It is created through rhythm.

And nowhere is that rhythm more powerful than in the way you nourish your body.

This companion guide is dedicated entirely to nutrition.

Inside the main book, you learned how sleep, nutrition, hydration, and stress habits influence your nervous system. You explored the 40/30/30 macro balance. You practiced eating within 90 minutes of waking. You worked on finishing meals three hours before bed. You began stabilizing blood sugar and reducing overstimulation. And you tried some new recipes.

This companion does not replace that work. It reinforces it.

Here, you'll find:

- A structured 7-day meal rhythm
- Balanced, protein-forward meals for women in perimenopause and beyond
- Nervous system–repair recipes
- Hormone-supportive meals
- A weekly grocery guide
- Gentle guidance on meal timing without obsession

This is not a diet plan. *This is a nervous system nutritional support plan.*

It is designed for women waking between 6–7 AM and sleeping around 10–11 PM, a natural circadian rhythm that supports cortisol decline in the evening and steady energy through the day.

The goal is simple:

- To reduce friction.
- To remove decision fatigue.
- To stabilize blood sugar.
- To anchor your body in safety.

Because when your nervous system feels safe, your hormones follow.

Let's begin.

SIPS AND SMOOTHIES

Hydration is the most overlooked form of self-care. When cortisol is high, many women forget to drink water, over-rely on caffeine, or skip protein in the morning because appetite feels suppressed.

These recipes are designed to gently stabilize you. Each sip supports hydration, blood sugar balance, and micronutrient replenishment.

Use these especially on:

- Busy mornings
- Workout days
- Low-appetite days
- Transition days off caffeine

Think of this chapter as your “easy entry” into nourishment.

1. Golden Milk Latte



Serves 2

Prep time: 2 minutes | **Cook time:** 8 minutes | **Total time:** 10 minutes

Per serving 1 cup (240ml): Calories 45 | Protein: 2g | Carbohydrates: 8g | Fiber: 1g | Fat: 3g | Sodium: 170mg

Ingredients:

- 2 cups (480ml) almond milk
- ¼ teaspoon ground turmeric
- ½ inch (1cm) fresh ginger, grated, or ½ teaspoon ground ginger
- Pinch of ground cinnamon

- Pinch of black pepper
- 1 teaspoon (5ml) honey, preferably raw (optional)

Instructions:

1. In a small saucepan, whisk almond milk, turmeric, cinnamon, ginger, and black pepper.
2. Place on medium-high heat and bring the liquid to a boil.
3. Lower the heat to low and allow your liquid to simmer for 5 minutes.
4. Turn off the heat, let it cool a little, and add honey, if using.
5. Strain your mixture, divide it between two cups, and drink it warm.

2. Magnesium-Rich Bedtime Smoothie



Serves 1

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1½ cups (360ml): Calories 285 | Protein: 8g | Carbohydrates: 52g | Fiber: 8g | Fat: 9g | Sodium: 45mg

Ingredients:

- ¼ cup (20g) rolled oats, uncooked
- 1 cup (30g) fresh spinach
- ½ cup (120ml) chamomile tea, brewed and cooled
- ½ cup (120ml) tart cherry juice
- 1 banana, fresh or frozen (100g)
- 1 tablespoon (16g) almond butter

Instructions:

1. Place the uncooked oats in your blender and blend until finely ground.
2. Layer the spinach, chamomile tea, cherry juice, banana, and almond butter into the blender.
3. Blend on high until the liquid is smooth.
4. Pour into a glass or mug and sip.

3.Evening Adaptogen Moon Milk



Serves 1

Prep time: 5 minutes | **Cook time:** 10 minutes | **Total time:** 15 minutes

Per serving 1 cup (240ml): Calories 165 | Protein: 8g | Carbohydrates: 15g | Fiber: 1g | Fat: 8g | Sodium: 105mg

Ingredients:

- 1 cup (240ml) whole milk or unsweetened nut milk
- ½ teaspoon ground cinnamon
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ashwagandha
- 2 pinches ground cardamom

- Pinch of ground ginger (optional)
- Pinch of ground nutmeg
- Freshly ground black pepper
- 1 teaspoon (5ml) virgin coconut oil or ghee
- 1 teaspoon (5ml) honey, preferably raw

Instructions:

1. Add milk to a small saucepan.
2. Turn your stove to medium-low and bring the milk to a simmer.
3. Whisk in cinnamon, turmeric, ashwagandha, cardamom, ginger (if using), and nutmeg.
4. Season with pepper.
5. Continue whisking until all the clumps dissolve and the milk is smooth.
6. Add coconut oil and reduce the heat to low.
7. Continue on low heat for about 5 minutes until the coconut oil is melted and blended throughout.
8. Stir in the honey and allow to cool slightly before serving warm.

4.Cortisol-Calming Chamomile Cookies



Serves 24

Prep time: 15 minutes | **Cook time:** 9 minutes | **Total time:** 24 minutes

Per serving 1 cookie (45g): Calories 185 | Protein: 3g | Carbohydrates: 28g | Fiber: 1g | Fat: 8g | Sodium: 85mg

Ingredients:

- 1 cup (225g) unsalted butter
- 1¼ cups (250g) granulated sugar
- ¼ cup (60ml) honey
- 2 large eggs
- 1 teaspoon (5ml) vanilla extract
- 2 teaspoons cream of tartar

- 1 teaspoon baking soda
- ½ teaspoon salt
- 2 tablespoons (8g) loose chamomile tea
- 2¾ cups (345g) all-purpose flour
- Zest of 1 lemon (2 teaspoons)

Instructions:

- Preheat your oven to 400°F (200°C).
- In a medium mixing bowl, mix butter, sugar, and honey until smooth.
- Add the eggs, lemon zest, and vanilla extract.
- Mix until well combined.
- Combine the cream of tartar, baking soda, salt, chamomile tea, and flour in a separate bowl.
- Add half of the dry ingredients to the wet ingredients, mixing until just combined.
- Add the other half of your dry ingredients, mixing well.
- Scrape down the sides of the bowl if needed.
- Use a tablespoon and scoop your dough onto a prepared baking sheet.
- Pop the cookies in the oven and bake for about 10 minutes or until the edges are lightly golden.

- Remove the pan from the oven and allow the cookies to cool completely before enjoying.

Note: If you're enjoying these cookies later in the day, consider using a low-glycemic sweetener. Replace 1¼ cups of granulated sugar with ¾ cup granulated monk fruit *blend* (erythritol + monk fruit) and 2 tablespoons maple syrup **or** honey (keep a small amount for texture). While sugar can be stimulating to cortisol in the evening, swapping most or all of it for a monk fruit blend allows you to enjoy a calming ritual without disrupting your nervous system. Earlier in the day, the original version may feel perfectly supportive.

5. Morning Reset Smoothie



Serves 1

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1¼ cups (300ml): Calories 125 | Protein: 4g | Carbohydrates: 28g | Fiber: 3g | Fat: 1g | Sodium: 15mg

Ingredients:

- ¾ cup (180ml) strong green tea, chilled
- Small pinch of cayenne pepper
- Juice of 1 lemon (3 tablespoons/45ml)
- 2 teaspoons (10ml) honey or stevia
- 1 small pear, cut into pieces (150g)

- 2 to 3 tablespoons (30-45g) Greek yogurt
- 6 to 8 ice cubes

Instructions:

1. Use previously steeped and cooled green tea.
2. Place all of your ingredients into your blender.
3. Blend on medium speed until the liquid is smooth.
4. Pour into a glass and enjoy immediately after making.

STRESS BUSTING RECIPES

Stress raises blood sugar. Blood sugar instability raises cortisol. And the cycle continues.

These meals focus on:

- Balanced macros
- Anti-inflammatory ingredients
- Comfort without heaviness
- Warm, grounding textures

They are ideal for:

- Midday crashes
- High-demand workdays
- Emotional evenings

You'll notice they are deeply satisfying without being extreme.

