



CHEF BUZ DELIERE

# 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.

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### 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.





The background of the image shows several glass meal prep containers on a white marble surface. One container on the left has chicken strips, snap peas, broccoli, and a sweet potato. Another container on the right has salmon, bread, tomatoes, and basil. A third container at the bottom right has rice, green beans, and a hard-boiled egg. A bowl of fruit is visible in the bottom left corner.

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**NOURISH YOUR BODY IN  
A WAY THAT HELPS YOU  
STAY GROUNDED,  
ENERGIZED, AND CALM.**

**SO YOU REMEMBER IT!**



# 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:



01

Skipping meals or eating irregularly

04

Alcohol

02

Caffeine (especially after noon)

05

Refined sugar

03

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

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