



Foods that Fight Adrenal Fatigue & Cortisol

Magnesium-rich
Bananas
Black beans*
Brown rice*
<i>*Black beans and brown rice are both an incomplete protein; when combined provide all the 9 essential amino acids your body needs</i>
Lentils (<i>great meat substitute</i>)
Oatmeal (<i>rolled oats</i>)
Quinoa (<i>complete protein</i>)
Spinach (<i>cooked spinach helps you absorb necessary minerals</i>)
B2 (Riboflavin)
Almonds
Beef & lamb
Mackerel
Hard-boiled eggs
Pork
Mushrooms (<i>brown</i>)
Sesame seeds
Squid
Spinach
Spirulina (<i>dried seaweed</i>)
Copper
Oysters
Kale
Shitake mushrooms
Sesame seeds
Cashews
Chick peas
Prunes
Avocados
Cocoa & dark chocolate
Sundried Tomatoes
Selenium
Brazil nuts
Sunflower seeds
Tuna, halibut, sardines
Chicken
Shellfish
Beef & lamb
Eggs

B1 (Thiamine)	
Trout	
Lean pork	
Macadamia nuts	
Sunflower seeds	
Beet greens	
Green peas	
Acorn squash	
Asparagus (<i>cooked</i>)	
Dry-roasted soy beans (<i>non-GMO</i>)	
Navy beans	
B6 (Pyridoxine)	
Sunflower seeds	
Pistachios	
Tuna (<i>cooked</i>)	
Turkey & chicken	
Dried prunes	
Bananas	
Avocados	
Spinach (<i>cooked</i>)	
Sweet potatoes	
Kale	
Zinc	
Oysters	
Beef & lamb	
Wheat germ	
Spinach	
Pumpkin seeds	
Cashews	
Cocoa & dark chocolate	
Port & chicken	
Mung beans	
Mushrooms (<i>white, cooked</i>)	
Omega-3s	
Fish: Halibut, herring, mackerel, oysters, salmon, sardines	
Nuts/Seeds: Flaxseed, pumpkin seeds, walnuts	
Produce high in ALAs (2 nd powerful to Omega-3s): Brussel sprouts, kale, mint, parsley, spinach, watercress	
Foods that lower cortisol	
Spinach	Omega 3s (<i>see above</i>)
Beans & barley	Microgreens
Citrus fruit	Holy basil or tulsi (<i>tulsi tea</i>)