6. Adaptogenic Breakfast Bowl



Serves 2

Prep time: 5 minutes | **Cook time:** 10 minutes | **Total time:** 15 minutes

Per serving 1 bowl (approximately 280g): Calories 425 | Protein: 12g | Carbohydrates: 58g | Fiber: 9g | Fat: 18g | Sodium: 125mg

Ingredients:

Oatmeal

- 1 cup (80g) rolled oats
- 2 cups (480ml) pure water
- 1 tablespoon (15ml) raw coconut oil
- ¼ teaspoon (1ml) vanilla extract

- Pinch of sea salt
- 1 teaspoon (3g) maca powder
- 1 teaspoon (3g) lucuma powder
- 2 tablespoons (30ml) honey or maple syrup

Hemp Milk

- 1 cup (240ml) pure water
- 1 tablespoon (10g) hemp seeds
- ¼ teaspoon (1ml) vanilla extract
- 3-4 drops stevia or sweetener of choice

Toppings

- 2 tablespoons (32g) almond butter or nut butter
- 2 tablespoons (15g) chopped pecans or other nuts
- 1 tablespoon (10g) raw cacao nibs
- 2 teaspoons (6g) spirulina
- 1 teaspoon (5g) hemp seeds
- 1 teaspoon (3g) bee pollen
- ½ cup (87g) pomegranate arils
- Extra honey or maple syrup to taste

Instructions:

1. Place oats, water, coconut oil, vanilla, and a pinch of sea salt

in a saucepan.

2. Put on the stove at medium heat.
3. Bring to a boil, then reduce the heat to low.
4. Cook covered for 7 to 9 minutes, stirring occasionally to prevent sticking.
5. While your oatmeal cooks, place all vanilla hemp milk ingredients in a blender and blend on high until smooth and frothy.
6. Remove oatmeal from the heat once the oats are cooked.
7. Stir in maca, lucuma, and honey or maple syrup.
8. Divide oatmeal into two bowls and top with almond butter, chopped pecans, cacao nibs, spirulina, hemp seeds, bee pollen, and pomegranate arils.
9. Drizzle with extra honey or maple syrup if you like things sweeter, and finish with your vanilla hemp milk.

7.Cortisol-Balancing Chia Pudding



Serves 4

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 8 hours 5 minutes (includes overnight soaking)

Per serving $\frac{3}{4}$ cup (approximately 175g): Calories 285 | Protein: 9g | Carbohydrates: 22g | Fiber: 17g | Fat: 18g | Sodium: 95mg

Ingredients:

- $\frac{3}{4}$ cup (200g) chia seeds
- $3\frac{1}{2}$ cups (800ml) almond milk
- 2 tablespoons (30ml) pure maple syrup
- 2 vanilla pods
- Almond flakes, raspberries, and mixed seeds to serve

Instructions:

1. Cut the vanilla pods in half lengthwise and scrape out the black vanilla seeds with a knife.
2. Throw away the empty pods.
3. Mix the chia seeds, almond milk, maple syrup, and vanilla seeds in a large bowl.
4. Cover and leave to soak overnight in the refrigerator. Give the pudding a quick mix before bed to prevent clumping.
5. In the morning, give the mixture another good stir.
6. Divide the chia pudding between four bowls and serve it topped with almond flakes, mixed seeds, and raspberries.

8. Power Smoothie



Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 cup (240ml): Calories 165 | Protein: 6g | Carbohydrates: 18g | Fiber: 8g | Fat: 9g | Sodium: 85mg

Ingredients:

- 2 medium bananas (240g), ripe
- 1½ cups (400ml) unsweetened almond milk
- 2 teaspoons (4g) matcha powder
- 2 handfuls spinach leaves (60g)
- 2 tablespoons (20g) chia seeds

- 2 tablespoons (32g) almond butter
- 2 teaspoons (8g) cacao nibs (optional)
- 10-12 ice cubes (optional)

Instructions:

1. Peel the bananas and break them into chunks.
2. Wash the spinach leaves thoroughly.
3. Add the almond milk and spinach leaves to your blender and blend on medium-high until smooth.
4. Add the banana chunks, matcha powder, chia seeds, and almond butter.
5. Blend again until creamy and smooth.
6. If you're using cacao nibs, add them last and pulse briefly to mix without completely blending.
7. Add ice cubes if you prefer a thicker consistency and blend again at high speed.
8. Pour into two glasses and enjoy.

9.Hormone-Balancing Buddha Bowl



Serves 4

Prep time: 15 minutes | **Cook time:** 20 minutes | **Total time:** 35 minutes

Per serving 1 bowl (approximately 320g): Calories 385 | Protein: 12g | Carbohydrates: 68g | Fiber: 14g | Fat: 9g | Sodium: 420mg

Ingredients:

- 1 large sweet potato (450g), cubed
- Extra-virgin olive oil, for drizzling
- 1 watermelon radish or 2 red radishes (60g)
- 2 medium carrots (120g)
- 1 cup (70g) shredded red cabbage
- 1 lemon wedge, for squeezing

- 8 kale leaves (80g), chopped
- 2 cups (370g) cooked brown rice or quinoa
- 1 cup (164g) cooked chickpeas or cooked lentils
- $\frac{3}{4}$ cup (113g) sauerkraut or other fermented vegetables
- 2 tablespoons (16g) sesame seeds or hemp seeds
- Sea salt and freshly ground black pepper

Instructions:

1. Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. Toss the cubed sweet potatoes with olive oil, salt, and pepper, then spread them onto the baking sheet.
3. Roast for 20 minutes, or until your potatoes are tender.
4. While the sweet potatoes roast, thinly slice the radish into rounds.
5. Use a vegetable peeler to peel the carrots into ribbons.
6. Toss the radish slices, carrot ribbons, and shredded cabbage with a squeeze of lemon and set aside.
7. Place the kale leaves in a large bowl and toss with a squeeze of lemon and a few pinches of salt.
8. Use your hands to massage the kale leaves until they become soft and wilted.

9. Assemble your bowls by evenly dividing the brown rice, chickpeas, massaged kale, carrots, radishes, cabbage, roasted sweet potatoes, sauerkraut, and sesame seeds.
10. Season with salt and pepper to taste and serve immediately.

10. Omega-3 Rich Salmon Salad



Serves 2

Prep time: 15 minutes | **Cook time:** 40 minutes | **Total time:** 55 minutes

Per serving 1 salad (approximately 285g): Calories 485 | Protein: 28g | Carbohydrates: 32g | Fiber: 8g | Fat: 28g | Sodium: 420mg

Ingredients:

- 2 salmon fillets (4 oz/115g each)
- 1 tablespoon (15ml) avocado oil
- Sea salt and pepper, to taste
- 4 cups (120g) baby kale and romaine, or spring mix
- 2 cups (140g) sweet potato croutons
- ½ avocado (75g), sliced
- ¼ cup (40g) pickled red onions
- ¼ cup (38g) crumbled feta
- 2 tablespoons (16g) pepitas

- Fresh-squeezed lemon juice

Instructions:

1. Season salmon fillets with sea salt and ground pepper.
2. Heat the avocado oil in a large skillet over medium-high heat.
3. Place your salmon in the pan, skin side up, and cook for about 4 minutes.
4. Turn the salmon and cook for another 4 minutes.
5. Remove your salmon from the skillet and set aside to rest.
6. In a salad bowl, toss the greens with sweet potato croutons, pickled red onions, feta, and pepitas.
7. Divide the salad between 2 plates.
8. Top each salad with a salmon fillet and avocado slices.
9. Drizzle with fresh lemon juice and season with salt and pepper to taste.

11. Stress-Busting Bone Broth



Serves 24 (1 cup servings)

Prep time: 1 hour | **Cook time:** 10 hours | **Total time:** 11 hours

Per serving 1 cup (240ml): Calories 35 | Protein: 6g | Carbohydrates: 0g | Fiber: 0g | Fat: 1g | Sodium: 95mg

Ingredients:

- 10 pounds (4.5kg) beef bones, preferably a mix of marrow bones and bones with meat
- 4 large carrots (480g), chopped
- 2 medium onions (300g), quartered
- 2 whole heads of garlic (120g), halved crosswise
- 6 stalks of celery (150g), chopped

- 4 bay leaves
- ¼ cup (60ml) black peppercorns
- 4 whole star anise (optional)
- 2 whole cinnamon sticks (optional)
- 2 tablespoons (30ml) apple cider vinegar

Instructions:

1. Divide the bones between two large stockpots and cover with cold water.
2. Bring to a boil over high heat and simmer for 15 to 20 minutes, then drain and rinse the bones with water.
3. Preheat your oven to 450°F (230°C).
4. Transfer the blanched bones and vegetables to two roasting pans, spreading them out in a single layer.
5. Roast for 30 minutes, then gently toss the bones and vegetables and roast for another 15 to 30 minutes.
6. Wash your stockpots and pop the roasted bones and vegetables back into them.
7. Scrape up any remaining bits and juices and put these in your pots.
8. Divide the bay leaves, peppercorns, star anise, cinnamon sticks, and apple cider vinegar between the two pots.
9. Fill each pot with approximately 12 cups (2.8L) of water.

