

EAT YOUR STRESS GOODBYE! Stress Reducing Diet

NOURISH YOUR BODY, CALM YOUR MIND



"Food is not just fuel; it's information.
It talks to your DNA and tells it what to do."

-DR. MARK HYMAN



INTRODUCTION

Hey there! I'm Andrea Toth, a certified Fitness Trainer and Nutrition Coach, and I get it—when stress hits, it's easy to reach for those comfort foods like hearty meals or a glass of wine. We've all been there! While a little indulgence is fine, relying on these foods can leave you feeling drained and unfocused in the long run.

That's where this eBook comes in. We'll explore how to swap those quick fixes for foods that truly nourish your body and mind. Let's embark on this journey together, empowering you to make choices that uplift your spirit, energize your day, and help you eat your stress goodbye!

I believe that when we nourish our bodies with amazing, whole foods, we're not just feeding our hunger—we're fueling our best selves.

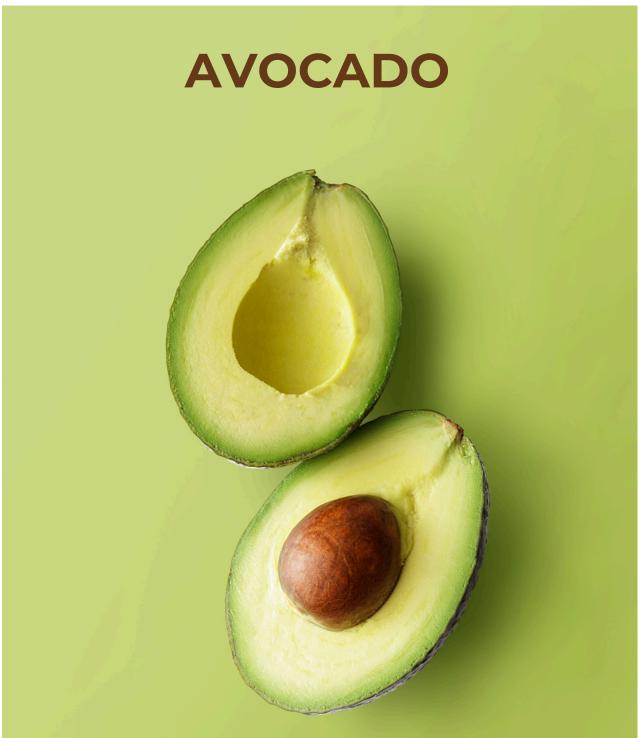
FUELING YOUR BODY RIGHT

When stress hits, it's tempting to reach for the quick fixes that seem to offer relief. But here's the deal: those comfort foods might lift your spirits for a hot minute, but they can also lead to energy crashes and a foggy mind. To combat stress effectively, it's all about fueling your body with the right nutrients.



When you nourish your body, you're also nourishing your mind. It's not just about what you eat, but how it makes you feel.

FOODS THAT FIGHT STRESS



Creamy and versatile, avocados are your friend! Whether you toss them in a salad or blend them into a smoothie, their high glutathione content helps block those nasty fats that can cause oxidative damage. Plus, they pack a punch of vitamins E, folate, and beta-carotene.

