

CORTISOL-REDUCING DIET PLAN

PRINTABLE PDF COMPANION GUIDE



This companion PDF provides a simplified, actionable breakdown of the core strategies behind a cortisol-balancing and detoxifying diet. Designed for easy reference, it includes meal tips, shopping suggestions, and key facts to help you regulate stress naturally through food.





Disclaimer:

This guide is intended for informational and educational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always consult with your physician, registered dietitian, or qualified health provider before making changes to your diet, especially if you have a medical condition or are taking medication. The authors and publisher disclaim any liability for adverse effects resulting from the use or application of the information contained herein.

WHAT IS CORTISOL AND WHY IT MATTERS

Cortisol is your body's primary stress hormone. It's essential in short bursts—but chronic high levels can lead to weight gain (especially belly fat), poor sleep, anxiety, fatigue, and even immune system suppression.

One of the most effective ways to bring cortisol levels back into balance is by changing what's on your plate. That's the goal of this plan: nourish your body in a way that helps you stay grounded, energized, and calm.





HOW THE CORTISOL-REDUCING DIET WORKS



This diet plan focuses on:

- Stabilizing blood sugar with whole foods and regular meals
- Supporting adrenal function through micronutrients and hydration
- Eliminating dietary stressors like caffeine, sugar, alcohol, and processed foods
- Feeding the gut microbiome with fermented foods and fiber

The result is better hormone balance, improved mood, fewer energy crashes, and deeper sleep.

WHAT TO EAT

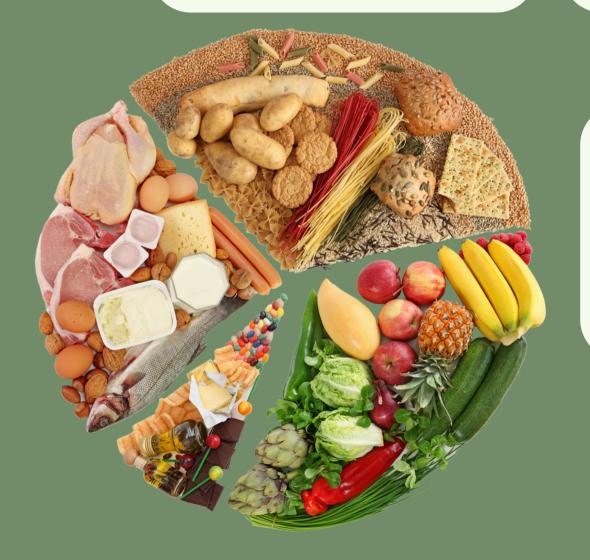
Focus on these core food groups:

LEAFY GREENS
(RICH IN
MAGNESIUM AND B
VITAMINS)

WILD-CAUGHT FISH, EGGS, AND PASTURE-RAISED POULTRY

BERRIES, APPLES, CITRUS FRUITS





COMPLEX CARBS LIKE OATS, BROWN RICE, LENTILS, AND SWEET POTATOES FERMENTED FOODS
SUCH AS
SAUERKRAUT,
KEFIR, MISO, AND
KIMCHI

NUTS AND SEEDS, ESPECIALLY WALNUTS, CHIA, AND PUMPKIN SEEDS

WHAT TO AVOID

LIMIT OR REMOVE THESE HIGH-STRESS TRIGGERS:



Skipping meals or eating irregularly

04 Alcohol

Caffeine (especially after noon)

Refined sugar

Processed foods and seed oils



SAMPLE DAILY ROUTINE



Morning

- WARM LEMON WATER OR HERBAL TEA
- HIGH-PROTEIN BREAKFAST WITH HEALTHY FAT (E.G., VEGGIE OMELET + AVOCADO)



Midday

- BALANCED LUNCH WITH PROTEIN, FIBER, AND COMPLEX CARBS (E.G., SALMON, QUINOA, AND ROASTED VEGGIES)
- HYDRATION: AIM FOR HALF YOUR BODY WEIGHT IN OUNCES OF FILTERED WATER (E.G, IF YOU WEIGH 150 POUNDS YOU SHOULD DRINK 75OZ OF WATER)

Afternoon

- HERBAL TEA OR BONE BROTH
- LIGHT SNACK LIKE GREEK YOGURT WITH BERRIES OR A HARD-BOILED EGG + HUMMUS



Evening

- DINNER WITH SLOW-DIGESTING CARBS TO SUPPORT SLEEP (E.G., LENTIL STEW WITH SWEET POTATO)
- SHUT OFF SCREENS 1 HOUR BEFORE BED
- OPTIONAL: MAGNESIUM SUPPLEMENT OR CALMING TEA (CHAMOMILE, PASSIONFLOWER)

BONUS: 3-DAY RESET GUIDELINES

IF YOU NEED A JUMPSTART, TRY THIS GENTLE RESET:



- Cut caffeine, alcohol, dairy, and added sugar completely
- Stick to 3 balanced meals per day, no snacking
- Load up on hydration with broths, teas, and mineral-rich water
- Focus on fiber, protein, and gut-friendly foods

FINAL TIPS FOR SUCCESS





- Don't skip meals—this can spike cortisol
- Prioritize sleep and wind-down rituals
- Move daily (gentle walks, yoga, stretching)
- Practice stress-reduction techniques like journaling, meditation, or breathwork

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Consistency matters more than perfection. Support your body with what it needs, and it will reward you with balance and resilience.