Make sure your bones are completely submerged.

10. Cover the pots and bring to a gentle boil, then reduce the heat to low and simmer with the lid slightly ajar for between 8 and 12 hours.
11. Strain the broth through a fine mesh strainer and set aside to cool.
12. Pick any remaining meat from the bones before discarding the bones and vegetables.
13. Allow your broth to cool completely before putting it in the fridge. It will store for about 5 days.
14. I like to remove the hardened fat layer from the top of my broth and then freeze it in smaller batches for up to 6 months.

12. Anti-Inflammatory Turmeric Soup



Serves 6

Prep time: 15 minutes | **Cook time:** 45 minutes | **Total time:** 1 hour

Per serving 1½ cups (320ml): Calories 295 | Protein: 22g | Carbohydrates: 12g | Fiber: 3g | Fat: 18g | Sodium: 750mg

Ingredients:

- ¼ cup (60ml) olive oil
- 1 medium onion (150g), diced
- 1 large leek (200g), white and light green parts only, thinly sliced
- 3 large carrots (180g), thinly sliced
- 3 stalks of celery (90g), thinly sliced
- 1 teaspoon kosher salt
- 3 cloves garlic (9g), chopped

- 1 teaspoon turmeric
- 1 teaspoon poultry seasoning
- 6 cups (1.4L) chicken broth
- 1 can (13.5 oz/400ml) coconut milk
- 1¼ pounds (567g) chicken thighs or breasts
- 1 bag (10 oz/280g) frozen peas (optional)
- ¼ cup (15g) chopped fresh parsley
- 1 teaspoon salt, or to taste
- ½ teaspoon black pepper

Instructions:

1. Heat olive oil over medium heat in a large soup pot.
2. Add onions, leeks, carrots, celery, and 1 teaspoon salt and sauté for 14 to 16 minutes.
3. Add chopped garlic, turmeric, and poultry seasoning and continue to sauté for another 2 to 3 minutes while stirring.
4. Add broth, coconut milk, and raw chicken to the pot, scraping up any stuck-on bits, and bring to a simmer.
5. Simmer on low for 20 to 25 minutes.
6. Remove the chicken to a cutting board to cool slightly, then cut it into bite-sized pieces or shred it using two forks.

7. Return the chicken to the pot along with frozen peas and fresh parsley.
8. Bring back to a slow simmer and cook for 5 to 10 minutes.
9. Season with salt and pepper and serve.

13. Stress-Free Slow Cooker Chicken



Serves 4

Prep time: 5 minutes | **Cook time:** 3 hours | **Total time:** 3 hours
5 minutes

Per serving 1¼ cups (300g): Calories 385 | Protein: 42g | Carbohydrates: 12g | Fiber: 2g | Fat: 15g | Sodium: 820mg

Ingredients:

- 1.4 pounds (650g) skinless, boneless chicken breast, cut into bite-sized pieces
- ¼ cup (30g) plain flour
- 3 garlic cloves (9g), peeled and crushed
- 3.5 oz (100g) sun-dried tomatoes, drained and finely chopped

- 1 teaspoon dried oregano
- 2 teaspoons paprika
- 1¼ cups (300ml) boiling water
- 1 chicken stock cube, crumbled
- Salt and pepper to taste

To Finish:

- 3.5 oz (100g) cream cheese
- ½ cup (50g) grated Parmesan
- 3 teaspoons (15g) fresh basil leaves

Instructions:

1. Toss chicken pieces in the flour with plenty of salt and pepper until well coated.
2. Put the floured chicken into your slow cooker with the garlic, sun-dried tomatoes, oregano, paprika, crumbled stock cube, and boiling water.
3. Cook on HIGH for 2.5 to 3 hours or LOW for 5 to 6 hours. I like to set my slow cooker to low and leave it going for about 30 minutes longer than recommended.
4. Just before dinner, mix in the cream cheese, Parmesan, and fresh basil leaves.
5. Season with additional salt and pepper to taste and serve immediately.

14. Adrenal Support Trail Mix



Serves 16 ($\frac{1}{4}$ cup servings)

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving $\frac{1}{4}$ cup (30g): Calories 145 | Protein: 4g | Carbohydrates: 12g | Fiber: 3g | Fat: 10g | Sodium: 25mg

Ingredients:

- $\frac{3}{4}$ cup (75g) toasted pecans
- $\frac{3}{4}$ cup (110g) raw cashews
- $\frac{1}{2}$ cup (65g) raw sunflower seeds
- $\frac{1}{2}$ cup (70g) raw pumpkin seeds
- $\frac{1}{2}$ cup (60g) unsweetened, unsulfured dried cherries
- $\frac{1}{2}$ cup (75g) unsweetened, unsulfured raisins
- $\frac{1}{2}$ cup (85g) chopped 82% dark chocolate
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{2}$ teaspoon cinnamon

- Pinch of nutmeg

Instructions:

1. Combine all of your ingredients in a large bowl.
2. Mix well until everything is combined.
3. Decant into ziplock bags or mason jars and store at room temperature for up to 1 month.

15. Blood Sugar Stabilizing Snack Balls



Serves 6 (makes 6 balls)

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1 ball (approximately 20g): Calories 85 | Protein: 3g | Carbohydrates: 8g | Fiber: 2g | Fat: 5g | Sodium: 25mg

Ingredients:

- 2 tablespoons (32g) crunchy peanut butter (sugar-free)
- 1 tablespoon (15g) hemp seed protein powder
- 1 tablespoon (12g) chia seeds
- 1 tablespoon (15g) goji berries
- 1 tablespoon (7g) desiccated coconut
- 1 tablespoon (21g) honey, preferably raw

Instructions:

1. Soak the goji berries in warm water for about 5 minutes, then drain.
2. Combine all of your ingredients in a bowl and mash together

with a fork until well combined.

3. Roll the mixture into 6 small balls using your hands.
4. Pop them in your refrigerator for up to 1 week.

GENTLE MOVEMENT RECIPES

Movement lowers cortisol, but only when fueled properly. Under-eating before exercise spikes stress hormones. Over-restricting carbs before movement leads to crashes.

These recipes support:

- Pre-walk nourishment
- Post-yoga recovery
- Protein replenishment
- Stable energy for strength training

They are designed for women over 40 who want muscle preservation without adrenal depletion.

16. Pre-Workout Adaptogen Smoothie



Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1½ cups (approximately 360ml): Calories 285 | Protein: 16g | Carbohydrates: 32g | Fiber: 6g | Fat: 12g | Sodium: 220mg

Ingredients:

- 2 whole ripe bananas (240g), peeled and frozen
- 2 handfuls of baby spinach (60g)
- 3 cups (720ml) unsweetened almond milk
- 4 tablespoons (64g) unsweetened almond butter
- ⅓ cup (160g) unsweetened plain yogurt
- 1 teaspoon (3g) ashwagandha powder
- 1 teaspoon (3g) maca powder
- 2 teaspoons ground cinnamon

- 2 tablespoons (20g) collagen peptides

Instructions:

1. Add all ingredients to a high-powered blender.
2. Blend until creamy and smooth.
3. Pour into two glasses and enjoy immediately.

