

EAT TO ENERGIZE





Do any of these sound familiar: Feeling unrefreshed after a full night of sleep, unexplained fatigue, food cravings, recurrent infections or digestive concerns such as gas, bloating and discomfort? These are all indications that your adrenal glands are being overworked or are in need of a little support.

Your adrenal glands are 2 small, but mighty organs that sit on top of each kidney. The adrenal glands have many roles in your body including producing hormones (including cortisol, aldosterone, adrenaline), which are responsible for controlling your stress response, weight, blood sugar, blood pressure and immune system. They are commonly referred to as your "fight or flight" organs.

Your "fight or flight" response is your body's ability to respond to stress acutely. When this occurs your body responds by releasing cortisol (your stress hormone), your heart rate and respiration rate increase and your body is able to handle the situation. However, when your body is constantly exposed to stressful events or stressors, the adrenal glands continually dump out cortisol and eventually cannot keep up and tend to wear out or collapse. This is known as adrenal fatigue.

Stress is an inevitable part of life and there will always be demands and deadlines to keep up with. The best way to support your adrenal glands is to focus on things that are in your control and work towards minimizing the load on your adrenals through the following suggestions.

ALL ABOUT ADRENALS

SIGNS AND SYMPTOMS OF ADRENAL ISSUES



- Depression and Anxiety
- Food Allergies
- Lack of energy
- Increased effort to preform daily tasks
- Dry and thin skin
- Low Blood Sugar
- Low Body temperture
- Brain Fog
- Hair Loss
- Can't handle stress
- Cravings
- Trouble getting started in the morning
- Weight Gain
- Asthma, allergies or respiratory complaints
- Dark circles under the eyes
- Dizziness
- Dry skin
- Extreme tiredness an hour after exercise
- Frequent urination
- Joint pain
- Loss of muscle tone
- Low blood pressure
- Low blood sugar
- Low sex drive
- Lower back pain

LIFESTYLE FACTORS THAT CAN AFFECT THE ADRENALS

- Dependence on chemicals: legal and illicit drugs, alcohol, smoking, caffeine
- Not enough sleep; irregular schedule/ lack of routine
- Disorganization and too much mental chatter.
- Overeating – especially sugars, simple carbohydrates and processed foods.
- Under eating or skipping meals
- Excessive behaviors – over exercising contributes to adrenal fatigue





Best Way to Support Your Adrenals

The best ways to support your adrenals is to make time for restoring activities. We are all so busy that it is important that we balance out our adrenals by doing activities that reduce cortisol in our bodies, such as leisure walking, gentle yoga or meditation.

It is also important to keep blood sugar stabilized throughout the day by eating small meals. When we are low in blood sugar the body will raise cortisol to increase glucose so that we can use it as a source of fuel.

When your adrenals are stressed making you feel exhausted all the time you want to reduce stressors in the body to help restore balance.

When stressed adrenals are left unaddressed it can lead into health issues like depression, unexplained weight gain, extreme exhaustion among many others. Adrenal fatigue is the most common hormonal imbalance in women.

It is important to work on supporting your adrenals by making diet and lifestyle changes. If you think your adrenals could be the cause of your exhaustion then let's chat and help to set up a customized plan to bring you to optimal health and feeling great!

