



STRESS NUTRITION

ADRENAL WELLBEING TOOLKIT

Inside this toolkit, find delicious, nutritious wellbeing information on how to support your mind and body through periods of stress and boost the adrenal glands to *improve energy*.





PROTEIN

Amino Acids FEED THE BODY AND THE BRAIN!

All the macronutrients (proteins, carbs, fats) are essential for adrenal health but protein deserves a special mention here. All protein foods are made of building blocks called amino acids and these can be very helpful for adrenal fatigue. Tyrosine is an amino acid that the body produces from phenylalanine. It is thought to increase important brain chemicals, which affect your mood and stress response and is a precursor to the production of stress hormones cortisol, dopamine, norepinephrine and epinephrine.

Spread The Word

Protein is also used for growth and repair and is also able to serve as a metabolic fuel source. Proteins are not stored for later use, so excess proteins must be converted into glucose or triglycerides, and used to supply energy or build energy reserves.



DAY ONE NUTRITION

- **Breakfast:** 45g oats with 300ml skimmed milk and 1tsp honey; 200ml apple juice.
- **Snack:** 120g low-fat yoghurt with blueberries and honey.
- **Lunch:** Grilled chicken (1 chicken breast) salad sandwich with wholemeal bread.
- **Snack:** Smoothie – blend 15g whey protein, 80g raspberries, 80g blueberries, 50g blackberries and water.
- **Dinner:** 120g tuna steak with stir-fried broccoli, mushrooms, green beans, sesame seeds and oil; 70g brown rice.
- **Snack:** 250ml skimmed milk.
- **Daily total:** 1,835 calories, 136g protein, 229g carbs, 33g fat

EXCELLENCE IS A HABIT!

Consistency IS THE KEY TO SUCCESSFUL *Wellbeing*

DAY TWO NUTRITION

- **Breakfast:** Smoothie – blend 25g whey protein, 300ml skimmed milk, 100g strawberries and a banana.
- **Snack:** 120g low-fat yoghurt, blueberries and honey.
- **Lunch:** Tuna sandwich on wholemeal bread; 200ml skimmed milk.
- **Snack:** Mixed nuts, raisins and cranberries.
- **Dinner:** 100g chicken, bacon and avocado salad.
- **Snack:** 1 apple with 2tbsp natural peanut butter.
- **Daily total:** 1,802 calories, 131g protein, 219g carbs, 37g fat



DAY THREE NUTRITION

- **Breakfast:** Smoothie – blend 25g whey protein, 300ml skimmed milk, 100g strawberries and a banana.
- **Snack:** 90g mackerel on 1 slice of wholemeal toast.
- **Lunch:** 1 apple; chicken salad sandwich on wholemeal bread.
- **Snack:** 1 banana.
- **Dinner:** 120g fillet steak with spinach and 2 grilled tomatoes.
- **Snack:** 100g low-fat cottage cheese and pineapple.
- **Daily total:** 1,821 calories, 138g protein, 222g carbs, 35g fat





SUGAR

THE LOW DOWN ON THE *White Stuff*

GOOD CARBS VS BAD CARBS

All carbohydrate foods are broken down into sugars and then glucose. The rate at which these sugars are broken down affects your blood sugar levels to varying degrees. Simple sugars affect blood sugar levels quickly and can make them spike and crash, whilst more complex sugars take time to break down and have less of an impact on your blood sugar levels.

The Glycemic Index (GI) is a measure of how quickly foods containing carbohydrates break down their sugars, and how this affects your blood sugar levels. Foods are given a ranking from 0 to 100 based on the speed at which their sugars are digested and converted into glucose.

FLUIDS & FUEL

Depending on your age and body composition, water accounts for up to 75% of our body weight and is one of the most important nutrients in the body.

Aim for six to eight glasses of 300ml fluids daily (this includes coffee and tea), but if you exercise regularly then you'll need more fluids to help replenish lost electrolytes and fluids through sweat.