17. Post-Yoga Recovery Drink



Serves 1

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 smoothie (approximately 300ml): Calories 145 | Protein: 2g | Carbohydrates: 34g | Fiber: 4g | Fat: 1g | Sodium: 45mg

Ingredients:

- 1 cup (150g) frozen fresh wild blueberries
- ½ cup (75g) frozen tart cherries
- 2 wedges of fresh watermelon (150g)
- ½ lemon, juiced (approximately 1½ tablespoons/22ml)
- ½ lime, juiced (approximately 1 tablespoon/15ml)

- 2-3 sprigs fresh mint (3g)
- 3-4 oz (90-120ml) coconut water

Instructions:

1. Combine all ingredients in a high-speed blender.
2. Blend until smooth.
3. Serve immediately.

18. Energy-Sustaining Pre-Walk Bites



Serves 12 (makes 12 balls)

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1 ball (approximately 35g): Calories 135 | Protein: 4g | Carbohydrates: 15g | Fiber: 3g | Fat: 7g | Sodium: 35mg

Ingredients:

- 1 cup (80g) quick oats (certified gluten-free if needed)
- ½ cup (42g) flax meal
- ½ cup (120g) sunflower seed butter
- ¼ cup (60ml) maple syrup
- ⅓ cup (20g) raw or toasted sunflower seeds

- $\frac{1}{8}$ cup (21g) mini chocolate chips

Instructions:

1. Place the oats and flax meal in a medium-sized bowl and stir to combine.
2. Add the sunflower seed butter and maple syrup and stir to combine.
3. Stir in the sunflower seeds and chocolate chips.
4. The mixture should form a dough that's easy to form into balls that stick together. If the mixture seems too dry, add a splash more maple syrup or a drizzle of coconut oil.
5. Using a small cookie scoop or tablespoon, roll the dough into 12 balls.
6. Transfer to a small storage container and keep in the refrigerator for up to 1 week.

19. Post-Workout Anti-Inflammatory Bowl



Serves 1

Prep time: 10 minutes | **Cook time:** 5 minutes | **Total time:** 15 minutes

Per serving 1 bowl (approximately 400g): Calories 685 | Protein: 22g | Carbohydrates: 68g | Fiber: 18g | Fat: 38g | Sodium: 320mg

Ingredients:

- 1 cup (185g) cooked quinoa rice mix
- ½ avocado (75g), sliced
- ½ cup (82g) canned chickpeas, drained and rinsed
- ½ cup (36g) mushrooms, sliced
- ¼ cup (32g) pumpkin seeds
- ¼ cup (30g) walnuts, chopped
- 2-3 pre-made sweet potato falafel (store-bought or prepared in advance)
- 1 clove garlic (3g), minced

- 1 tablespoon (15ml) olive oil
- ¼ teaspoon turmeric
- ¼ teaspoon paprika
- ¼ teaspoon cumin
- Salt and pepper, to taste
- Lemon wedge for squeezing on top (optional)

Instructions:

1. If using pre-cooked quinoa rice mix, heat it in the microwave or on the stove.
2. Heat a non-stick pan over medium heat and add the olive oil.
3. Add the minced garlic and sliced mushrooms to the pan and sauté for about 1 to 2 minutes until they soften.
4. Sprinkle the turmeric, paprika, and cumin over the mushrooms and garlic, stirring well to combine.
5. Add the sweet potato falafel to the pan and heat them through, turning occasionally, for about 2-3 minutes.
6. In a large bowl, layer the quinoa rice as the base.
7. Arrange the avocado slices on one side of the bowl.
8. Add the chickpeas, pumpkin seeds, and chopped walnuts around the bowl.
9. Put the seasoned mushrooms and sweet potato falafel on top.

10. Drizzle a bit of olive oil over the top and add salt and pepper to taste.
11. Squeeze a lemon wedge over the bowl and serve.

20. Muscle-Soothing Magnesium Salts



Makes approximately 6½ cups

Prep time: 10 minutes | **Total time:** 10 minutes

Ingredients:

- 2 cups Epsom salts
- 2 cups Himalayan pink salt
- 2 cups sea salt
- ½ cup baking soda
- 30 drops essential oils total (lavender, rose, and chamomile blend recommended)
- Optional: dried lavender, chamomile, or rose petals

Equipment:

- Glass storage jar
- Mixing bowl and spoon
- Mini blender (optional, for dried herbs)

Instructions:

1. Combine all three types of salts (or 6 cups of one type) in a large mixing bowl.
2. Add the baking soda and stir well to combine.
3. Add 30 drops of your chosen essential oils and stir thoroughly to distribute.
4. If using dried herbs or flowers, blend them in a mini blender to break them down, then mix them into the salt blend.
5. Spoon the mixture into a clean glass jar for storage.
6. Label the jar with the blend ingredients and date so you can recreate successful combinations.

To Use:

Add ½ to 1 cup of bath salts to warm running bath water. Soak for 15-20 minutes to enjoy the relaxing benefits.

STRESS-PREVENTION RECIPES

This chapter is about proactive nourishment.

Instead of waiting for burnout, these recipes are structured to:

- Stabilize blood sugar
- Increase protein intake
- Support neurotransmitter production
- Reduce inflammatory triggers

They work well your Week 2 nutrition protocol.

Consistency is what lowers cortisol, not perfection.

21. Anxiety-Ease Herbal Tea



Makes approximately 5½ tablespoons blend (enough for 5-11 cups of tea)

Prep time: 5 minutes | **Steep time:** 10-15 minutes | **Total time:** 20 minutes

Ingredients:

- 2 parts lemon balm leaf
- 1 part chamomile flowers
- 1 part linden bract and flower
- 1 part rose petal
- ½ part spearmint leaf

Instructions:

1. Blend the herbs together in a bowl.

2. Store the tea blend in a glass jar until ready for use.
3. To brew a cup of tea, use 1 to 2 tablespoons of the tea blend per cup of water.
4. Place the herbs in a heat-proof glass vessel with a tight-fitting lid.
5. Cover with boiling water.
6. Cover and let the brew steep for 10 to 15 minutes.
7. Strain and enjoy 3 to 4 cups per day.

22. Focus-Enhancing Matcha Latte



Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 latte (approximately 300ml): Calories 145 | Protein: 2g | Carbohydrates: 22g | Fiber: 2g | Fat: 6g | Sodium: 95mg

Ingredients:

- 2 large Medjool dates (48g), pitted
- 1 cup (240ml) light coconut milk
- 1½ cups (320ml) water
- 2 pinches sea salt
- 2½ teaspoons (5g) quality matcha powder

- 16-20 average-sized mint leaves
- Ice

Instructions:

1. Blend the pitted dates, coconut milk, water, sea salt, matcha powder, and mint leaves in a blender.
2. Divide the ice between 2 glasses and pour the matcha over the top.
3. Serve over ice and garnish with fresh mint if desired.
4. You can store any leftovers in the fridge without ice for 24 hours.

23. Stress-Relief Lavender Lemonade



Serves 8

Prep time: 1 hour (includes steeping) | **Cook time:** 5 minutes |

Total time: 1 hour 5 minutes

Per serving 1 cup (approximately 240ml): Calories 10 | Protein: 0g | Carbohydrates: 3g | Fiber: 0g | Fat: 0g | Sodium: 5mg

Ingredients:

- 6 cups (1.4L) pure water, divided
- ¼ cup (12g) dried lavender flowers
- 1 cup (240ml) lemon juice
- 1 teaspoon (5ml) liquid stevia extract

Instructions:

1. Heat 2 cups of water in a saucepan until it reaches a rolling

boil.

2. Add the dried lavender flowers directly to the boiling water and turn off the heat.
3. Allow the lavender to infuse for a minimum of 1 hour.
4. Once the steeping time is complete, pour the lavender-infused water through a fine mesh strainer into a large pitcher.
5. Discard the flowers.
6. Pour in the remaining 4 cups of cold water along with the fresh lemon juice and liquid stevia.
7. Mix everything properly.
8. Fill your glasses with ice and pour the lemonade over the top.
9. You can keep the lemonade in the fridge for about 3 days.