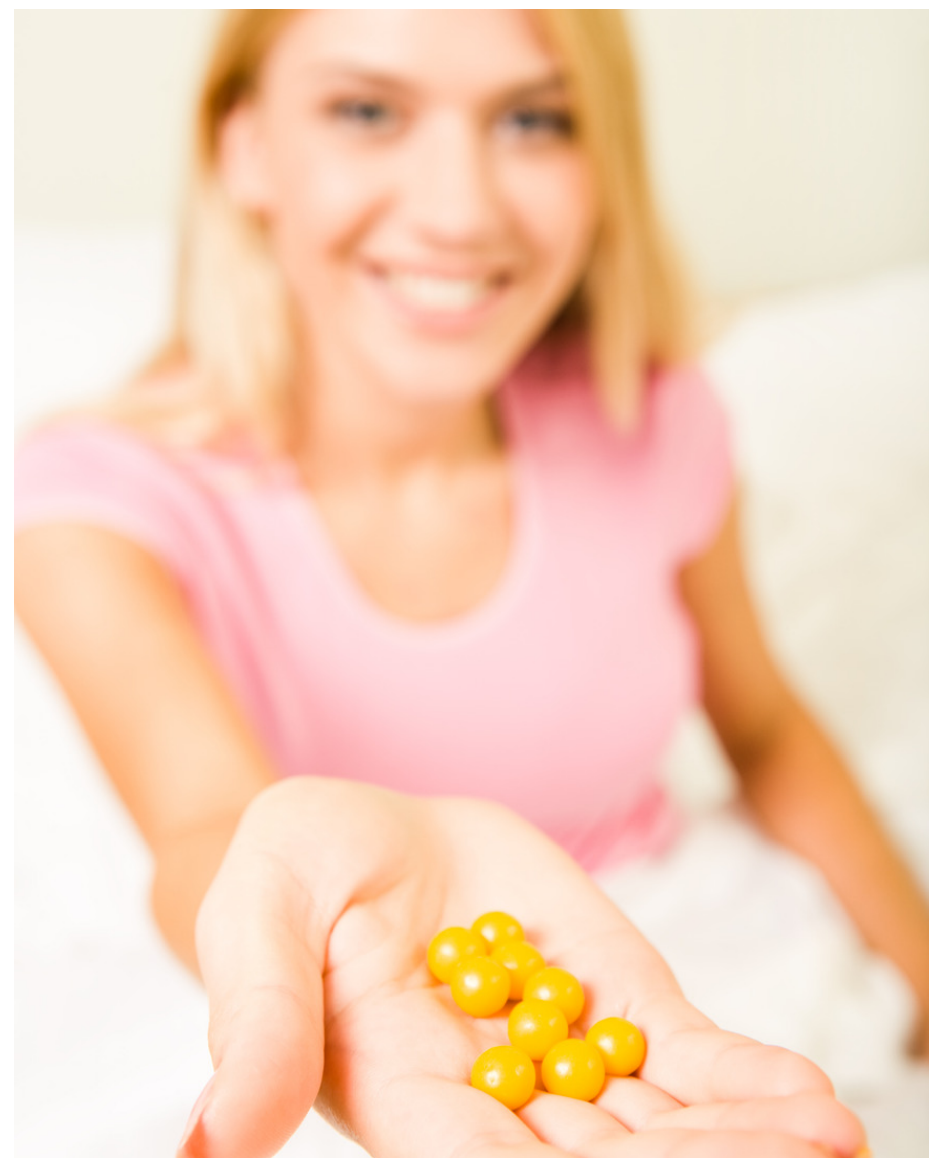
- Meditation and balanced exercise
- There are many health benefits to meditation, including:
 - Regulates mood
 - Decreases blood pressure, heart rate, and even blood sugar levels
 - Increases concentration and energy
 - Increases immune function
- Balanced exercise
- Helps metabolize excess cortisol and releases endorphins. Improves mood and energy.
- Routine and proper sleep (in bed before 11pm)
- Gratitude, smiling, and creative hobbies

SUPPLEMENTS THAT SUPPORT THE ADRENALS



- L-theanine and Phosphatidylserine: Aid to temporarily promote relaxation and help maintain healthy cortisol levels during stressful conditions.
- Ashwaganda, Rhodiola and Eleuthero root: Restorative adaptogenic herbal extracts that help the body respond to mental and physical stress, promotes energy metabolism and physical working capacity, maintains healthy adrenal hormone function and supports general mental wellness.

- Magnesium: a mineral that is necessary for cellular energy production, adrenal function and restful sleep. It is a very common deficiency in the North American population and can be depleted by stress, caffeine and exercise.
- Methylated B Complex: B vitamins are co-factors in the enzymatic production of adrenal hormones. They also are cofactors in the synthesis of epinephrine, norepinephrine, GABA, serotonin, and dopamine. B vitamins play an important role in regulating the adrenal glands as well as increasing energy levels and supporting the liver.



- Plant sterols, Safflower seed oil, Flaxseed oil: An Omega 3, 6 and 9 combination that is a precursor to all hormones (sex, adrenal, steroids, skin, hair, energy). This will support sleep, energy, mood, and hormone production.
- Adrenal glandular and supportive nutrients (Vitamins A, C, B and Zinc): These will help restore a depleted adrenal gland.

****I always recommend buying professional grade supplements from a trusted health care provider. I also offer high quality supplements at a discounted prices at my online dispensary. You can sign up here:**
<https://www.healthwavehq.com/welcome/ssarabella>



So, what should you eat?

What you eat is important to helping you heal and support your adrenals.