Alcohol dehydrates the body and can leave us feeling low in energy, with poor focus and concentration. Light to moderate alcohol use may have some potential health benefits. But heavy drinking, including binge drinking can impact on memory and sleep, plus alcohol contains more calories per gram than proteins or carbohydrate foods.....so drinking alcohol in excess can make you fat!

If you must eat processed foods then make sure you know what you're eating. Manufacturers can hide all sorts of sugars, salts and fats in foods so long as it's listed on the label. And how many of us read the label, or understand it?

- Low sugar is classified as less than 5g/100g
- Low fat is classified as less than 3g/100g
- Low salt is classified as 0.3g/100g

DAY FOUR NUTRITION

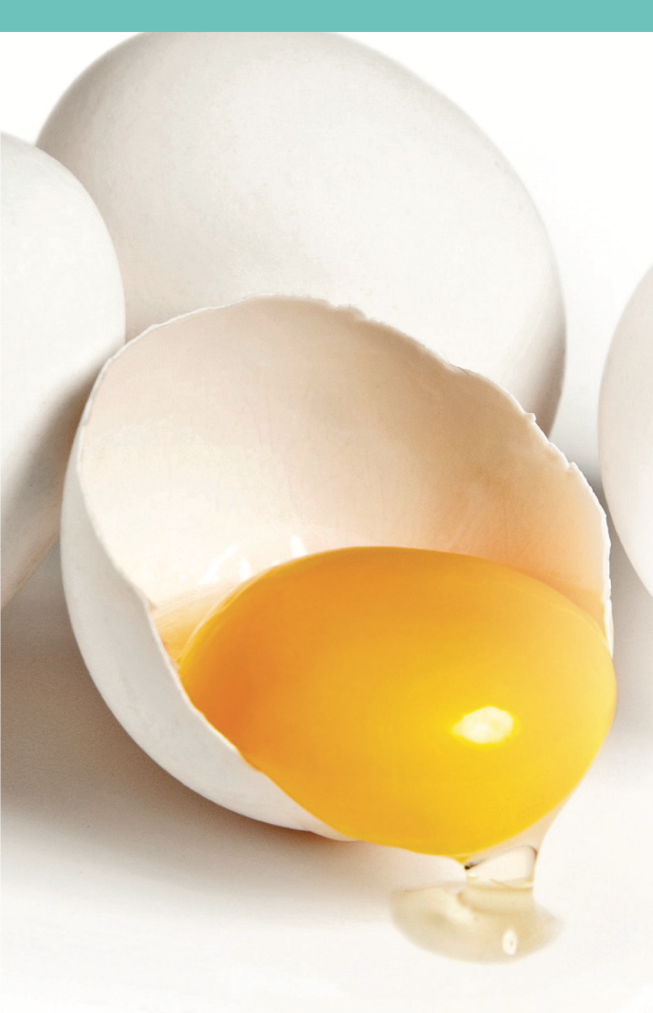
- **Breakfast:** 4 scrambled egg whites on 2 slices of wholemeal toast.
- **Snack:** 1 low-fat yoghurt with blueberries and a handful of oats and honey.
- **Lunch:** Smoothie – blend 25g whey protein, 80g raspberries, 80g blueberries, 50g blackberries and water; 30g brazil nuts.
- **Snack:** 100g low-fat cottage cheese and pineapple.
- **Dinner:** Tuna niçoise salad (100g tuna, mixed salad leaves, plum tomatoes, a red pepper and 4 new potatoes).
- **Snack:** 250ml skimmed milk.
- **Daily total:** 1,835 calories, 136g protein, 229g carbs, 33g fat

BERRYTASTIC!

Blueberries and strawberries have a low GI number which is why they feature in this nutrition plan so much.

ALWAYS SNACKING?

If your blood sugar levels spike and crash, you're much more likely to reach for a sugary snack for an instant energy boost.



ON THE GO

EGGS

THE SUPER *snack*

Eggs are a great portable snack and a superb source of instant protein as a large egg can provide up to 10 grams of protein. Boil one every morning, keep it in its shell and crack it open at 3pm every day (wherever you are!) for a mid afternoon super, energy snack.