24. Mood-Boosting Cacao Elixir



Serves 1

Prep time: 2 minutes | **Cook time:** 10 minutes | **Total time:** 12 minutes

Per serving 1 mug (approximately 360ml): Calories 165 | Protein: 9g | Carbohydrates: 20g | Fiber: 4g | Fat: 7g | Sodium: 125mg

Ingredients:

- 1 cup (240ml) milk of your choice
- ½ cup (120ml) water
- 1½ tablespoons (20g) raw cacao
- 1-2 teaspoons (5-10ml) maple syrup
- 1 pinch Himalayan rock salt

Instructions:

1. Combine the milk, water, and raw cacao in a small saucepan.
2. Turn your stove on to low heat, gently warming your elixir.
3. Whisk frequently so that the cacao dissolves fully.

4. Once the cacao has fully melted, stir in your preferred amount of maple syrup and a pinch of salt.
5. Heat for a minute more to dissolve the syrup and salt.
6. Switch the stove off, remove the saucepan, and pour into your mug.

25. Calming Ashwagandha Balls



Serves 16

Prep time: 15 minutes | **Cook time:** 0 minutes | **Total time:** 15 minutes

Per serving 1 bite (approximately 25g): Calories 95 | Protein: 3g | Carbohydrates: 10g | Fiber: 2g | Fat: 6g | Sodium: 5mg

Ingredients:

- ½ cup (80g) organic tahini
- ¼ cup plus 1 tablespoon (75g) almond butter
- ¼ cup plus 2 tablespoons (105ml) honey
- ¼ cup (42g) dark chocolate, chopped
- 2 tablespoons (12g) ashwagandha powder
- 2 tablespoons (10g) cacao powder
- 2 tablespoons (20g) hemp seeds
- 1 teaspoon organic cinnamon powder
- 1 teaspoon organic ginger powder

- 1 teaspoon organic cardamom powder
- 1 teaspoon organic nutmeg powder
- ½ teaspoon (2.5ml) vanilla extract (optional)

Instructions:

1. Combine the tahini, almond butter, and honey in a medium bowl.
2. Stir well until you have a smooth mixture.
3. Sprinkle all the herb powders into the bowl and continue mixing until everything is mixed in.
4. Stir in the vanilla extract (if using) along with the hemp seeds.
5. Fold the chopped chocolate pieces into the mixture.
6. Gradually add the cacao powder, a small amount at a time, working it in until the dough becomes firm enough to maintain its shape when formed.
7. When the mixture no longer clings to the bowl's edges and holds together well, shape it into about 16 balls.
8. Store in an airtight container in the refrigerator for up to 1 week.

DETOX SUPPORT RECIPES

Detox does not mean starvation.

It means supporting:

- Liver function
- Gut balance
- Bile flow
- Microbiome diversity

These meals are rich in fiber, phytonutrients, and hydration; the exact elements your body needs to clear stress metabolites efficiently.

Gentle. Sustainable. Nourishing.

26. Ginger Detox Juice



Serves 1

Prep time: 10 minutes | **Cook time:** 0 minutes | **Total time:** 10 minutes

Per serving 1 juice (approximately 300ml): Calories 95 | Protein: 3g | Carbohydrates: 22g | Fiber: 0g | Fat: 1g | Sodium: 75mg

Ingredients:

- 2 stalks of celery (80g)
- ½ cucumber (150g)
- 1½ cm piece of ginger (8g)
- ½ cup (15g) parsley
- ½ lemon (30g)

- 1 green apple (150g)
- 2 cups (60g) spinach

Instructions:

1. Wash all produce by soaking it in baking soda and water, and then thoroughly under running water.
2. Cut the celery, cucumber, and apple into sizes that will easily pass through your juicer.
3. Scrub the ginger piece clean and slice it if needed for your juicer model.
4. Remove any seeds from the lemon half and cut away most of the outer peel while retaining the white pith.
5. Turn on your juicer and begin processing the ingredients, starting with the leafy spinach and parsley.
6. Alternate between the softer greens and firmer vegetables like celery, cucumber, and apple to help push everything through smoothly.
7. Add the ginger and lemon toward the end of juicing.
8. Once all ingredients have been processed, stir the juice well to combine all flavors.
9. Pour into a glass and drink immediately for maximum nutritional benefits, or refrigerate in a sealed container for up to 24 hours.

27. Liver-Loving Beet Smoothie



Serves 2

Prep time: 5 minutes | **Cook time:** 0 minutes | **Total time:** 5 minutes

Per serving 1 smoothie (approximately 300ml): Calories 85 | Protein: 3g | Carbohydrates: 18g | Fiber: 5g | Fat: 2g | Sodium: 125mg

Ingredients:

- 1 beetroot (100g), scrubbed and chopped
- 1 cucumber (200g), chopped
- 1 cup (50g) silver beet, chopped
- 2 stalks of celery (80g)
- 1½ cups (360ml) coconut water

- 1 tablespoon (12g) chia seeds
- 1 lemon (30ml), juiced
- 1 piece (2 cm/10g) fresh ginger knob
- 1 cup (150g) ice cubes

Instructions:

1. Add the chopped beetroot, cucumber, silver beet, and celery stalks to your high-speed blender.
2. Pour in the coconut water and add the chia seeds.
3. Squeeze in the fresh lemon juice and add the ginger piece.
4. Top with ice cubes.
5. Blend on high speed until completely smooth and no chunks remain.
6. Divide between two glasses and serve immediately.

28. Heavy Metal Detox Smoothie



Serves 1

Prep time: 3 minutes | **Cook time:** 1 minute | **Total time:** 4 minutes

Per serving 1 smoothie (approximately 400ml): Calories 285 | Protein: 22g | Carbohydrates: 42g | Fiber: 9g | Fat: 6g | Sodium: 125mg

Ingredients:

- ½ cup (120ml) water
- 1 cup (150g) frozen wild blueberries
- 1 banana (120g), frozen or fresh
- 1 teaspoon (3g) spirulina
- 1 teaspoon (3g) barley grass juice powder

- 1 cup (16g) cilantro leaves
- 1 scoop (30g) protein powder (unflavored or vanilla)
- 1 tablespoon (7g) ground flaxseed
- ¼ cup (60g) non-dairy vanilla yogurt or ½ teaspoon vanilla extract plus 1 tablespoon nut butter

Instructions:

1. Pour the water into your blender first to create a liquid base.
2. Add the frozen wild blueberries and banana.
3. Add the spirulina and barley grass juice powder.
4. Toss in the cilantro leaves, ensuring you've removed any thick stems.
5. Add your choice of protein powder along with the ground flaxseed.
6. Finish with either the non-dairy yogurt or the vanilla extract and nut butter combination.
7. Process on high speed until everything is completely smooth, about 1 minute.
8. Pour into a glass and drink immediately.

29. Cellular Repair Soup



Serves 6

Prep time: 10 minutes | **Cook time:** 40 minutes | **Total time:** 50 minutes

Per serving 1 bowl (approximately 280g): Calories 215 | Protein: 7g | Carbohydrates: 35g | Fiber: 5g | Fat: 6g | Sodium: 520mg

Ingredients:

- 1 tablespoon (15g) butter
- 1 tablespoon (15ml) olive oil
- 1 onion (150g), chopped
- 4 cups (960ml) chicken broth
- 1 butternut squash (900g), peeled, seeded, and cubed

- 1 (1-inch) piece fresh ginger (15g), peeled and grated
- 1 teaspoon ground cumin
- Salt and ground black pepper, to taste
- 2 cups (480ml) water
- 1 cup (170g) quinoa
- 1 tablespoon (15g) butter

Instructions:

1. Warm the butter and olive oil together in a large skillet over medium heat until the butter melts.
2. Add the chopped onion and cook, stirring frequently, until it becomes tender and translucent, about 5 to 10 minutes.
3. Pour in the chicken broth and add the cubed butternut squash, grated ginger, and cumin.
4. Let the mixture simmer over medium heat until the squash pieces are very soft and easily pierced with a fork, approximately 20 minutes.
5. Working in batches, carefully transfer the hot soup mixture to a blender, filling it no more than halfway. Hold the lid firmly and pulse several times before blending continuously until silky smooth.
6. Season the pureed soup with salt and pepper to your liking.
7. Meanwhile, bring the salted water to a boil in a separate

saucepan and add the quinoa.

