



# the anti-anxiety diet cookbook guide

supportive materials to put your food-as-medicine journey into action





# the anti-anxiety diet cookbook guide



If you purchased [The Anti-Anxiety Diet Cookbook](#) and are looking for the supportive materials, you are in the right place! If you don't have a copy yet, click the link above and get ready to learn about how food can mellow your mind and balance your mood.

I created The Anti-Anxiety Diet Cookbook as an application to the science and strategy of [The Anti-Anxiety Diet](#) released one year earlier. My passion for functional medicine started with my own health journey and realizing that food truly can be medicine. When working with clients as I seek to address the root causes of chronic illness and undesired symptoms, I often find that anxiety can be the Achilles heel of wellness. If an individual doesn't manage stress well, the body functions in survival reactive mode vs. regulatory mode and this can throw off metabolism, hormones, energy, inflammation, digestion, and more!

*“Stress and anxiety is often overlooked or under-acknowledged until it starts to unravel the body from the inside”*



This book provides you the tools to silence racing thoughts and nourish your body to a calm mental state while optimizing your body's regulatory function. These materials can be used as worksheets as you go through the process to aid in customizing your process. The grocery lists, recommended products and supplements are those that I use in my household and with patients in my clinic with over a decade of successful results.

I hope this resource serves to accelerate your wellness journey! May you all find hope and direction with a pathway toward mental clarity, improved mood, and a mellow state of mind. Take the time and energy to apply the recommendations and honor your body. You are worth it!

*Ali Miller*

## Ways to support your journey:

Listen to the [Naturally Nourished Podcast](#). Each week Becki and I unpack functional medicine approaches to your body's needs and address your burning wellness questions from infertility, to menopause, brain-gut connection, insomnia, detox, and more subscribing to the podcast is one way to stay on top of cutting-edge food-as-medicine solutions!

[Check out the blog!](#) Weekly recipes are paired with up-to-date health topics to provide you motivation to mix up your intake. Becki puts out beautiful photos (see featured throughout and in the Anti-Anxiety Diet Cookbook) complementing the power of whole real foods.

Get started in a program! Adrenal Rehab may be the most relevant starting place, but many will find great benefit in my 12-week virtual Food-as-Medicine Ketosis program, especially if struggling to get fat adapted. If these two aren't a match check your results of probiotic challenge and see if a gut cleanse would be appropriate, otherwise get rocking with my 10-day Detox which should be done at least semi-annually. [See all Books & Programs here!](#)



Use this list to plan your grocery shopping. Choose local, seasonal items whenever possible and experiment with new items from week to week to ensure a variety of different antioxidants, amino acids and micronutrients!

## Produce (Organic) These are minimums\*!

2 bunches leafy greens (kale, chard, red leaf lettuce, etc.)  
2-3 green vegetables  
2-3 red items  
1-2 purple items  
2-3 yellow/orange items  
1-2 white/tan items  
Onions (yellow, red, white)  
Garlic, shallots, leeks  
\*color spectrum guidelines for optimal antioxidant status includes both vegetables and fruits

## Fresh Herbs, Pick 2-3:

Mint, Basil, Rosemary, Sage, Thyme, Cilantro, Parsley, Oregano, Ginger, Turmeric

## Dried herbs/spices:

Curry powder, garlic and herb blend, dill, red pepper flakes, chili powder, paprika, cayenne, fennel, turmeric, cumin, black pepper, cinnamon, nutmeg, cloves, allspice, celtic sea salt, himalayan pink salt

## Cooking Oils

Coconut oil (one for topical, one for cooking)  
Extra virgin olive oil (for raw/low heat)  
Avocado oil  
Ghee, Pasture-raised lard (for high heat)

## Proteins\* (wild, pasture-raised, organic, grassfed, nitrite-free)

1-2 Fish, shellfish  
1 Ground meat  
1 Fillet/steak/chop (for sauté, grill or roast)  
1 Roast for crockpot  
1-2 dozen Pasture-raised Eggs

**\*Select with rotation of cooking methods:**  
**saute, poach, grill, roast, stew**

## Nuts and seeds (raw or dry roasted, organic)

Fresh ground almond butter\*, walnuts, almonds, pecans, pumpkin seeds, brazil nuts, macadamia nuts, flax seeds, chia seeds, sunflower seeds  
Nut flour/meal, coconut flour, flax crackers  
\*or nut butter of choice, ensure nut butters have no added oils or sugar, for nuts soaked and sprouted is best

## Condiments

Live raw sauerkraut, horseradish, apple cider vinegar, kimchi, avocado/olive oil based mayo, salsa, mustard, hot sauce/Sriracha, fermented pickles, balsamic & other vinegars, coconut aminos, olives, nut cheese

## Drinks

Kombucha  
Sparkling mineral water  
Nut Milk (no gums) or stabilizers  
Matcha  
Tulsi Holy Basil Tea  
Rooibos Tea  
Optional: bottle of red wine (Pinot Noir has most resveratrol)

## Baking

Raw local honey, dates, Dark Amber Maple Syrup, 70% or higher dark chocolate, raw cacao powder, coconut shreds, vanilla extract, coconut sugar, sucanat

