

Sample nutrition day for adrenal exhaustion

Breakfast;

- 1 turkey pepperoni
- 4 squares of 80-100% of organic dark chocolate
- 1/2 cup of 0% cottage cheese
- 1/4 cup of full fat yogurt with cinnamon and cacao powder
- 1 boiled egg with sea salt (optional if still hungry)

Lunch;

- Chicken breast salad with pickled beats, EVOO and balsamic vinegar
- 1/2 organic granny smith apple
- 1 ounce of organic blueberries
- 1 serving of sweet potato brownie

Dinner;

- 180-200 g of Steak
- Organic salad greens with cilantro, EVOO and balsamic vinegar, sea salt and spices of your choice
- 1/4 avocado
- Mustard of choice

Morning routine must have sea salt and lemon juice. No caffeine after noon. And the evening routine must have some adaptogen tea and collagen, and magnesium. GABA is wise for adrenal support too and to help optimize sleep.