8. Lower the heat to medium-low, cover with a lid, and let it simmer until the quinoa has absorbed all the water and becomes fluffy, about 15-20 minutes.
9. Stir the remaining tablespoon of butter into the cooked quinoa and add a pinch of salt.
10. Ladle the smooth butternut squash soup into bowls and top each serving with a spoonful of buttered quinoa before serving.

30. Antioxidant Power Bowl



Serves 4

Prep time: 25 minutes | **Cook time:** 0 minutes | **Total time:** 25 minutes

Per serving 1 bowl (approximately 350g): Calories 425 | Protein: 32g | Carbohydrates: 38g | Fiber: 6g | Fat: 16g | Sodium: 820mg

Ingredients:

Bowls

- 4 oz (115g) vermicelli noodles

- 1 pound (454g) large shrimp, peeled, deveined, and cooked
- 1 head butterhead lettuce (200g), torn into bite-sized pieces
- 2 large carrots (120g), peeled and julienned
- 1 English cucumber (300g), julienned
- 1 avocado (150g), sliced
- 2 green onions (20g), sliced on a bias
- ½ cup (8g) small mint leaves (or torn large leaves)
- ¼ cup (35g) salted peanuts

Peanut Sauce

- ¼ cup (60g) creamy peanut butter
- ¼ cup (60ml) canned unsweetened light coconut milk
- 2 tablespoons (30ml) hoisin sauce
- 1 tablespoon (15ml) lime juice
- 1 tablespoon (8g) chopped roasted peanuts
- 1 teaspoon (5ml) sambal oelek (optional)

Nuoc Cham

- 6 tablespoons (90ml) rice vinegar
- 2 tablespoons (30ml) fish sauce
- 1 tablespoon (15ml) lime juice

- 1 tablespoon (10g) minced ginger
- 1 bird's-eye chile, thinly sliced (optional)

Instructions:

1. Prepare the vermicelli according to the package instructions, then rinse under cold water to stop the cooking process and cool completely.
2. Distribute the cooled noodles evenly among four serving bowls.
3. Make the Nuoc Cham by whisking together the rice vinegar, fish sauce, lime juice, minced ginger, and sliced chile (if using) in a small bowl. Set aside.
4. For the peanut sauce, combine the peanut butter, coconut milk, hoisin sauce, lime juice, chopped peanuts, and sambal oelek in another small bowl, whisking until you achieve a smooth, pourable consistency.
5. Arrange one-quarter of the cooked shrimp in each bowl alongside the noodles.
6. Create sections around the bowl by placing 1 cup of torn lettuce, $\frac{1}{4}$ cup of julienned carrots, $\frac{1}{4}$ cup of julienned cucumber, and several slices of avocado in each serving.
7. Garnish each bowl with sliced green onions, fresh mint leaves, and a sprinkle of salted peanuts.
8. Serve with both the peanut sauce and Nuoc Cham on the side.

NERVOUS SYSTEM REPAIR FOODS

Once cortisol has been elevated for months (or years), the body doesn't just need balanced macros. It needs repair.

This chapter emphasizes:

- Magnesium-rich foods
- Omega-3 fats
- Fermented and fiber-rich ingredients
- Protein for muscle preservation
- Warm, grounding meals

These are your “rebuild” recipes. Especially important in perimenopause and menopause.

31. Glycine-Rich Evening Broth Bowl



Serves 1

Prep time: 5 minutes | **Cook time:** 10 minutes | **Total time:** 15 minutes

Per serving (1 bowl approx. 400ml): Calories: 265 | Protein: 22g | Carbohydrates: 22g | Fiber: 2g | Fat: 9g | Sodium: 620mg

Ingredients:

- 1½ cups high-quality bone broth
- ½ cup cooked white rice or quinoa
- ½ cup chopped spinach
- ¼ cup shredded chicken (optional)
- 1 teaspoon olive oil or butter
- Pinch sea salt
- Pinch turmeric
- Fresh parsley (optional)

Instructions:

1. Heat the bone broth in a small saucepan over medium heat.
2. Add the spinach and allow it to wilt gently.
3. Stir in the cooked rice or quinoa and shredded chicken if using.
4. Add turmeric and salt.
5. Pour into a bowl and drizzle with olive oil or butter.
6. Top with parsley and enjoy warm.

32. Mineral-Balancing Sweet Potato Mash



Serves 2

Prep time: 5 minutes | **Cook time:** 20 minutes | **Total time:** 25 minutes

Per serving (½ recipe): Calories: **185** | Protein: **3g** | Carbohydrates: **32g** | Fiber: **5g** | Fat: **6g** | Sodium: **120mg**

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 tablespoon grass-fed butter or olive oil
- 2 tablespoons coconut milk
- ¼ teaspoon cinnamon
- Pinch sea salt

Instructions:

1. Boil sweet potatoes until fork-tender.
2. Drain and mash with butter, coconut milk, cinnamon, and salt.
3. Serve warm as an evening side.

33. Collagen Coconut Vanilla Pudding



Serves 2

Prep time: 5 minutes | **Chill time:** 1 hour

Per serving (½ cup approx.): Calories: **210** | Protein: **11g** |
Carbohydrates: **9g** | Fiber: **3g** | Fat: **16g** | Sodium: **55mg**

Ingredients:

- 1 cup full-fat coconut milk
- 1 scoop collagen peptides
- 1 tablespoon chia seeds
- ½ teaspoon vanilla extract
- 1–2 teaspoons maple syrup
- Pinch sea salt

Instructions:

1. Whisk all ingredients together until smooth.

-
2. Refrigerate for at least 1 hour until thickened
3. Stir before serving.

34. Calm Fat & Fiber Plate



Serves 1

Prep time: 5 minutes

Per serving: Calories: **310** | Protein: **14g** | Carbohydrates: **14g** |
Fiber: **6g** | Fat: **23g** \ Sodium: **220mg**

Ingredients:

- ½ avocado
- 2 tablespoons pumpkin seeds
- 1 boiled egg
- Small handful cherry tomatoes
- Drizzle olive oil
- Sea salt and pepper

Instructions:

1. Arrange everything on a small plate.
2. Drizzle with olive oil and season lightly.

35. Warm Pear with Cinnamon & Tahini



Serves 1

Prep time: 5 minutes | **Cook time:** 5 minutes

Per serving: Calories: **225** | Protein: **5g** | Carbohydrates: **28g** |
Fiber: **5g** | Fat: **11g** | Sodium: **15mg**

Ingredients:

- 1 ripe pear, sliced
- 1 tablespoon tahini
- ½ teaspoon cinnamon
- 1 teaspoon honey (optional)
- Pinch nutmeg

Instructions:

1. Gently warm pear slices in a pan over low heat for 3–4 minutes.
2. Transfer to a bowl and drizzle with tahini.
3. Sprinkle cinnamon and nutmeg.
4. Add honey if desired.

HORMONE RHYTHM SUPPORT

Hormones don't operate in isolation. Cortisol interacts with insulin. Insulin influences estrogen. Estrogen affects thyroid signaling. Progesterone depends on stable blood sugar and adequate fat intake.

When we nourish our bodies consistently with fiber, protein, cruciferous vegetables, minerals, and healthy fats, we support the natural rhythm of hormonal communication.

These recipes focus on:

- Fiber to support estrogen clearance
- Protein for stable blood sugar
- Healthy fats for hormone production
- Phytoestrogen-rich whole foods
- Cruciferous vegetables for detox pathways
- Balanced meals that reduce cortisol spikes

Think of this section as metabolic steadiness.

36. Broccoli & Flax Hormone Bowl



Serves 2

Prep time: 10 minutes | **Cook time:** 15 minutes | **Total time:** 25 minutes

Per serving 1 bowl (approx. 350g): Calories: **385** | Protein: **18g** | Carbohydrates: **38g** | Fiber: **11g** | Fat: **18g** | Sodium: **420mg**

Ingredients:

- 2 cups steamed broccoli florets
- 1 cup cooked quinoa
- 2 tablespoons ground flaxseed
- ½ avocado, sliced
- 2 soft-boiled egg

- 1 tablespoon olive oil
- Juice of ½ lemon
- Sea salt & black pepper

Instructions:

1. Steam broccoli until tender-crisp.
2. Divide quinoa between two bowls.
3. Top with broccoli, sliced avocado, and halved eggs
4. Sprinkle flaxseed evenly over both bowls
5. Drizzle with olive oil and lemon juice.
6. Season and serve.

