



BONUS

ADRENAL BOOSTING

— Recipes —

From quick smoothies to main entrees, simple nourishing recipes!

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Recipes

Butternut Breakfast Hash: ~3 servings

Ingredients:

- 4 bacon slices (diced)
- 6 eggs
- 1 onion (diced)
- 3 cups butternut squash (cubed)

Instructions:

1. In a skillet over medium heat, add diced bacon slices and diced onion.
2. Cook until bacon is crispy and onions are soft.
3. Once done, set aside on a plate covered with a paper towel.
4. In the same skillet over medium heat, add cubed butternut squash and cook until soft.
5. Once soft, add bacon and onion back into the skillet.
6. Cook for an additional 3-6 minutes.

Recipes

Harvest Bowl: 7 servings

Ingredients:

- 1/2 lb sweet potato (diced)
- 1/2 tsp maple syrup
- 1 lb rotisserie chicken (shredded)
- 1/2 lb brussels sprouts
- 5 tbsp olive oil
- 4 oz kale leaves
- 1/2 cup whole cranberry sauce
- 1 cup walnuts
- 1/2 tsp dijon mustard
- 2 tbsp lemon juice

Instructions:

1. Preheat oven to 425° F.
2. On a baking sheet, add diced sweet potato on one half of the sheet.
3. Add diced brussels sprouts on the other half of the baking sheet.
4. Add and toss 1 tbsp of olive oil on top of sweet potatoes and brussels sprouts.
5. Bake for around 20 minutes or until soft.
6. In a skillet over medium heat, add walnuts and cook for around 4-6 minutes or until slightly toasted but be careful to not burn.
7. Once done, remove from heat and place aside.
8. In a bowl, add and mix together lemon juice, dijon, 4 tbsp olive oil, and maple syrup.
9. Evenly divide kale, chicken, vegetables, and cranberry sauce into 7 servings or bowls.
10. Evenly drizzle dressing and walnuts over each serving or bowl.

Recipes

Buddha Bowls: 5 servings

Ingredients:

- 1 lb. rotisserie chicken (shredded) or cooked chicken
- 1/2 cup brown rice (cooked)
- 1 sweet potato (cubed)
- 1 red onion (diced)
- 2 tbsp olive oil
- 1 garlic clove (minced)
- 2 tbsp peanut butter (natural)
- 1 tbsp liquid aminos
- 1 tbsp honey
- 2 cups baby spinach
- 1 tbsp toasted sesame oil

Instructions:

1. In Preheat oven to 425° F.
2. On a baking sheet, add cubed sweet potato and diced red onion.
3. Toss in 1 tbsp olive oil.
4. Bake for around 20 minutes or until soft.
5. In a bowl, add and mix together peanut butter, garlic, liquid aminos, honey, 1 tbsp olive oil, and sesame oil until smooth.
6. Evenly divide cooked brown rice into 5 servings or bowls.
7. Evenly divide shredded chicken, sweet potato mixture and baby spinach on top of each serving or bowl.
8. Evenly drizzle liquid mixture on top of each serving or bowl.

Recipes

Bang Bang Shrimp: ~4 servings

Ingredients:

- 1 egg
- 2/3 cup coconut flour
- 1 pound shrimp (tail removed)
- 1/2 cup arrowroot powder
- 1 tsp. sriracha
- 3 tbsp. sweet chili sauce
- 1 clove garlic (minced)
- 5 tbsp. primal kitchen mayo or choice mayo

Instructions:

1. In a bowl, stir together sriracha, sweet chili sauce, garlic, and mayo.
2. In a separate bowl, stir together coconut flour and arrowroot powder.
3. In another small bowl, add egg and whisk.
4. Remove tail from shrimp.
5. Dip shrimp in the egg then lightly cover with powder mixture. Make sure to knock off any excess powder mixture from shrimp.
6. Once covered with powder mixture, place shrimp on baking sheet.
7. In a skillet, add a little bit of coconut oil and heat on medium.
8. Add shrimp in skillet and cook until one side starts to brown.
9. Once brown on one side, flip to other side and cook that side until slightly brown.
10. Once browned and crispy to your desire, remove from skillet. Make sure shrimp is completely cooked through.
11. Let cool for a minute and toss shrimp with sauce until shrimp is covered to your desire.

