

# Outsmart Stress With Food

## ReCode Action Item #1

### *ReCode Morning Elixir*

Drink first thing or within 30 minutes of waking up

#### **Ingredients:**

- 16 ounces of room temperature or warm water
- The juice of  $\frac{1}{4}$  of a fresh lemon or lime
- 1 teaspoon of melted raw honey
- $\frac{1}{2}$  teaspoon freshly grated ginger (if you can't find fresh ginger, use  $\frac{1}{8}$  teaspoon organic dried ginger)
- $\frac{1}{8}$  teaspoon of Himalayan pink salt



**Directions:** Combine in a cup or glass and stir well before drinking.

## ReCode Action Item #2

### *Always Eat Breakfast Shortly After Waking*

Eat breakfast within 30 minutes to one hour of waking and make sure your breakfast contains more carbohydrates than it contains protein and more protein than it contains fat.

Here are two breakfast options that are perfectly tailored to this ratio.

### *Yogurt Parfait*

#### **Ingredients:**

- 1 cup full-fat greek, sheep, goat or coconut yogurt
- 1 tablespoon pasture-raised collagen
- Sprinkle with Ceylon cinnamon
- $\frac{1}{2}$  cup of pineapple, mango, or kiwi OR  $\frac{1}{4}$  of a cup of cooked apples or pears **without the skin.**



**Optional:** Add 1 heaping tablespoon ReCode Trail Mix with goji berries, pumpkin seeds, walnuts, sunflower seeds, raw cacao, and dried mulberries.

## ***Egg Drop Broth***

### **Ingredients:**

- 8-12 oz of chicken or beef bone broth
- 1 teaspoon ghee or coconut oil
- 1 whole egg (only egg yolk if you are sensitive to eggs)
- Himalayan pink salt to taste



### **Directions:**

1. Pour broth into a pot to heat.
2. Remove from heat and drop in one egg and stir till it is cooked.
3. Add ghee or coconut oil and collagen.
4. Pinch of salt for taste.

Have your **Egg Drop Broth** with  $\frac{1}{4}$  cup cooked apples or pears **without the skin** or you can substitute  $\frac{1}{2}$  cup of a papaya,  $\frac{1}{2}$  cup pineapple, or  $\frac{1}{2}$  cup mango.

## **ReCode Action Item #3:**

### ***Balanced Snack Before Bed***

Have one of these two snack options about an hour before bed.

### ***Golden Milk Tonic***

A milky, spicy, rich, and warm drink that calms the nervous system while nourishing the thyroid and the adrenals, leading to a sense of emotional well-being which is wonderful before bed.

This drink is also a superstar inflammation eliminator (inflammation increases at night, which forces your body to release cortisol to buffer it, which keeps you awake), as well as a gentle liver cleanser (as we mention above), a digestive enhancer, a blood sugar balancer, and a heart-healthy, soul-soothing sidekick. You can drink it hot or cold, depending on the season or your preference.

### **Ingredients:**



- 12 ounces of organic raw milk or 100% grass-fed/grass-finished milk or coconut milk
- 1 scoop of [Organifi Gold Tea](#) OR 1 tablespoon of turmeric with a 1/8 teaspoon black pepper mixed in
- 1 teaspoon of ghee
- 1 teaspoon of organic (raw) honey
- 2 tablespoons collagen
- 1/8 teaspoon of Himalayan pink salt
- 1/8 teaspoon Cardamom

**Directions:**

1. Heat together and blend with a spoon until blended and warm.
2. Drink 30 minutes to one hour before bed.

***Salty Banana***

If you have hot flashes or depression the Salty Banana might be better for you because it helps to boost serotonin - your feel good neurotransmitter - which will decrease hot flashes, support relaxation and a positive mood, as well as progesterone production.

**Ingredients:**

- 1/2 banana rolled in 1/8 teaspoon Himalayan pink salt
- 10 cashews



**Directions:**

1. Eat 30 minutes to one hour before bed.

**Nut Substitutions:**

1. Macadamia nuts can be substituted for cashews.
2. Raw cheese can be substituted for nuts.

**Remember:** You have to consistently take action to get results. Start your action items immediately and we'll add to them in the next video.