37. Roasted Brussels Sprouts & Salmon Plate



Serves 2

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving (1 plate approx. 400g): Calories: **465** | Protein: **32g**
| Carbohydrates: **22g** | Fiber: **6g** | Fat: **30g** | Sodium: **380mg**

Ingredients:

- 2 salmon fillets (4 oz each)
- 2 cups Brussels sprouts, halved
- 1 tablespoon olive oil
- 1 teaspoon Dijon mustard
- ½ teaspoon turmeric

- Sea salt & pepper

Instructions:

1. Roast Brussels sprouts at 400°F for 15–20 minutes.
2. Pan-sear or bake salmon.
3. Whisk Dijon and turmeric with a splash of olive oil.
4. Drizzle over salmon before serving.

38. Lentil & Sweet Potato Balance Soup



Serves 4

Prep time: 10 minutes | **Cook time:** 30 minutes | **Total time:** 40 minutes

Per serving (1½ cups approx. 350ml): **Calories: 295** | **Protein: 14g** | **Carbohydrates: 42g** | **Fiber: 10g** | **Fat: 8g** | **Sodium: 540mg**

Ingredients:

- 1 cup dry red lentils
- 1 medium sweet potato, cubed
- 1 onion, chopped
- 3 cups vegetable broth
- 1 teaspoon cumin
- 1 teaspoon turmeric

- 1 tablespoon olive oil

Instructions:

1. Sauté onion in olive oil.
2. Add lentils, sweet potato, broth, and spices.
3. Simmer 25–30 minutes until tender.
4. Season and serve.

Why it works: Fiber + slow carbs stabilize insulin and support progesterone.

39. Berry Flax Yogurt Bowl



Serves 1

Prep time: 5 minutes

Per serving (1 bowl approx. 300g): **Calories: 325 | Protein: 20g |**
Carbohydrates: 28g | Fiber: 6g | Fat: 14g | Sodium: 120mg

Ingredients:

- $\frac{3}{4}$ cup full-fat Greek yogurt
- $\frac{1}{2}$ cup mixed berries
- 1 tablespoon ground flaxseed
- 1 tablespoon almond butter
- 1 tablespoon hemp seeds

Instructions:

1. Layer yogurt in bowl.
2. Top with berries, flaxseed, almond butter, and hemp seeds.

40. Roasted Cauliflower & Tahini-Herb Crumble with Hemp



Serves 4

Prep time: 15 minutes | **Cook time:** 25 minutes | **Total time:** 40 minutes

Per serving (approx. 350g): **Calories: 425** | **Protein: 22g** | **Carbohydrates: 26g** | **Fiber: 9g** | **Fat: 30g** | **Sodium: 430mg**

Upgrades:

- Add ½ cup hemp seeds to crumble
- Add 1 cup Greek yogurt whisked into tahini base

Ingredients:

Cauliflower

- 1 large head cauliflower (900g), cut into florets
- 2 tablespoons (30ml) olive oil
- 1 teaspoon ground cumin
- ½ teaspoon ground turmeric
- ½ teaspoon sea salt

- ¼ teaspoon black pepper

Tahini-Herb Crumble

- ¼ cup (60g) tahini
- 1 cup (225g) plain Greek yogurt
- 2 tablespoons (20g) pumpkin seeds
- 2 tablespoons (20g) sunflower seeds
- ½ cup (50g) hemp seeds
- 1 tablespoon (10g) ground flaxseed
- 2 tablespoons chopped fresh parsley
- 1 small garlic clove (3g), minced
- Pinch sea salt

Instructions:

1. Preheat your oven to 400°F (200°C) and line a large baking sheet with parchment paper.
2. Place the cauliflower florets in a large bowl.
3. Drizzle with olive oil and sprinkle with cumin.
4. Spread the cauliflower in a single layer on the baking sheet.
5. Roast for 20 to 25 minutes.
6. Transfer the roasted cauliflower to a shallow baking dish.
7. Spoon the tahini crumble over the top in uneven clusters.

8. Return to the oven for 5 minutes to warm the topping.
9. Serve warm.

41. High-Protein Buckwheat & Mushroom Pilaf



Serves 4

Prep time: 10 minutes | **Cook time:** 20 minutes | **Total time:** 30 minutes

Per serving: Calories: **415** | Protein: **24g** | Carbohydrates: **40g** | Fiber: **8g** | Fat: **16g** | Sodium: **390mg**

Ingredients:

- 1 cup (170g) buckwheat groats
- 2 cups (480ml) vegetable broth
- 1 tablespoon (15ml) olive oil
- 1 shallot (30g), finely chopped
- 1½ cups (150g) mushrooms, sliced
- 1½ cups (250g) cooked green lentils
- ¼ cup (25g) hemp seeds
- 1 tablespoon fresh thyme leave

- Salt and black pepper to taste

Instructions:

1. Toast buckwheat in a dry saucepan over medium heat for 2 to 3 minutes.
2. Add broth and bring to a boil. Reduce to low, cover, and simmer for 15 minutes or until tender.
3. In a skillet, heat olive oil. Add shallots and cook for 2 minutes.
4. Add mushrooms and sauté for 5 to 7 minutes until browned.
5. Stir in cooked lentils and warm through.
6. Fluff buckwheat with a fork and fold in the mushroom mixture, hemp seeds, and thyme.
7. Season and serve.

42. Baked Eggs with Kale, Feta & Cottage Whip



Serves 2

Prep time: 10 minutes | **Cook time:** 18 minutes | **Total time:** 28 minutes

Per serving: Calories: **465** | Protein: **34g** | Carbohydrates: **12g** | Fiber: **3g** | Fat: **33g** | Sodium: **540mg**

Ingredients:

- 4 large eggs
- 2 cups (70g) chopped kale
- 1 tablespoon (15ml) olive oil
- 1 garlic clove (3g), minced
- ½ cup (120g) cottage cheese

- ½ cup (75g) crumbled feta
- Pinch red pepper flakes
- Salt and black pepper

Instructions:

1. Preheat oven to 375°F (190°C).
2. Heat olive oil in a skillet.
3. Add garlic and sauté 30 seconds.
4. Add kale and cook until softened, about 4 minutes.
5. Blend cottage cheese until smooth.
6. Spread cottage cheese in the base of a small baking dish. Top with sautéed kale.
7. Crack eggs over the mixture.
8. Bake 15 to 18 minutes until whites are set.
9. Sprinkle with feta and red pepper flakes.
10. Serve warm.

43. Sweet Potato, Lentil & Turkey Hormone Stew



Serves 4

Prep time: 10 minutes | **Cook time:** 30 minutes | **Total time:** 40 minutes

Per serving: Calories: **420** | Protein: **29g** | Carbohydrates: **42g** | Fiber: **11g** | Fat: **14g** | Sodium: **480mg**

Ingredients:

- $\frac{3}{4}$ pound (340g) lean ground turkey
- 1 tablespoon (15ml) olive oil
- 1 small onion (100g), chopped
- 1 large sweet potato (400g), cubed
- 1 cup (200g) red lentils, rinsed

- 3 cups (720ml) chicken or vegetable broth
- 1 teaspoon ground coriander
- 1 teaspoon turmeri
- ½ teaspoon sea salt
- ¼ teaspoon black pepper
- Optional: squeeze fresh lemon

Instructions:

- Heat olive oil in a large pot over medium heat.
- Add onion and cook until softened.
- Add ground turkey and cook until browned.
- Stir in spices.
- Add sweet potato, lentils, and broth. Bring to a boil.
- Reduce heat and simmer 20 to 25 minutes until lentils are soft, and sweet potato is tender.
- Adjust seasoning and serve warm.

