

Ideal Day for Energy & Lowering Stress

7am

**Breakfast: Upon 60 Mins of Waking
Within 30 Mins of Waking Drink Lemon Elixir**

Nutrient Dense Breakfast:

- 1/2 avocado on gluten free toast,
- 2 eggs with herbs and spinach
- a chia pudding with non-dairy milk, chia seeds and fruit
- collagen smoothie with greens and a little fruit
- 1 Cup Full Fat Greek or Coconut Yogurt, 1 F Collagen Sprinkle of ceylon cinnamon 1/2 cup of kiwi, mango, or cooked apples

9am

Mid-Morning Snack

- Piece of Fruit & Full Fat Yogurt with 1/4 cup of berries
- Cup of Bone Broth with Ghee, Collagen, & Sea Salt
- Or Soothing Matcha Beverage

12pm

Lunch

- Vegan Soup or Broth with Veggies,
- 4-6 ounces of protein,
- green salad

I personally like leftover veggies or greens with protein because it's easy and satisfying. Any time you are roasting, cutting, or preparing veggies, cut up or cook extra so that you can eat those with breakfast, lunch, or put into your broth.

3pm

Mid Afternoon Snack

- 1/2 of a Sweet Potato with coconut oil & cinnamon
- Cup of Bone Broth with 1 Scoop of Collagen, 1 tsp of Ghee, and Sea Salt
- Or Soothing Matcha Beverage

6pm

Dinner

Clean Protein:

- Organic Chicken
- Grass Fed Beef
- Wild Caught Fish

Pair one of these with roasted veggies, & a big colorful salad!

9pm

1 Hour Before Bed

- Peppermint Tea with MCT Oil
- Restorative Sleep Tonic *my personal favorite*
- Pistachios with 1/4 cup Fruit

These are your sleep support foods.
Out-eat stress.



Tips and Tricks

1

Plan to drink half your body weight in ounces in water. Drink between meals, not so much with meals. Drink warm or room temperature water first thing in the morning because cold shocks the body and is harder to absorb. I drink water and take my thyroid medication immediately when I wake up.

2

If you have an early morning workout, you need to add a mini breakfast. Bananas with almond butter and hemp seeds, part of a small smoothie, protein balls and then eat a bigger breakfast afterwards.

3

Use MCT oil throughout the day to balance blood sugar and in the evening to balance blood sugar overnight. You can easily incorporate it into your day by adding it to B,L,D this way. In your coffee or smoothie, in your salad dressing, in a sweet potato, or in your warm restorative evening beverage.

4

Each day aim for one to three gut healing foods like collagen, broth, or aloe. One probiotic food: kombucha, fermented veggies, apple cider vinegar, and 5 cups of greens/veggies, one green juice or smoothie. Good fats at every single meal.

5

Please do not neglect the fiber portion of this. Fiber is what feeds our gut microbes. It also helps with detox/estrogen balance. The fiber is critical for healing the tight junctions between the cells. Also when the gut has integrity, its watch system is better. Things that need to be kept out of the blood or the brain, go through a better interrogation program. Otherwise it's like a breach of security.

6

If you have gut problems like bad bloating, IBS, pain, diarrhea, right now you are better off with cooked or steamed veggies. Start with ones like winter squash, summer squash, parsnips, or carrots. Start with cooked, roasted, baked, or veggies in soups.

7

Movement: walk outside, do yoga, try stretching. Not another workout but something restorative. Even getting outdoors for 10-15 minutes

8

Some type of detox activity before bed: meditation, Epsom salt bath, hot towel scrub with lavender.



An Example of My Day

- 6:30 Wake up. I drink a big glass of water and take supplements (probiotic and thyroid med) I journal, gratitude practice, feed animals, drink Lemon Elixir
- 7:00 Nutrient dense breakfast. Collagen smoothie. Coffee with MCT oil and collagen.
- Optional midmorning snack: handful of nuts and seeds, half an apple with almond butter, collagen Matcha
- 11:30 I eat a big colorful salad with some protein and a spoonful of sauerkraut.
- 3:00 pm Sweet potato with MCT oil and cinnamon or Bone Broth with 1/4 cup of fruit or collagen Matcha.
- 6:30 Dinner of a simple protein with colorful salad and veggies
- Restorative Beverage- 1 Hour before bedtime.

Recipes

Restorative Sleep Tonic

You will need:

- 1 cup Coconut Milk
- 1 tsp Further Food Turmeric Powder
- 1 tsp Ghee
- 2 TBSP Collagen
- 1/8 tsp pink salt
- 1/8 tsp ceylon cinnamon
- 1 tsp Raw Organic Honey

How to make:

Heat over medium heat, stirring until all ingredients are melted and blended.

Lemon Elixir

You will need:

- 1 Mug warm/boiling water
- Small Piece of sliced fresh ginger
- Generous Squeeze of fresh lemon (1/2)
- 1TBSP Raw Organic Honey
- ceylon cinnamon to taste



Recipes

Refreshing Collagen Smoothie

You will need:

- ½ cup of coconut water
- ½ cup non dairy milk
- 1 cup to ½ cup of greens like spinach, kale, or bok choy
- small piece of fresh ginger root
- 2 scoops Further Food Collagen Powder
- 1 TBSP hemp seeds
- 4 frozen cherries or frozen strawberries
- Ice

Soothing Matcha

You will need:

- 1 teaspoon matcha
- 2 cups liquid
- water
- homemade hemp milk, or a mix of the two
- 1 tablespoon coconut butter
- 2 scoops collagen powder
- 1/4 teaspoon medicinal herbs such as ashwaghandha, rhodiola, or maca

How to make:

1. Boil water on the stove and nut milk if using to simmer in a pot while you gather all your ingredients.
2. Add ingredients to your blender and set boiling water aside to sit for 3-5 minutes.
3. Add water and nut milk to blender and blend up to one minute.
4. Taste and adjust ingredients if needed.

I enjoy Further Food Collagen. You can get a 10 percent off coupon by using code FUELBETTER on their website!

