

# Deep Nourishment for Adrenals

Explore the “Eat With Pleasure Guide” for nutrition guidance, recipes & functional nourishment

- 30 grams of protein with breakfast
- Eat within 1 hour of waking
- No skipping meals
- Bone broth daily
- Coffee after meals, weaned, or replaced with alternatives
- Sunlight exposure as early and as naked as you can get
- Daily adrenal cocktail
- Aim for at least 100 grams of protein per day (30 per meal)
- No naked carbs, but you DO need carbs (aim for nonstarchy carbs)
- Move your body for at least 30 minutes a day even if it's a baby grandma walk
- We need FATS to make hormones- there should be a healthy fat source with each meal

## Superfoods

- Bone Broth
- Oysters
- Organ meats
- Fermented Foods
- Cruciferous Veggies
- Berries
- Leafy Greens

## Adrenal Cocktail

- Orange Juice
- Coconut Water
- Sea Salt
- Lemon
- Cream of Tartar
- Orange juice
- Pomegranate juice

## Nuts and Seeds

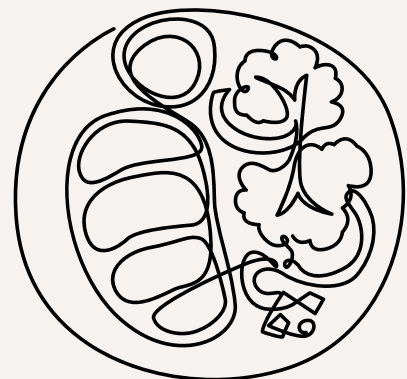
- Seed Cycling (*Eat With Pleasure Guide!*) - *If you don't want to cycle them, just eat them*
- Flaxseeds (freshly ground)
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Walnuts, brazil nuts

## Fats

- Grass-fed ghee
- Butter from pasture grass-fed cows or goats
- Olives, olive oil
- Avocado, avocado oil
- Coconut, Full fat coconut milk, Coconut oil, MCT oil
- Nuts and seed, nut/seed butters and oils
- Walnut oil
- Almond oil
- Macadamia oil
- Unrefined sesame oil
- Tahini (sesame paste)
- Flax oil
- Hemp oil
- Organic, humanely raised tallow, lard, duck, or chicken fat

## Your Plate

At each meal, make sure you include a protein source, nutrient-dense carbohydrates, and some non-starchy veggies to support stable blood sugar levels. When your blood sugar is stable, you won't ride the sugar roller coaster all day and you'll be more likely to make better choices when it comes to meals.



Non-starchy veggies will make up the majority of your meals. Ideally these foods will fill half of your plate. These foods are packed with vitamins, minerals, and fiber. Most veggies fall into this category, including: leafy greens, asparagus, onions, zucchini, and sweet peppers.

Nutrient-dense carbs should occupy a quarter of your plate. These are your fruits, roots, beans, and whole grains.