



Healthy Carbs – Serving Sizes

EVERYDAY

Acorn squash - 1/4 cup
 Adzuki beans - 1/4 cup
 Barley, cooked - 1/4 cup
 Beets - 1/4 cup
 Black beans - 1/4 cup
 Blackberries - 1/4 cup
 Blueberries - 1/4 cup
 Brown rice, cooked - 1/4 cup
 Butternut squash - 1/4 cup
 Cannellini beans - 1/4 cup
 Garbanzo beans (chickpeas) - 1/4 cup
 Grapefruit - 1/4 fruit
 Hummus - 2 tbsp
 Kidney beans - 1/4 cup
 Kabocha squash - 1/4 cup
 Lentils - 1/4 cup
 Navy beans 1/4 cup
 Northern beans 1/4 cup
 Raspberries - 1/4 cup
 Steel cut oats, cooked - 1/4 cup
 Strawberries - 1/4 cup
 Sweet potato - 1/4 cup
 Turnips, boiled - 1/4 cup
 Pinto beans - 1/4 cup
 Potato, boiled - 1/4 cup
 Quinoa, cooked - 1/4 cup
 Peas - 1/4 cup
 Peach - 1/2 fruit
 Parsnips boiled - 1/4 cup

FEW TIMES PER WEEK OR LESS

Apple - 1/2 fruit
 Banana - 1/2 fruit
 Beer - 3 ounces or 1/4 bottle/can
 Cantaloupe melon - 1/2 cup
 Honeydew melon - 1/2 cup
 Pear - 1/2 fruit
 Plum - 1 fruit
 Kiwi - 1/2 fruit
 Mango - 1/4 cup
 Orange - 1/2 fruit
 Pasta, gluten free, cooked - 1/4 cup
 Pineapple - 1/4 cup
 Plantain, cooked - 1/4 cup
 Nectarine - 1/2 fruit
 Watermelon - 1/2 cup
 Wine - 2 ounces



Diet Plan

BREAKFAST

1 SERVING PROTEIN

1 SERVING FAT

1 SERVINGS CARBS

LUNCH

1 SERVING PROTEIN

1 SERVING FAT

2 SERVINGS CARBS

DINNER

1 SERVING PROTEIN

1 SERVING FAT

3 SERVINGS CARBS

MID-MORNING AND MID-AFTERNOON SNACKS FOODS FROM UNLIMITED LIST

Healthy Proteins

Serving Sizes all should equal 4-6 ounces uncooked unless otherwise specified

EVERYDAY

Beef, Lean grass fed
 Beef, Lean ground
 Black cod / sablefish
 Chicken breast
 Cod
 Protein Powder, Vegetable based- 1 serving
 Sardines
 Shrimp
 Turkey breast
 Turkey, Lean ground
 Wild Alaskan salmon
 Rainbow trout

SEVERAL TIME PER WEEK OR LESS

Crab
 Turkey bacon - 3 pieces
 Oysters
 Canadian bacon - 3 pieces
 Ham, lean
 Lamb
 Pork chop
 Pork loin, lean
 Lobster

Healthy Fats – Serving Sizes

EVERYDAY

Almonds - 21 almonds = 1/4 cup = 3/4 ounce
 Almond butter - 2 tbsp
 Avocado - 1/3 medium
 Chia seeds - 2 tbsp or 3/4 ounce
 Coconut milk beverage, unsweetened - 1 cup
 Extra Virgin Olive Oil - 1 tbsp
 Flax seeds - 2 tbsp or 3/4 ounce
 Grape seed oil - 1 tbsp
 Guacamole - 3 tbsp
 Sunflower seeds - 2 tbsp or 3/4 ounce
 Walnuts - 1/4 cup or 3/4 ounce
 Pumpkin seeds - 2 tbsp or 3/4 ounce
 Olives - 1/2 cup
 Pistachios, unsalted and shelled - 1/4 cup or 3/4 ounce
 Macadamia oil - 1 tbsp
 Macadamia nuts - 1/4 cup or 3/4 ounce
 Hemp seeds - 2 tbsp or 3/4 ounce

FEW TIMES PER WEEK OR LESS

Brazil nuts- 1/4 cup or 3/4 ounce
 Butter - 1 tbsp
 Canola oil - 1 tbsp
 Coconut, shredded unsweetened - 2 tbsp
 Coconut oil - 1 tbsp
 Ghee (clarified butter) 1 tbsp
 Sesame oil, toasted - 1 tbsp



UNLIMITED FOODS

Have as much as you want whenever you want for meals or snacks. Plan to get 1/2 of a plate of vegetables with your lunch and dinner. Be sure to have some dark leafy greens for at least one of these.