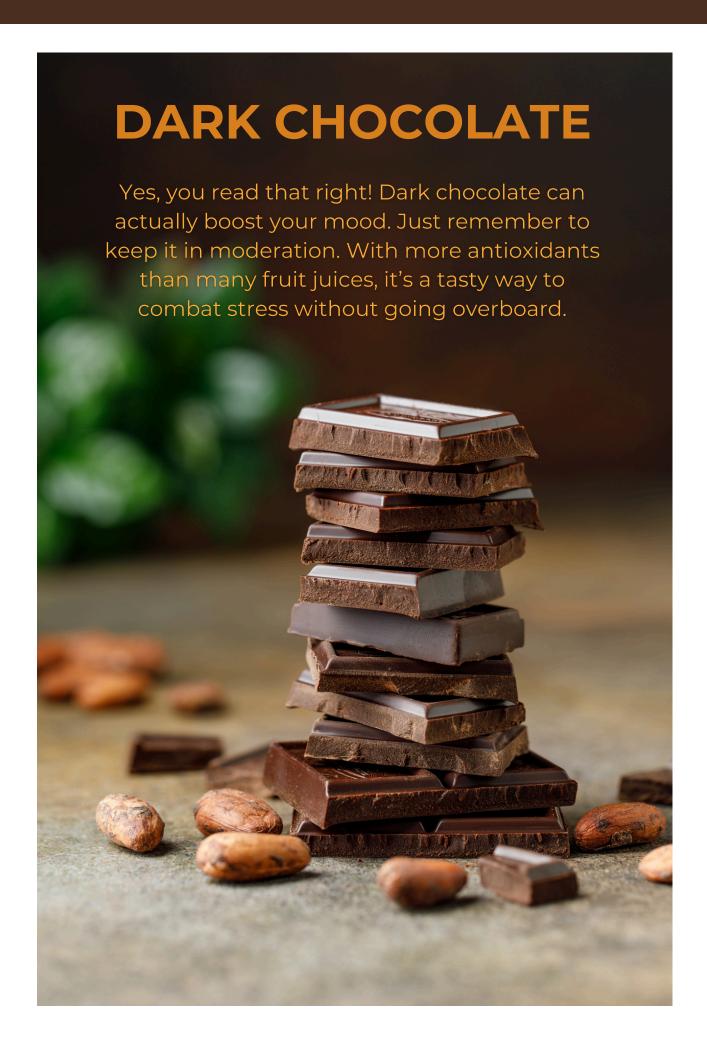


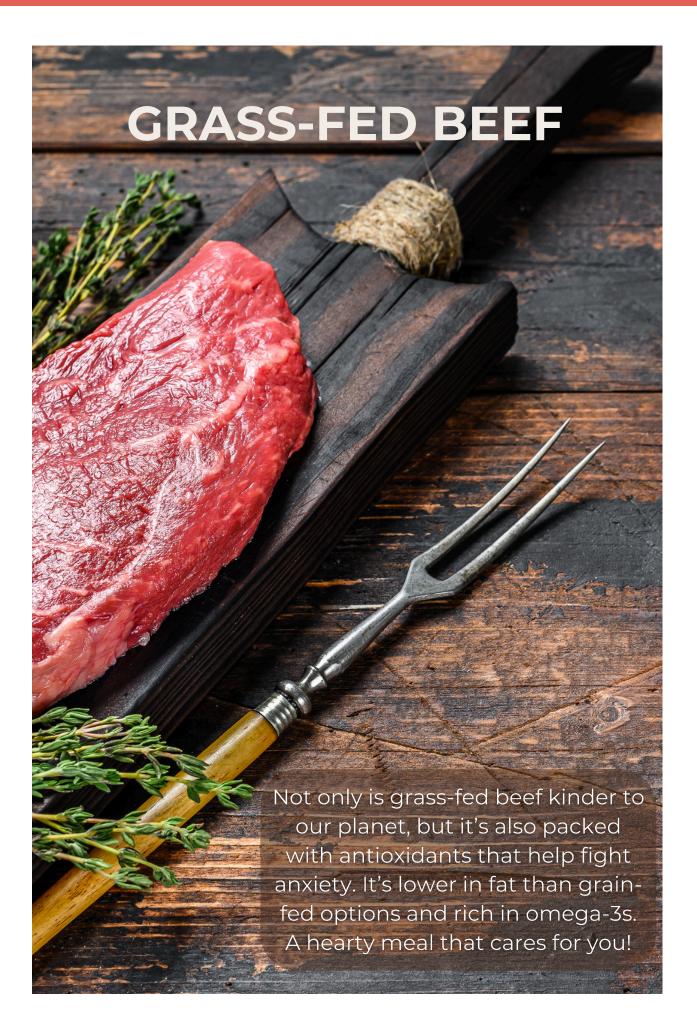
Swap out the chocolate for these little powerhouses! Blueberries are loaded with antioxidants and can help sharpen your focus and calm your mind.