44. Protein Flax & Berry Baked Oat Squares



Serves 6

Prep time: 10 minutes | **Cook time:** 25 minutes | **Total time:** 35 minutes

Per serving: Calories: 325 | Protein: 21g | Carbohydrates: 30g | Fiber: 7g | Fat: 14g | Sodium: 140mg

Ingredients:

- 2 cups (160g) rolled oats
- $\frac{3}{4}$ cup (60g) vanilla protein powder
- 2 tablespoons (14g) ground flaxseed
- 2 large eggs
- $\frac{3}{4}$ cup (180g) plain Greek yogurt

- $\frac{3}{4}$ cup (180ml) unsweetened almond milk
- 2 tablespoons (30ml) maple syrup
- 1 teaspoon vanilla extract
- 1 cup (140g) mixed berries

Instructions:

- Preheat oven to 375°F (190°C).
- Line an 8x8-inch pan with parchment paper.
- Combine oats, protein powder, and flaxseed in a bowl.
- In another bowl, whisk eggs, yogurt, almond milk, maple syrup, and vanilla.
- Mix wet into dry ingredients. Fold in berries.
- Spread into pan and bake 25 to 30 minutes until set.
- Cool before slicing into squares.

45. Sesame-Ginger Tofu & Broccoli Stir-Fry



Serves 2

Prep time: 10 minutes | **Cook time:** 15 minutes | **Total time:** 25 minutes

Per serving (approx. 400g): Calories: 485 | Protein: 32g | Carbohydrates: 28g | Fiber: 9g | Fat: 28g | Sodium: 520mg

Ingredients:

- 14 oz (400g) extra-firm tofu, pressed and cubed
- 2 cups (180g) broccoli florets
- 1 red bell pepper (120g), sliced
- 1 cup (100g) snow peas
- 2 tablespoons (30ml) sesame oil, divided
- 1 tablespoon (15ml) tamari or coconut aminos
- 1 tablespoon (15ml) rice vinegar
- 1 teaspoon freshly grated ginger
- 1 garlic clove (3g), minced

- 1 tablespoon (10g) sesame seeds
- 1 tablespoon (10g) hemp seeds
- ¼ teaspoon sea salt
- Freshly ground black pepper
- Optional: squeeze of lime

Instructions:

1. Pat the tofu dry thoroughly with paper towel.
2. Heat 1 tablespoon sesame oil in a large skillet over medium-high heat.
3. Add the tofu cubes in a single layer.
4. Cook for 4 to 5 minutes without moving until golden on one side.
5. Flip and cook another 3 to 4 minutes until lightly crisp on edges.
6. Remove from pan and set aside.
7. In the same skillet, add remaining sesame oil.
8. Add broccoli, bell pepper, and snow peas.
9. Stir-fry for 4 to 5 minutes until bright green and tender-crisp.
10. Add garlic and ginger and cook for 30 seconds.
11. Return tofu to the skillet.

12. Stir in tamari and rice vinegar.
13. Toss gently until heated through.
14. Remove from heat.
15. Sprinkle with sesame seeds and hemp seeds.
16. Serve immediately with a squeeze of fresh lime.

CORTISOL RESET COMPANION 7-DAY NUTRITION PLAN

Ideal rhythm:

Wake: 6–7 AM

Breakfast: by 8 AM

Lunch: 12–1 PM

Snack: 4 PM

Dinner: 6–7 PM

Kitchen closed: 3 hours before bed

Target: 90–100g protein daily

DAY 1.

Breakfast: Berry Flax Yogurt Bowl

Lunch: Roasted Brussels Sprouts & Salmon Plate

Dinner: Lentil & Sweet Potato Balance Soup

DAY 2.

Breakfast: Baked Eggs with Kale, Feta & Cottage Whip

Lunch: Broccoli & Flax Hormone Bowl

Dinner: Cellular Repair Soup with Buttered Quinoa

DAY 3.

Breakfast: Protein Flax & Berry Baked Oat Squares + side Greek yogurt

Lunch: Antioxidant Power Bowl

Dinner: Roasted Cauliflower & Tahini-Herb Crumble with Hemp + grilled chicken breast (palm-sized)

DAY 4.

Breakfast: Focus-Enhancing Matcha Latte + 2 Calming Ashwagandha Balls

Lunch: High-Protein Buckwheat & Mushroom Pilaf

Dinner: Sweet Potato, Lentil & Turkey Hormone Stew

DAY 5.

Breakfast: Pre-Workout Adaptogen Smoothie

Lunch: Sesame Ginger Tofu & Broccoli Stir-Fry

Dinner: Ginger Detox Juice + Berry Flax Yogurt Bowl

Day 6.

Breakfast: Baked Eggs with Kale, Feta & Cottage Whip

Lunch: Broccoli & Flax Hormone Bowl

Dinner: Lentil & Sweet Potato Balance Soup (leftover batch)

Day 7.

Breakfast: Protein Oat Squares + Greek yogurt

Lunch: Antioxidant Power Bowl

Dinner: Roasted Salmon + Quinoa + Roasted Vegetables

CORTISOL RESET 7-DAY GROCERY LIST

This list supports:

- 90–100g protein daily
- 40/30/30 visual balance
- Minimal stress prep
- 7 structured breakfasts
- 7 protein-balanced lunches
- 7 balanced dinners
- 7 structured snacks
- Evening tea ritual
- Leftovers built in

Fresh Produce

Leafy Greens

- 6 cups baby spinach
- 1 large bunch kale
- 1 bunch parsley
- 1 small bunch fresh mint
- 1 bag arugula or mixed greens

Vegetables

- 3 medium sweet potatoes
- 1 butternut squash (medium-large)
- 3 cups broccoli florets (about 2 heads)
- 4 cups Brussels sprouts
- 1 large head cauliflower
- 2 large carrots
- 2 cucumbers
- 1 English cucumber
- 1 beetroot
- 1 yellow onion

- 1 red onion
- 4 garlic cloves
- 1 fresh ginger root
- 1 lemon (plus 2 extra for dressings)
- 2 limes

Fruit

- 3 bananas
- 2 cups blueberries (fresh or frozen)
- 1 bag tart cherries (frozen)
- 1 avocado
- 1 green apple

Proteins

- 6 salmon fillets (approx. 4–5 oz each)
- 1 lb ground turkey (for Hormone Stew)
- 1 block firm tofu
- 18 large eggs
- 1 large container plain Greek yogurt (approx. 750g–1kg)
- 1 scoop unflavored or vanilla protein powder (small container)

Grains & Legumes

- 2 cups dry quinoa
- 1 cup dry buckwheat groats
- 1 cup dry lentils
- 1 can chickpeas
- 1 small pack vermicelli noodles (for Antioxidant Bowl)
- Quick oats (2 cups total needed for week)

Nuts, Seeds & Healthy Fats

- Olive oil (large bottle)
- Tahini (small jar)
- Almond butter (small jar)
- Sunflower seed butter (small jar)
- Hemp seeds
- Ground flaxseed
- Chia seeds
- Pumpkin seeds
- Walnuts (½ cup)

- Almonds (½ cup)

Dairy / Alternatives

- Feta cheese (small block)
- Cottage cheese (1 small container)
- Light coconut milk (1 can)
- Unsweetened almond milk (1 carton)

Pantry & Flavor Builders

- Cinnamon
- Cumin
- Paprika
- Turmeric
- Sea salt
- Black pepper
- Hoisin sauce
- Fish sauce
- Rice vinegar
- Maple syrup

- Liquid stevia (optional)
- Sambal oelek (optional)

Smoothie & Functional Add-Ins

- Collagen peptides
- Ashwagandha powder
- Maca powder
- Spirulina (optional if making heavy metal smoothie)
- Barley grass juice powder (optional)

Hydration Support

- Herbal tea (lemon balm, chamomile, mint, etc.)
- Matcha powder
- Coconut water

A Note About Quantities

You may notice that some ingredient quantities in the grocery list are larger than what is required for a single recipe. This is intentional. Buying slightly larger quantities allows you to cook in batches, reduce midweek decision fatigue, and avoid the stress of running out of food when your schedule is already full. Larger portions of proteins, grains,

and yogurt also make it easier to prepare extra servings, freeze leftovers, or assemble simple balanced meals on nights when cooking feels overwhelming.

This approach reduces waste, saves money over time, and supports consistency, which is essential for cortisol regulation. Think of this grocery list not as a rigid formula, but as a framework that prioritizes rhythm, simplicity, and nourishment over perfection.