Here is a list of foods to avoid and foods to help support your adrenals.

FOODS TO AVOID:

- Caffeine
- Sugars and Sweetness
- Processed foods
- Hydrogenated Oils

EAT MORE OF THESE FOODS:

- Coconut
- Avocados
- Olives
- Cruciferous vegetables (cauliflower, broccoli, Brussels sprouts, etc.)
- Wild Salmon
- Walnuts, almonds and Brazil nuts
- Pumpkin, chia and flax seeds
- Kelp and seaweed
- Celtic or Himalayan Sea Salt

BREAKFAST PORRIDGE

1 1/2 cups applesauce, unsweetened
4 tablespoons almond butter, raw, chunky
2 tablespoons coconut milk, full fat, unsweetened
canned
1 teaspoon cinnamon

Combine all ingredients in a small pan over medium heat, stirring often until all ingredients are thoroughly combined. Top with fresh or dried fruits, nuts or coconut flakes.



PROTEIN BLUEBERRY COOKIES

4 egg whites
1/2 cup oatmeal
1 cup fresh berries
2 scoops of vanilla chai protein powder

Combine egg whites, protein powder and oatmeal well. Stir in blueberries. Drop spoonfuls of mixture on a baking sheet coating with cooking spray. Bake at 425 degrees for 10-15 minutes. Enjoy!! (Makes 10 cookies)



OVERNIGHT OATS

1/2 cup almond or coconut milk
1/3 cup rolled oats
1/2 banana (mashed)
1/4 cup chopped nuts
Cinnamon

The night before combine 1/2 cup milk, 1/3 cup rolled oats, 1/2 a banana (mashed), 1/4 cup chopped nuts, and a sprinkle of cinnamon in sealed container (mason jar works well). By morning, you'll have delicious overnight oats!





VEGGIE FRITATTA

1 tablespoon coconut oil

1 cup chopped broccoli (or any vegetable of your choice)

1/2 cup sliced mushrooms

4 large eggs

2 tablespoons coconut milk

1 teaspoon kosher salt

Freshly-ground black pepper

Preheat the oven to 350°F. In an 8-inch cast iron skillet heat the coconut oil over medium heat. Add the broccoli and mushrooms to the pan and mix to cook thoroughly.

Crack the eggs into a medium bowl, and add the coconut milk, salt, and a pinch of pepper. Pour the egg mixture into the skillet and cook for 3 to 5 minutes or until the bottom of the frittata is set.

Place the skillet in the oven. Cook for 10 to 15 minutes, and then increase the heat to broil for another 2 minutes or until the frittata puffs up and is cooked all the way through. Serve and enjoy!!

EGGS AND AVOCADO

4 large eggs

1/2 medium avocado, sliced

1/2 cup almonds, slivered

1 tomato, chopped

Heat non-stick skillet over medium-high heat. Beat eggs in a small bowl, and pour into skillet.

Cook eggs on medium-low heat until fully cooked.

Top with almonds, avocado and chopped tomatoes. Season with freshly ground black pepper and sea salt, if desired.



PROTEIN PANCAKES

1/2 cup oatmeal

1/2 cup egg whites

1 scoop protein powder (optional)

(Depending on what kind of flavors you want you can add in blueberries, bananas, etc.)

Blend all ingredients together and make a batter and then cook like a pancake.

CHIA PUDDING WITH BERRIES

½ cup mixed berries

3 tablespoons chia seeds

1 cup unsweetened almond milk

¼ teaspoon vanilla extract

1 tablespoon unsweetened shredded coconut

In a small bowl, crush the berries with a fork so that they're the consistency of a thick jam. Add chia seeds, almond milk, vanilla extract, and shredded coconut. Stir everything together to combine, then transfer to a small airtight container and refrigerate overnight.

SALMON WITH PINEAPPLE RELISH

- 1 cup chopped fresh pineapple
- 2 tablespoons finely chopped red onion
- 2 tablespoons chopped cilantro
- 1 tablespoon rice vinegar
- 1/8 teaspoon ground red pepper
- 4 (6-ounce) salmon fillets (about 1/2-inch thick)
- 1/2 teaspoon sea salt

Combine pineapple, red onion, cilantro, rice vinegar, in a bowl and set aside.

Heat a nonstick grill pan over medium-high heat. Sprinkle fish with salt. Cook fish 4 minutes on each side or until it flakes easily when tested with a fork. Top with salsa.