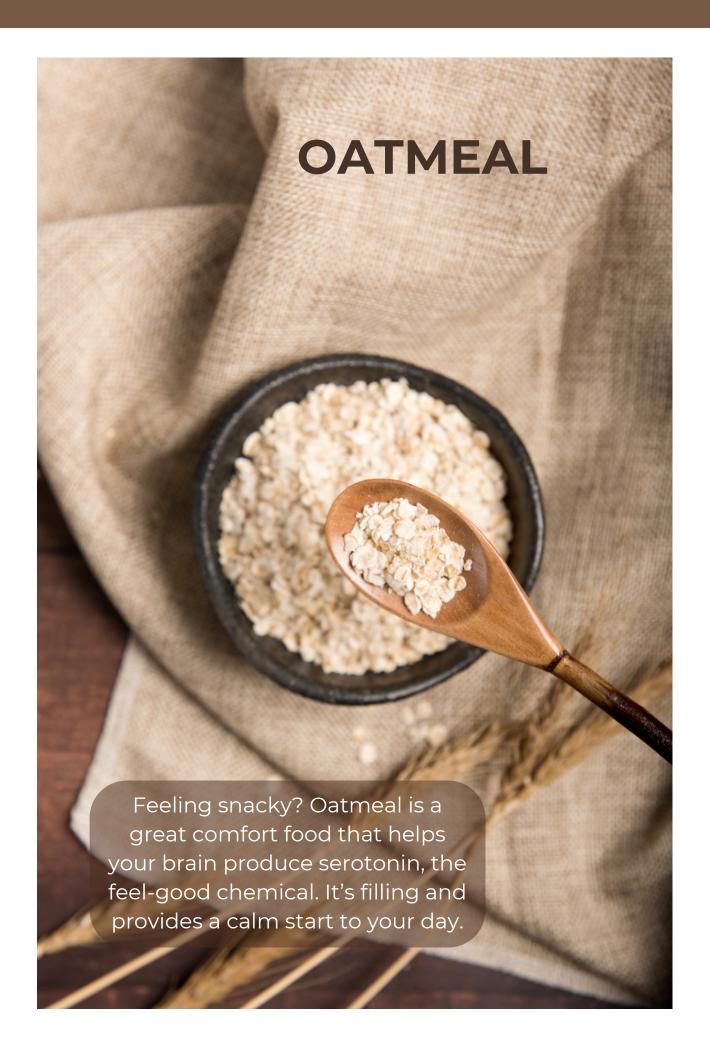
Next time you reach for a snack, think blue!

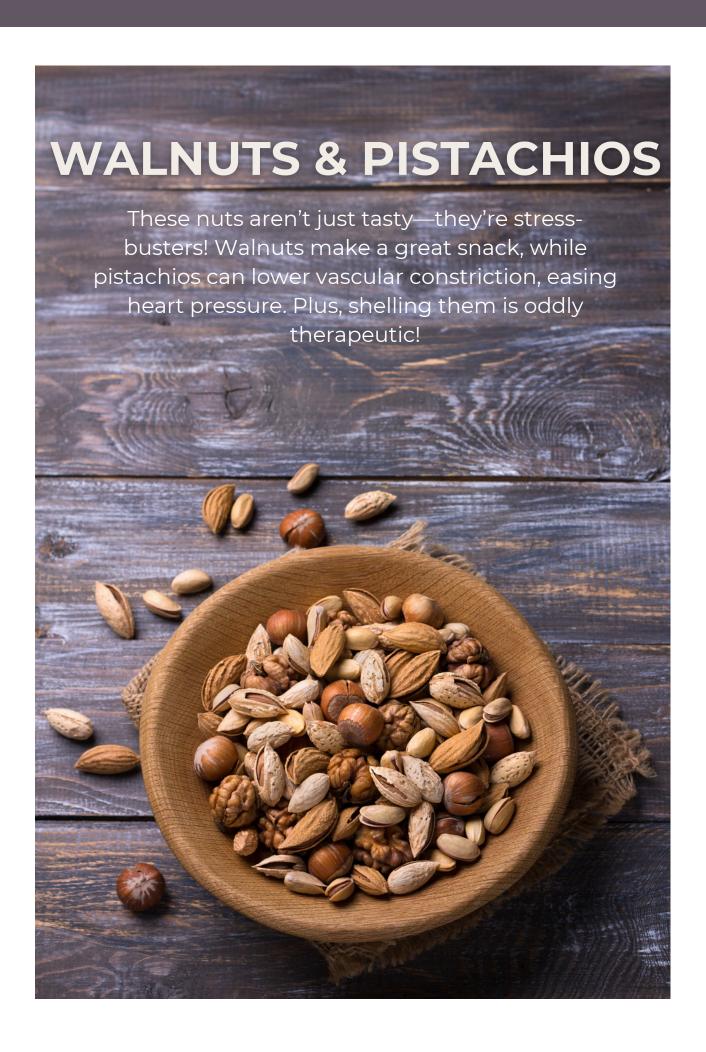












GREEN LEAFY VEGETABLES





PUTTING TOGETHER YOUR DIET PLAN

SAMPLE STRESS-BUSTING MENU

Planning is key! You want to reach for snacks that support your well-being rather than those that might bring you down. Having healthy snacks on hand can make all the difference.

Breakfast:

 Oatmeal with berries or a smoothie with avocado and blueberries

Mid-Morning Snack:

Natural yogurt with fruit or a handful of pistachios

Lunch:

• Whole-grain pasta salad with leafy greens

Afternoon Snack:

• A piece of dark chocolate

Dinner:

• Grass-fed beef with a side of veggies

Before Bed:

• A calming cup of chamomile tea

Remember, you are what you eat! Fill your plate with foods that uplift your mental health. With a little planning and the right choices, you can eat your stress goodbye!