

7 Healing Foods For Adrenal Fatigue

*Plus Diet Tips
&
3-Day Meal Plan*

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Adrenal fatigue is a stress condition that may inflict many of us from time to time. One of the best ways we can tackle it is through eating more of the healing foods that promote stronger adrenal health.

1. Lemon

Many people with adrenal fatigue have a high acid body and lemon is the perfect food to help balance out the body's ph levels so that you are more neutral and alkaline. This is important because a high acid body leads to increased inflammation. Increased inflammation can increase many of your other symptoms. Therefore, keeping your ph levels in balance or trying to alkalize them, is a very good idea. It's easy too.

Although it may seem strange because when you think about a lemon you think of an acidic fruit, right? But it actually produces an alkaline result when ingested into the body like this.

Tip: Simply, start the day with a glass of warm water, the juice of half a lemon and a pinch of Himalayan or Celtic salt.



2. Himalayan or Celtic Salt

The adrenals help the body to maintain mineral balance and quite surprisingly the adrenals quite like a bit of additional salt. Not the table kind of course but some good quality Celtic or Himalayan salt helps add back some essential minerals and you'll find it helps to bump up your energy levels slightly.

Tip: You'll notice that salt is included in the morning lemon drink above and that is a perfect way to take it. Or try adding a little to your drinking water during the day to help slightly bump up your overall energy.

3. Protein

Eat good quality protein sources to help build energy into the body. The B vitamins found in protein are important for energy production, building all the cells in the body, helping with fat metabolism, the synthesis of neurotransmitters, and maintaining nerve cells. B vitamins are also fantastic to support stress and since adrenal fatigue is a stress condition, it makes perfect sense to help support your body with these key vitamins.

Tip: Whole protein sources include: meats, liver, eggs, nuts, fish, poultry, shellfish, chicken and so forth. Try including a portion of good quality protein at every meal to help sustain energy levels.



4. Eat your fat

Did you know we need fat for manufacturing hormones; this includes the many hormones that the adrenal glands produce. The adrenal glands produce around 50 different hormones and are a very active endocrine gland. So we can help support their activity by consuming a little more healthy fat.

Tip: Use olive oil, flax seed oil, walnut oil, coconut oil, avocado, and butter more regularly. These are healthy fats for the adrenals. Try to add a bit of healthy fat to each meal, drizzle a bit of olive oil on meals, cook with coconut oil, and make your own salad dressing with flaxseed and olive oil.

Tip: Omega 3 oils such as a fish oil supplement are also very beneficial and have the additional benefit of reducing inflammation in the body. With adrenal fatigue we can be prone to increased inflammation so this is one way to help counter any negative effects.



5. Peppers

Peppers are full of vitamin C and Vitamin C is one of the main vitamins hosted by the adrenals. When we are under stress we utilize vitamin C at a much faster rate so it's important to get more of it in order to support adrenal health and reduce cortisol levels too. Cortisol is our key stress hormone so anything we can do to lower cortisol is a good thing.

Vitamin C in one pepper

- Yellow bell pepper 341mg
- Red bell pepper 230mg
- Green bell pepper 119mg

Tip: Try eating pepper slices as a snack or add them to salads. They are best eaten raw for the vitamin C power.



6. Seaweed

Seaweed such as nori, kelp and wakame are loaded with many vitamins and minerals and one of those happens to be magnesium. In one cup of seaweed there is 218mg of magnesium. Magnesium is needed for over 300 enzymatic functions in the body and has a relaxing capacity on the muscles, mind, and whole body.

Tip: Try making some rice or vegetable sushi rolls, or using a couple of sheets of nori seaweed as a replacement for a bread wrap works very well. You can also cut up small pieces of kelp or wakame and add it to soups, stews, stir-fries or anything else you happen to be cooking.

7. Mackerel and Herring

Mackerel and herring are two sources of fish that contain an ingredient known as phosphatidyl serine. Phosphatidyl serine helps to modulate cortisol levels in the body via the hypothalamus – adrenal chain, known as the HPA (hypothalamic-pituitary-axis). The hypothalamus is the part of the brain that controls the balance of adrenal and hormone function. Because phosphatidyl serine is a natural component of the brain it also helps to improve brain function, sharpen mental focus, and improve memory.

Tip: A 100g (3.5oz) serve Mackerel contains 480mg of phosphatidyl serine; Herring contains 360mg. You can buy the fish fresh or even buy canned mackerel and herring.

If you're struggling with adrenal fatigue, try including more of these healing foods into your diet every day. Small things really can make all the difference so don't think a few small nutrition changes won't benefit your condition, they will 😊












Adrenal Fatigue Diet Tips

A few key tips to get the most out of your eating plan and foster more energy.

