



# Adrenal Reset Diet

## GUIDELINES AND GROCERY LIST

### GUIDELINES

#### AVOID

sugar  
alcohol  
refined flours  
high 'glycemic  
load' fruits  
caffeine

#### LIMIT

corn  
rice  
wheat  
white potato

#### MOSTLY

vegetables, plant  
& animal protein,  
mineral water

#### TIPS

always have water  
and a high-fat  
snack on hand,  
prepare to eat  
small meals every  
few hours

### GROCERY LIST

\*grass-fed  
\*\*wild-caught

\*\*\*free-range, pastured  
~unsweetened, sugar-free

#### VEGGIES

leafy greens  
root veggies cabbage,  
cauliflower, broccoli,  
winter & summer  
squash, radish, sea  
veggies

#### FRUITS

dark berries,  
stone fruit (anything  
with a pit), apples,  
bananas (limit),  
avocado, papaya,  
pineapple, lemon

#### MEAT

beef\*  
fish\*\*  
poultry\*\*\*  
eggs\*\*\*  
liver  
shellfish

#### DRINKS

kombucha  
kvass  
kefir  
mineral water  
mocktail mix~

#### SUPPLEMENTS

Vitamin B12  
adrenal support  
herbal & mineral  
blends (ask  
practitioner), collagen

#### DRY GOODS

lentils  
whole grains  
(sprouted)  
nuts, seeds  
cacao powder~

#### CONDIMENTS

olive oil  
coconut oil  
tomato paste~  
apple cider vinegar

#### DAIRY

goat & sheep  
cheese  
coconut yogurt~  
avoid cow's milk (if  
eaten should be  
full-fat, preferably  
fermented)  
nut milk

### LIFESTYLE

light to moderate exercise  
breath work, meditation & relaxation  
get outdoors

laughter  
rest & adequate sleep  
be kind to yourself and accept affection from others



# Adrenal Reset Diet

## MEAL PLANNER MENU

	BREAKFAST	LUNCH	DINNER
MON	veggie omelette cups (w/ goat cheese)	spinach salad w/ blueberries, walnuts & turkey bacon	spaghetti squash or zucchini noodles & meatballs
TUES	smoothie (avocado, kale, blueberries, nut milk, collagen, flax seed)	dinner leftovers	fajita chicken lettuce wraps w/ cashews
WED	flourless banana pancakes w/ nuts	leftover chicken salad wrap	salmon with roasted root veggies, avocado slices
THURS	grain-free granola, coconut yogurt, berries	leftover roasted root veggie salad w/ goat cheese, pumpkin seeds, avocado dressing	chicken and lentil curry w/ side of green veggie
FRI	smoothie (banana, nut butter, collagen, cacao, coconut oil)	tuna salad, cherry tomatoes, asparagus	thai surf n turf stirfry with shrimp, beef, & cabbage
	<b>SNACKS</b>	sprouted nuts, cheese & grain-free crackers, carrot sticks & hummus, meat sticks, pumpkin seeds, roasted veggie chips	