GROUND TURKEY AND SPINACH STUFFED MUSHROOMS

- 2 teaspoons coconut oil
- 6 large portobello mushroom caps, cleaned and insides removed
- 1 small onion, diced
- 1/2 pound ground turkey
- Handful of baby spinach leaves
- 6-8 grape tomatoes, sliced
- Salt and pepper, to taste

In a large skillet over medium high heat, melt about 2 teaspoons of coconut oil. Cook mushrooms in the skillet until softened on both sides, about 5-7 minutes.

In the same skillet, add the onion until translucent. Then add the ground turkey. Cook until the turkey is fully cooked. Season with salt and pepper.

Remove from heat and add the baby spinach leaves. Spoon the turkey and spinach mixture into the mushrooms and top with grape tomatoes.

SPICY SALMON BURGER

- 1 cup of canned salmon
- 1 small red onion, finely chopped
- 1 small red chili, finely chopped
- 1 garlic clove, crushed
- 1 egg
- 2 Tablespoons of tomato paste
- 1 Tablespoon of coconut flour
- Salt and pepper to taste

Pre-heat oven to 350’F. Place your burger ingredients into a medium size bowl and stir until well combined.Using your hands, carefully roll and flatten your salmon mixture into equal parts. Place burgers in the oven and bake until fully cooked. You can also grill burgers. Serve wrapped in a lettuce leaf with freshly sliced avocado.



SOUTHWESTERN WHITEFISH WITH AVOCADO PICO

- 4 6oz. of your favorite whitefish (cod, flounder, etc.)
- 2 teaspoons cumin
- 1 lime
- salt & pepper, to taste
- 1 avocado, diced
- 2 medium tomatoes, diced
- 2 tablespoons fresh cilantro

Preheat oven to 450°F and line a baking sheet with aluminum foil and spray with cooking spray. Lay fish out on baking sheet and spray the top with a little cooking spray. Sprinkle evenly with cumin, salt, and pepper. Cut lime into thirds width-wise, using the middle third to cut four 1/4 inch thick rounds. Using one of the remaining thirds, drizzle fish evenly with lime juice. Lay 1 lime round on top of each fillet. Bake fish at 450°F for about 8 minutes until fish becomes flakey, adjusting based on your oven. While the fish is cooking, combine avocado, tomato, and cilantro. Season with salt and pepper and the juice of the remaining third of the lime. When fish is done, serve immediately, topped with the avocado pico with the lime round as a garnish.



GARLIC ROASTED SHRIMP WITH ZUCCHINI PASTA

- 8 ounces peeled and deveined shrimp, thawed if frozen
- 2 tablespoons olive oil
- 2 tablespoons ghee, melted
- 2 cloves garlic, minced
- 1 lemon, zested and juiced
- ¼ teaspoon salt
- fresh ground pepper to taste
- 2 medium zucchini, spiralized or sliced into thin strips for zucchini pasta

Preheat oven to 400 degrees. Combine all ingredients except zucchini pasta in baking dish. Bake for 8-10 minutes, turning once, until shrimp are pink and just cooked through. Add the zucchini pasta, toss and serve.

PAN SEARED CHICKEN WITH TOMATOES AND OLIVES

2 teaspoons extra-virgin olive oil, divided
4 (6-ounce) skinless, boneless chicken breast halves
1/4 teaspoon salt
1/4 teaspoon black pepper
1 tablespoon finely chopped basil
1 tablespoon balsamic vinegar
1 cup cherry tomatoes, quartered
1/3 cup chopped pitted olives



Heat a grill pan over medium-high heat. Add 1 teaspoon oil and swirl to coat pan with oil. Sprinkle chicken with salt and pepper. Add chicken to pan and cook 6 minutes on each side or until done. While chicken cooks, combine remaining 1 teaspoon olive oil, basil, and vinegar in a medium bowl, stirring with a whisk. Add cherry tomatoes and olives; toss to coat. Serve relish with chicken.



CHILI-RUBBED STEAKS WITH SALSA

8 ounces 1/2-inch-thick steaks, such as rib-eye, trimmed of fat and cut into portions
1 teaspoon chili powder
1/2 teaspoon kosher salt, divided
1 teaspoon extra-virgin olive oil
2 plum tomatoes, diced
2 teaspoons lime juice
1 tablespoon chopped fresh cilantro

Sprinkle both sides of steak with chili powder and 1/4 teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.

