



21-Day Cortisol Detox Plan

Reset Your Stress Hormones Naturally

The 21-Day Cortisol Detox Plan—crafted by Chef Buz Deliere—to help you reset your stress response, restore balance, and reclaim your energy. This guide combines anti-inflammatory meals, calming lifestyle habits, and optional supplements to support your body's natural rhythm. Whether you're battling fatigue, brain fog, or stress-related weight gain, this plan is your roadmap to a more resilient, energized you.

www.BuzDeliere.com









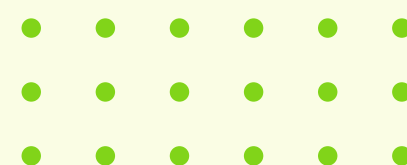
How to Use This Plan

Welcome to your 21-day cortisol reset. This plan is designed to help rebalance your stress hormones, reclaim your energy, and feel more like yourself again. If you're struggling with fatigue, weight retention, irritability, or brain fog—this plan is for you.

Each day you'll follow 3 simple pillars:

-  Nutrition: Eat cortisol-supportive foods
-   Lifestyle: Practice small, proven stress reducers
-  Supplements: Use optional support as needed

Use this guide daily or weekly. You can print it, follow it digitally, or even adapt it based on your schedule.



The Cortisol Crash Course

Cortisol is your body's main stress hormone. It helps regulate energy, mood, metabolism, inflammation, and sleep. But when cortisol stays high for too long—or drops too low—you feel burnt out, wired, and off-balance.

Symptoms of Imbalanced Cortisol:

- Afternoon crashes
- Poor sleep
- Stubborn belly fat
- Brain fog
- Hair thinning
- Anxiety or irritability

This plan helps reduce cortisol naturally by removing triggers, adding nourishment, and supporting your body's reset.



What to Eat & What to Avoid

Eat More Of:

- Leafy greens (spinach, kale, chard)
- Wild-caught salmon, sardines
- Avocados, chia seeds, olive oil
- Blueberries, oranges, bananas
- Pasture-raised eggs
- Bone broth
- Herbal teas (chamomile, ashwagandha)

Avoid:

- Refined sugar
- Alcohol
- Processed snacks and meals
- Caffeine overload
- Canola, soy, vegetable oil
- Skipping meals



Weekly Detox Plan

Days 1 & 2

Each day includes Food, Lifestyle, Supplement (optional), and a Reminder.

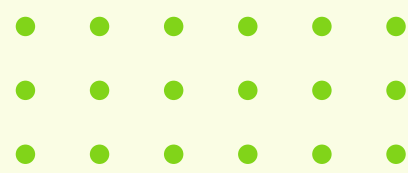
Week 1 Example (Days 1-7):Day 1

- 🥗 Eat: Grilled salmon + sweet potato + steamed spinach
- 🌿 Lifestyle: 30-min morning walk outdoors
- 💊 Supplement: Magnesium glycinate before bed
- 💬 Reminder: You're not behind. You're starting now.

Day 2

- Eat: Avocado toast with eggs + berries
- Lifestyle: No screens 1 hour before bed
- Supplement: Ashwagandha tea after dinner
- Reminder: Rest is a reset, not a weakness.





Weekly Detox Plan

Days 3,4 & 5



Day 3

- Eat: Smoothie with banana, chia seeds, greens
- Lifestyle: Journal 5 minutes about what's weighing on you
- Supplement: B-complex with breakfast
- Reminder: Don't wait to feel motivated. Act first.

Day 4

- Eat: Chicken soup with turmeric and vegetables
- Lifestyle: 10-minute breathwork session
- Supplement: Vitamin C and zinc
- Reminder: Protect your peace like your health depends on it.

Day 5

- Eat: Ground turkey bowl with greens and avocado
- Lifestyle: Call a friend who makes you laugh
- Supplement: Rhodiola in morning smoothie
- Reminder: Laughter lowers cortisol—yes, really.



Weekly Detox Plan

Day 6 & 7

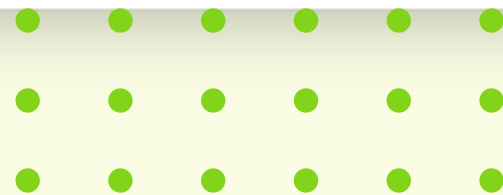
Day 6

- Eat: Omelet with greens + side of berries
- Lifestyle: Sunset walk, no phone
- Supplement: Collagen in tea or coffee
- Reminder: Move gently. Don't overtrain.

Day 7

- Eat: Anti-inflammatory bowl (quinoa, greens, olive oil, grilled veggies)
- Lifestyle: Take a warm bath with Epsom salts
- Supplement: Herbal bedtime tea
- Reminder: Your nervous system loves stillness.

* Repeat or rotate themes with new recipes for Days 8-21





Weekly Grocery Lists



Week 1 List:

- Salmon, turkey, chicken
- Leafy greens, sweet potatoes, carrots, onions
- Berries, bananas, oranges
- Olive oil, avocado, chia seeds
- Bone broth, eggs
- Ashwagandha tea, magnesium glycinate



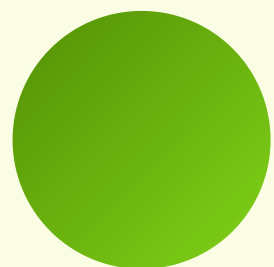


Daily Tracker



Use this chart to track your consistency. Here's what each item means:

- **Ate Clean** – You followed the core nutrition guidelines (see Page 4). No sugar, alcohol, processed foods, or inflammatory oils.
- **Moved Gently** – You did a cortisol-friendly activity (walk, yoga, stretching). No intense workouts.
- **Practiced Calm** – You made time for mindfulness (breathwork, journaling, meditation, laughter, or a relaxing bath).



Daily Tracker



Week 1

Week 2

	M	T	W	T	F	S	S
Ate Clean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slept 7+ hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved Gently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practiced Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood 1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	M	T	W	T	F	S	S
Ate Clean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slept 7+ hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved Gently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practiced Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood 1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



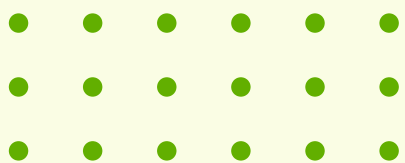
Daily Tracker

Week 3

Week 4

	M	T	W	T	F	S	S
Ate Clean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slept 7+ hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved Gently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practiced Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood 1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

	M	T	W	T	F	S	S
Ate Clean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Slept 7+ hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moved Gently	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practiced Calm	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mood 1-5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



Way To Go!

You did it—21 days of investing in your cortisol, your mindset, and your recovery. Whether you followed it exactly or made it your own, the intention matters. Save this guide and repeat it anytime, and share it with a friend.