Eggs contain almost every nutrient that your body needs. They're particularly high in B vitamins and also contain a healthy fat called choline for the brain.

On The Go Snacks

...AND ANOTHER THING!

Turkey roll-ups can be delicious and nutritious high protein snack. Pop some cheese and sliced peppers inside for extra protein and vitamins C & E and they're essentially a sandwich without the bread!

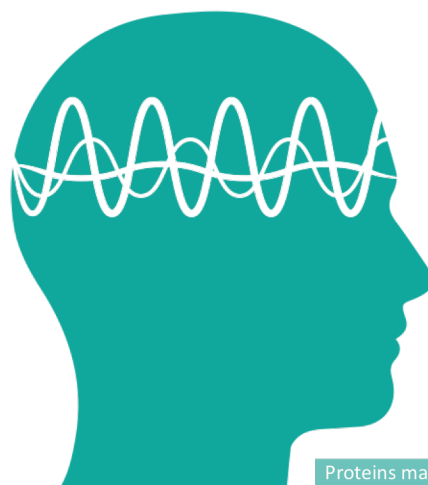
NO-BAKE PROTEIN ENERGY BALLS

Energy balls are a delicious, high protein snack made by combining a variety of ingredients, such as nut butter, oats, and seeds, and then rolling them into balls (see recipe on page 4).

Beef or chicken Jerky is meat that has been trimmed of fat, cut into strips, and dried. It makes an excellent and convenient snack. It's very high in protein containing an impressive 9 grams per ounce (28 grams)

KEY MESSAGE

- Look for snacks that are 100 calories or less then you can have one mid morning and also mid afternoon
- Sugar swap; choose low GI (glycaemic index) fruits instead of biscuits as these help to keep your blood sugar levels stable
- Examples of low GI fruits include blueberries, strawberries, cherries, dried apricots



Proteins make great brain foods!

SUPER ENERGY SNACKS

THESE *Snacks* SCORE AN **A+**
FOR **NUTRITION**

Mix and match some healthy protein snacks to multiply the nutrition content, for example Greek yoghurt with walnuts and grated apple (delicious!). Celery sticks with almond butter and raisins, hummus with veggie sticks, sardines or tuna on crackers or oat cakes, or cottage cheese with pine nuts and bread sticks.

Edamame beans make a great high protein finger snack for mid-afternoon munchies. They are naturally gluten free and low in calories, contain no cholesterol, and they are an excellent source of protein, iron, and calcium. Edamame beans are soybeans and you can buy them in or out of the pod in many supermarkets.

Note: Do NOT eat edamame beans raw they must be cooked thoroughly before consumed.

10 High Protein Snacks

QUICK & EASY SHOPPING LIST

1. Eggs
2. Turkey or ham to roll
3. Energy protein balls
4. Beef Jerky
5. Greek yoghurt, walnuts, grated apple
6. Celery, almond butter, raisins
7. Hummus, veggie sticks
8. Sardines, crackers
9. Cottage cheese, pine nuts
10. Edamame Beans

HEALTHY RECIPE APRICOT & DATES PROTEIN BALLS

INGREDIENTS

- 100g bag of mixed nuts
- 50g pitted dates
- 75g dried apricots
- 1 tbsp. peanut butter
- 1 tbsp. coconut oil
- 20ml coconut water
- 10g of Chocolate Whey Protein (optional)
- 50g desiccated coconut for the outer coating

METHOD

1. Whizz the nuts in a food processor until they become a fine powder, then empty into a large bowl.
2. Place the dates and the apricots in the blender with 10ml of the coconut water and whizz until smooth.
3. Add the dates, apricots and remaining coconut water to the powdered mixed nuts and mix together.
4. Add the coconut oil and the peanut butter and mix well until all the ingredients are evenly distributed.
5. Add the chocolate whey protein powder and mix together (adding more coconut water if necessary).
7. Roll into individual ball shapes and dip in coconut or nuts for the outer coating, then refrigerate.