Add tomatoes, lime juice and the remaining 1/4 teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

COCONUT CHICKEN

- 1 pound chicken breast, boneless, skinless
- 1/4 cup almond flour
- 1/4 cup coconut, unsweetened shredded
- 1/8 teaspoon sea salt
- 1 large egg
- 2 tablespoon coconut oil

Mix almond flour, shredded coconut and sea salt together in a bowl. Beat egg in separate bowl. Dip chicken breast in egg and roll in dry mixture. Heat a frying pan over medium heat and add coconut oil when hot. Pan fry chicken until fully cooked. If the crust starts to brown and your chicken isn't fully cooked yet (this will depend on the size of the chicken breast), take it out of the pan and place it in the oven on a baking sheet at 350 F for 5-10 minutes covered with foil.



CAULIFLOWER "FRIED RICE"

- 1 bag of cauliflower crumbles
- 1 cup of frozen peas and carrots mix
- 4 gloves of garlic chopped
- 1 tablespoon sesame oil
- 1 teaspoon soy sauce
- 2 eggs
- Pepper to taste

Heat sesame oil over high. Add garlic and fry until fragrant. Add carrots and peas, stir until thoroughly incorporated. Add in the cauliflower riced. Push ingredients to the sides of the pan to create a well. Pour in 2 whisked eggs and let it set for 15 seconds. Scramble eggs and fold into the cauliflower rice. Season with white pepper and stir in soy sauce.

BUFFALO CAULIFLOWER

- 6 cups of fresh cauliflower florets
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- a pinch of chili powder
- 1 tablespoon butter, melted
- 1 cup Frank's RedHot hot sauce

Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside. Mix the garlic powder, salt, pepper, chili powder, melted butter, and hot sauce in a small bowl.

Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet. Bake for 20 minutes.



FUDGEY PROTEIN BROWNIES

2 cups mashed banana (about 6 medium, overripe bananas)
1 cup smooth nut butter
½ cup chocolate protein powder
¼ cup cocoa powder

Pre-heat oven to 350 degrees F.
In a large bowl, combine the mashed bananas, peanut butter, whisk until fully combined. Stir in protein powder and cocoa powder with a wooden spoon. Pour batter into a greased pan. Bake for 12-20 minutes or until cooked through. Cool for at least 10 minutes before cutting. Cover the leftovers and store in the fridge for up to 3 days. Enjoy cold or at room temp!



WHIPPED COCONUT CREAM WITH FRESH BERRIES

1 can organic full fat coconut milk, refrigerated
1/8 teaspoon vanilla extract
1/8 tsp cinnamon
1 cup mixed berries

Scoop out the thickened coconut cream from the can into a bowl. Add cinnamon and vanilla and whip the cream with a wire whisk until it begins to thicken. Plate with mixed berries.

NO BAKE COCOA BITES

1 1/2 cups walnuts
Pinch of salt 1 cup pitted dates
1 tsp vanilla
1/3 cup unsweetened cocoa powder

Add walnuts and salt to a blender or food processor. Mix until the walnuts are finely ground. Add dates, vanilla, and cocoa powder to the blender. Mix until everything is combined; add a few drops of water at a time to make sure the mixture sticks together. Transfer to a bowl. Using your hands, form small round balls, rolling in your palm. Store in an airtight container in the refrigerator for up to a week.





Hi I'm Sabrina! More than 10 years ago, I began suffering from brain fog, a sluggish thyroid and exhaustion among other health concerns. I went from doctor to doctor trying to figure out what was wrong. I spent a lot of time and money looking for someone to really listen to me and not just put me into a one size fits all program. Through that process I learned about multiple ways to improve my health. Now I am on a mission to help women and teach them what I wish I'd known years ago.

I have my Master's in Science in clinical nutrition in addition to being a personal trainer, yoga, pilates, and cycling instructor. I am the author of the Woman's Guide to Empowered Health. I want to help you live a happier, healthier life.

As a clinical nutritionist I will customize a program designed specifically for you, specializing in:

- * Weight/Fat Loss
- * Weight Loss Resistance/Metabolic Damage
- * Hormonal Balancing
- * Digestion
- * Brain Chemistry Balancing
- * Fertility and Infertility
- * Pre/Post natal
- * Food Sensitivities
- * Auto-immune issues
- * Metabolic Damage/Rehab
- * Disordered Eating
- * Blood Test Analysis
- * Hormonal Saliva Testing

Visit www.SabrinaSarabella.com for more information and email info@SabrinaSarabella.com to set up a consultation.

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