- | | | |
|------------------|--------------------|------------------|
| Alfalfa sprouts | Daikon | Radishes |
| Arugula | Eggplant | Red leaf lettuce |
| Artichoke | Endive | Red peppers |
| Artichoke hearts | Escarole | Romaine lettuce |
| Asparagus | Fennel | Rutabaga |
| Baby bok choy | Garlic | Scallions |
| Baby corn | Ginger | Snow peas |
| Bamboo shoots | Green beans | Spaghetti squash |
| Bean sprouts | Green leaf lettuce | Spinach |
| Bok choy | Green onions | Summer squash |
| Broccoli | Green peppers | Swiss chard |
| Brussels sprouts | Jicama | Tomato |
| Butter lettuce | Kale | Tomatillos |
| Cabbage | Kohlrabi | Turnip greens |
| Carrots | Leeks | Water chestnuts |
| Cauliflower | Lemon juice | Watercress |
| Celery | Lime juice | Zucchini |
| Celery root | Mushrooms | |
| Chicory greens | Okra | |
| Collard greens | Onions | |
| Crookneck squash | Pea pods | |
| Cucumber | Pumpkin | |
| | Radicchio | |



FOODS TO AVOID

- | | |
|--------------------------|----------------------------|
| ALBUMEN | MALTODEXTRIN |
| CASEIN | MILK |
| CHEESE | MODIFIED VEGETABLE PROTEIN |
| CORN FLOUR | MSG |
| CORN STARCH | NATURAL FLAVORS |
| CORN SYRUP | SODIUM CASEINATE |
| CORN SYRUP SOLIDS | SOY PROTEIN |
| DEXTROSE | SOY PROTEIN ISOLATE |
| EGG | SUGAR |
| EGG WHITE | WHEAT |
| EGG YOLK | WHEY PROTEIN |
| FRUCTOSE | WHEY PROTEIN ISOLATE |
| GLUTEN | WHOLE WHEAT |
| HIGH FRUCTOSE CORN SYRUP | |

For your specially formulated AM and PM tonics, take this quiz:
www.adrenalquiz.com

YOUR GUIDE TO THRIVING!



the adrenal reset diet

When our bodies shift into survival mode, we gain weight. Survival mode also disrupts sleep and raises our reactions to stress. Processed foods, pollutants, and the pressures of daily life trigger this physiologic pattern. Typical weight loss efforts like eating less and exercising more only make the problem worse. By cycling carbohydrates, repairing our circadian rhythms and raising our mental clarity, we can make ourselves resistant to survival mode, lose weight, and thrive!



Noon



Salad

Mini Vacation

3 pm



Veggies

9 am



Exercise

AM Tonic

Shake



PM Tonics

6 am

6 am

6 pm

START TODAY MENU PLAN



BREAKFAST = RESET SHAKE.

SHAKE WITH 10 OZ OF COLD WATER

RESET SHAKE - 1 SERVING



LUNCH = MIXED SALAD

1 PALM-SIZED PIECE OF SALMON OR CHICKEN
UNLIMITED GREENS
LOW STARCH VEGGIES AS IN SNACK LIST
1/2 CUP KIDNEY OR GARBANZO BEANS
1 TABLESPOON OLIVE OIL, VINEGAR AS NEEDED
(SEE UNLIMITED AND AVOID LIST ON THE BACK)



DINNER = STIR FRY

4-6 OUNCES LEAN BEEF OR CHICKEN
UNLIMITED VEGGIES
3/4 CUP COOKED BROWN RICE OR QUINOA
TAMARI SOY SAUCE
GINGER & GARLIC
1 TABLESPOON TOASTED SESAME OIL

Relaxation
Wind Down
Dim Lights

9 pm



3 am

Psychological Repair

Physical Repair

zzzzzz Sleep zzzzzz

Midnight