



Membership: Month 1 Adrenal Specific Recipes

SMASHED AVOCADO TOAST

Perfect combination of fats, carbs and proteins to support your adrenals

Ingredients

- ½-1 avocado
- ½ lemon, juiced
- Pinch of ground cumin
- Pinch of chilli powder (optional)
- 1 tbsp. of sheep's milk feta (optional)
- 2 pieces of gluten free toast/buckwheat bread

Instructions

In a bowl, roughly mash Avo with lemon juice, cumin, chilli powder (optional), sheep's milk feta (optional) and served on top of GF toast. I like to squeeze a little extra juice over the top and some fresh black pepper.

SUPERFOOD SALAD

This antioxidant rich meal is perfect for boosting tired adrenals

Ingredients

- 1 cup of cooked Quinoa
- 2 cups of salad leaves (spinach, rocket, cos lettuce)
- 1 spring onion, finely sliced
- ¼ cup Goji berries
- ¼ cup of mixed nuts (almonds, cashews, walnuts, pinenuts)
- Handful of parsley, finely chopped
- 1 clove of garlic, crushed
- ½ zest of lemon
- ½ juice of lemon
- 1tsp miso paste
- ½ cup water (may need more if dressing is too thick)

Instructions

Place garlic, lemon juice & zest, miso paste, water, mixed nuts in a blender and blitz until smooth. In a large bowl combine cooked Quinoa, salad leaves, spring onions, parsley, Goji berries and mix through dressing.