Recipes

White Chicken Chili

Ingredients:

- 6 cloves garlic (minced)
- 1 tbsp chili powder
- 1 1/2 cups chicken broth (or veggie broth)
- 2 1/2 tsp ground cumin
- 1 tsp oregano
- 1 1/2 lb boneless chicken breasts (can omit)
- 1 medium onion (diced)
- 1 medium bell pepper (diced)
- 1 14 oz can coconut milk

Instructions:

- Add onion, garlic, peppers, and spices to the bottom of a slow cooker.
- Add chicken on top without mixing, then add broth.
- Cook on low for around 6 hours or until chicken is cooked through and not pink.
- Remove chicken from slow cooker and shred with forks or a hand mixer.
- Once shredded, add and mix chicken back into slow-cooker.
- Add and mix in in coconut milk.
- Cook on high for around 20 minutes or until your desired consistency.
- Add Siete Chips on the side

Recipes

Green Smoothie: 1 serving

- Ingredients:
 - 1 cup spinach
 - 1/2 cup kale
 - 1/2 cup cucumber
 - 1/2 avocado
 - 1 banana
 - 1 cup coconut water
 - 1 tablespoon chia seeds
- Blend all the ingredients until smooth for a nutrient-packed green smoothie.

Berry and Spinach Salad: 1-2 servings

- Ingredients:
 - 2 cups baby spinach
 - 1 cup mixed berries (strawberries, blueberries, raspberries)
 - 1/4 cup walnuts
 - 2 tablespoons feta cheese (optional)
 - Balsamic vinaigrette dressing
- Toss the ingredients and drizzle with dressing for a delicious salad rich in antioxidants.

Recipes

Quinoa and Black Bean Salad: 1-2 servings

- Ingredients:
 - 1 cup cooked quinoa
 - 1 can black beans, drained and rinsed
 - 1 cup corn kernels
 - 1 red bell pepper, diced
 - 1/4 cup fresh cilantro, chopped
 - Lime vinaigrette dressing
- Combine all ingredients and drizzle with dressing for a protein-packed salad.

Greek Yogurt Parfait: 1 serving

- Ingredients:
 - 1 cup Greek yogurt (or choice yogurt)
 - 1/2 cup mixed berries
 - 1/4 cup granola
 - Honey for drizzling
- Layer the ingredients in a glass for a protein-rich and satisfying breakfast or snack.

Recipes

Avocado and Spinach Salad: 1-2 servings

Ingredients:

- 2 cups fresh spinach leaves
- 1 ripe avocado, sliced
- 1/4 cup sliced almonds
- 1/4 cup dried cranberries
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

Instructions:

1. In a salad bowl, combine spinach, avocado slices, sliced almonds, and dried cranberries.
2. In a small bowl, whisk together olive oil, apple cider vinegar, salt, and pepper to make the dressing.
3. Drizzle the dressing over the salad and toss gently.
4. Serve this delicious and nutrient-packed adrenal-supporting salad.

Recipes

Spinach and Mushroom Stuffed Portobello Mushrooms

Ingredients:

- 4 large Portobello mushrooms
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 cup baby spinach, chopped
- 1 cup mushrooms, chopped
- 1/2 cup breadcrumbs (use gluten-free if desired)
- 1/4 cup grated Parmesan cheese (or dairy-free alternative)
- Salt and pepper to taste
- Fresh parsley, for garnish

Instructions:

1. Preheat the oven to 375°F (190°C).
2. Remove the stems from the Portobello mushrooms and place the caps on a baking sheet.
3. Heat the olive oil in a pan over medium heat. Add the chopped onion and cook until it becomes translucent.
4. Stir in the minced garlic, chopped spinach, and mushrooms. Cook for a few minutes until the vegetables are tender.
5. Remove from heat and stir in the breadcrumbs and grated Parmesan cheese. Season with salt and pepper.
6. Spoon the filling into the mushroom caps.
7. Bake in the preheated oven for 20-25 minutes or until the mushrooms are tender and the filling is golden.