- **Start the day with a lemon and apple cider alkalizing, detoxifying drink.** This is the same as the lemon drink shared above but you add a capful of apple cider vinegar as well, and add a little Celtic salt to the recipe to help sooth the adrenals.
- **Eat breakfast within 1 hour of waking** – don't leave it too long to get your cortisol levels into gear.
- **Don't skip meals especially breakfast** – you need to get your blood sugars up at the beginning of the day so skipping a meal is not a good idea.
- **Don't wait too long to eat meals so that you are really hungry** – with adrenal fatigue, the body has a difficult time storing energy, so often it's best to eat smaller meals at more regular intervals.
- **Have a carb, a protein and a fat at every meal** – this is a good balanced approach and will give you more sustained energy. If you do eat whole grains or beans and legumes, limit those to 1 cup per day and make sure you include loads of vegetables for their vitamin and mineral content. Vegetables are carbohydrates too and are a better option due to their large nutrient content.
- **Don't overeat** – this places additional load on every digestive process and your adrenals too.
- **Don't get overly hungry** – Eat an early lunch because the body utilises the morning energy quickly, or at least have a good mid morning snack that will get you through. It's important not to let yourself get too hungry because the body starts freaking out and having those extra snacks or meals helps to level out cortisol levels.
- **Use healthy fats on every meal** – drizzle your veggies, salad or dish with olive oil, walnut oil, flax, butter or coconut oil.
- **Have a snack 1 hour before bed** – snack on a piece of fruit and some nut butter or yoghurt, chicken strips with avocado dip, cheese or sweet potato, or anything of your choosing – as long as it's healthy of course.

Your 3-Day Meal Plan

	Day 1	Day 2	Day 3
Breakfast	 <p>Spinach & Tomato Egg Muffins</p>	 <p>Salmon & Veggie Frittata</p>	 <p>Kale & Veggie Omelette</p>
Lunch	 <p>Tuna salad nori wrap</p>		 <p>Salmon Cakes & Baby Spinach Salad</p>
Dinner		 <p>Freshly Cooked Beef Crockpot Stew</p>	

To access the recipes for the meals above, simply click on the images.

Print out the recipes, make a shopping list, and give this meal plan a try.

Most of these are **super simple recipes** made in **20 minutes or less**.

I hope this short guide gives you a few simple tips to get started with nutrition.

About the Author



Hi I'm Jedha, Nutritionist and Health Coach behind [Good Food Eating](#).

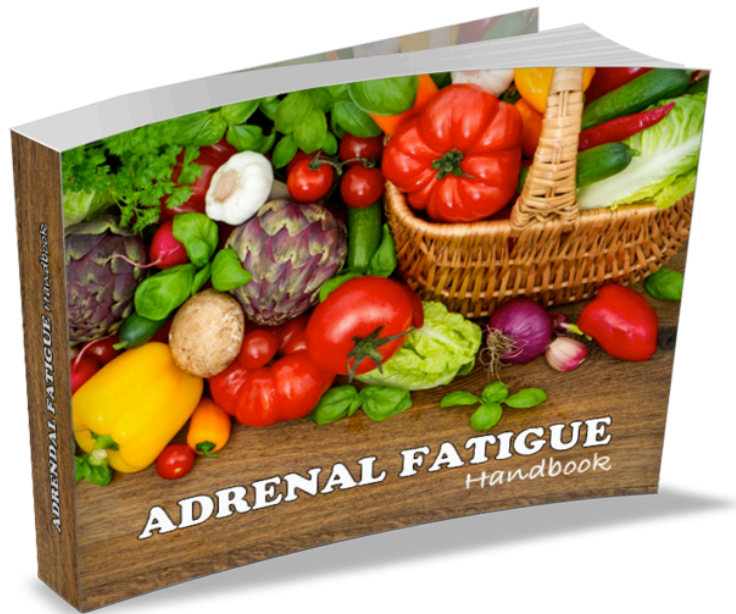
I've got over 10 years experience in the health and wellness field and am passionate about helping people eat well so they can feel fantastic everyday.

I am also the host of the [Good Food Eating Podcast](#), author of the [Adrenal Fatigue Handbook](#), and creator of various other online nutrition and health programs.

Do you like these adrenal fatigue tips?

If the answer is Yes, then you will definitely find the [Adrenal Fatigue Handbook](#) helpful as well.

It is a comprehensive eGuide designed to help you recover from adrenal fatigue and has many great tips like this inside. It also has meal plans, food lists and lots of information to help you reclaim your energy.



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