Recipes

Caprese Avocado Toast

Ingredients:

- 2 slices of choice bread, I love sourdough (it does have low gluten)
- 1 ripe avocado
- 2 large tomatoes, sliced
- Fresh mozzarella cheese, sliced (use dairy-free alternative if desired)
- Fresh basil leaves
- Balsamic glaze (or balsamic vinegar)
- Salt and pepper to taste
- Olive oil for toasting (optional)

Instructions:

1. Toast the slices of bread until they're golden brown. You can use a toaster or lightly brush them with olive oil and toast them in a pan.
2. While the bread is toasting, cut the ripe avocado in half, remove the pit, and scoop out the flesh. Mash it with a fork and season with a pinch of salt and pepper.
3. Spread the mashed avocado evenly on the toasted bread slices.
4. Top the avocado toast with slices of fresh tomato, mozzarella cheese, and fresh basil leaves.
5. Drizzle with balsamic glaze or a bit of balsamic vinegar for added flavor.
6. Season with additional salt and pepper if desired.

Recipes

Brownies

Ingredients:

- 3/4 cup almond butter (or choice nut butter)
- 3/4 cup canned pumpkin puree
- 2 eggs
- 1/2 cup maple syrup or honey
- 1 tsp vanilla
- 1/2 cup cocoa powder
- 1/2 tsp baking soda
- pinch of salt
- 1/2 cup chocolate chips (can use dark chocolate chips for more benefits)

Instructions:

1. Preheat oven to 350F and prepare a 8×8 "greased" baking dish or parchment paper.
2. In a large bowl, mix together almond butter & pumpkin.
3. Whisk in eggs, add the maple syrup and vanilla.
4. Add cocoa powder, baking soda, and salt
5. Stir till combined.
6. Add chocolate chips.
7. Pour into pan and bake for 22-25 minutes or until toothpick comes out clean
8. Let cool before serving
9. Optional: For topping -- melt chocolate chips in microwave with 1 tsp coconut oil
10. Different size pans will yield different baking times
11. After cool, can store in fridge & will be extra fudgy!

Smoothies

1. Blueberry Almond Butter Bliss

Ingredients:

- 1 cup blueberries (fresh or frozen)
- 1 tablespoon almond butter
- 1/2 cup Greek yogurt or dairy-free yogurt
- 1/2 cup unsweetened almond milk
- 1 tablespoon honey (adjust to taste)
- 1/2 teaspoon cinnamon
- Ice cubes

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Adjust the sweetness with honey if needed.
4. Pour into a glass and savor this delightful blueberry almond butter smoothie.

Smoothies

2. Mango Coconut Gut Refresher

Ingredients:

- 1 cup ripe mango chunks
- 1/2 cup coconut milk
- 1/2 cup Greek yogurt or dairy-free yogurt
- 1 tablespoon honey (adjust to taste)
- Juice of 1 lime
- A pinch of turmeric
- Ice cubes

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Adjust the sweetness with honey if desired.
4. Pour into a glass and enjoy this refreshing mango coconut gut refresher.

Smoothies

3. Berry Bliss Adrenal Booster

Ingredients:

- 1/2 cup mixed berries (strawberries, blueberries, raspberries)
- 1/2 cup spinach
- 1/2 cup Greek yogurt or dairy-free yogurt
- 1 tablespoon honey (adjust to taste)
- 1/2 teaspoon chia seeds
- 1/2 cup water or coconut water
- Ice cubes

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Add more water if needed for the desired consistency.
4. Pour into a glass and indulge in this berry bliss adrenal-boosting smoothie.

Smoothies

5. Papaya and Ginger Gut Calmer

Ingredients:

- 1 cup ripe papaya chunks
- 1/2 cup Greek yogurt or dairy-free yogurt
- 1/2 cup coconut water
- 1 tablespoon honey (adjust to taste)
- 1/2 teaspoon fresh ginger, grated
- Ice cubes

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.
3. Adjust the sweetness with honey if desired.
4. Pour into a glass and savor this papaya and ginger gut-calming smoothie.

Smoothies

6. Dole Whip Smoothie

Ingredients:

- 1/2 cup coconut milk or choice milk
- 1 cup lemonade (natural)
- 1 cup pineapple (frozen)
- 1-2 scoops choice protein

Instructions:

1. Place all the ingredients in a blender.
2. Blend until smooth and creamy.

7. Pina Collada Smoothie

Ingredients:

- 1/2 banana
- 1 1/2 scoop choice protein
- 1 can coconut milk
- 1/3 cup mango (frozen)
- 1/2 cup pineapple (frozen)

Instructions:

- Place all the ingredients in a blender.
- Blend until smooth and creamy.