## Pantry Items

Glass jar or BPA-free canned tomatoes, Nori sheets, grassfed jerky (soy & wheat free), pasture-raised pork rinds, kale chips, canned full fat coconut milk, grassfed whey protein, grassfed collagen, grassfed gelatin

Find my favorite brands of all these pantry staples and more on my amazon store:  
[www.amazon.com/shop/alimillerrd](http://www.amazon.com/shop/alimillerrd)



## Quality is Key!

When choosing proteins, look for 100% grassfed or pasture-raised for meat and poultry and wild caught for fish. Your local farmers market is a great place to start connecting with the people that raised your food. If not able to find quality sourcing in your area, consider [Crowd Cow](#) or [Butcher Box](#) for high quality meats or [Vital Choice](#) for the best sustainable seafood!



Below you'll find some of my staples that may not (yet) be readily available on the grocery store shelf. Use the links and affiliate codes provided to save \$ on some of my absolutely favorite products on the market.



## F Bomb: Nut Butter Packs, Jars, Pork Sticks, Premium Oils & Keto Crunch

I love all things FBomb especially their original product line of nut butter packs made with single, real food ingredients! These are a super convenient option to have in your purse, gym bag or car to stay fat-fueled on the go! The Macadamia Pecan flavor is my personal favorite and reminds me of pecan pie! The best part is that they use ZERO non-caloric sweeteners and are 100% REAL FOOD! Their newly expanded line includes nut butter jars for home use, pork sticks as a portable protein option and keto crunch which are the best tasting cheese crisps on the market! Use code [ALIMILLERRD](#) for savings!



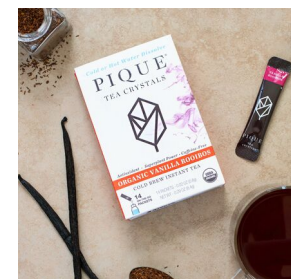
## Further Food: Pasture-Raised Collagen, Gelatin & Superfood Supplements

Further Food collagen and gelatin are sourced only from pasture-raised animals and they provide full transparency on sourcing with third-party testing. We love using their convenient travel packs to stir into coffee or tea on the go to provide support for gut integrity as well as hair, skin, nails, joints and beyond! Further Food also makes high quality Superfood Tonics including their Mindful Matcha and Turmeric Tonic which incorporate adaptogenic herbs and potent herbal compounds to support whole body balance! Use code [ALIMILLERRD](#) for savings!



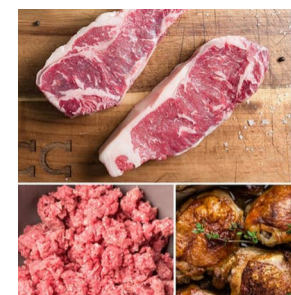
## Bonafide Provisions: Makers of REAL Bone Broth

Bonafide makes frozen bone broth from pasture-raised, grass-fed bones and is flash frozen with zero preservatives or pasteurization. The best part is, it is TRUE bone broth, meaning you can tell it is rich in gut supporting collagen and gelatin, unlike other storebought brands. We keep this in the freezer for "bone broth emergencies" when you just can't make a fresh batch in time and recommend sipping on a cup of bone broth daily! Use code [ALIMILLERRD](#) at [bonafideprovisions.com](https://bonafideprovisions.com) for savings!



## Pique Tea: Organic Tea Crystals

This is an awesome and convenient option that takes tea drinking to the next level! Pique comes in individual packets of tea crystals and is made via a cold brew crystallization process that extracts up to 2-3 times the catechins compared to standard brewing in hot water. It is triple screened for toxicity so you can rest assured you are not consuming heavy metals, pesticides or mold. What I love about Pique is that you can add the crystals to hot or cold water, zero bags, and zero brewing for a perfect cup every time! Go to <https://piquetea.life/ali> for savings!



## Crowd Cow: High Quality Grassfed and Pasture-Raised Meat

Crowd Cow provides high-quality meat that comes from independent small farms. They take the time to get to know farmers and ranchers and you get the exact cuts and quantity you want when you want it, no subscription needed. We love that they have pasture-raised bones for your bone broth and that all of their beef is dry aged! Use Code [ALIMILLERRD](#) for \$25 off your first order and free shipping!

For more favorite brands, household staples and more, go to [alimillerd.com/products-we-love](https://alimillerd.com/products-we-love)





Ali Miller  
RD • LD • CDE

## Favorite Products

Below you'll find some of my staples that may not (yet) be readily available on the grocery store shelf. Use the links and affiliate codes provided to save \$ on some of my absolutely favorite products on the market.



### Dry Farm Wines

Dry Farm Wines sources only the finest natural wines that are lab tested for residual sugars and sulfites. They source from small, organic family farms and have strict standards that do not allow any of the 70+ additives normally found in conventional wines! We love that their wines are keto friendly and can attest to their no hangover claims (when enjoyed within reason of course)! [Go to \[www.dryfarmwines.com/alimillerRD\]\(http://www.dryfarmwines.com/alimillerRD\)](http://www.dryfarmwines.com/alimillerRD) to add a bottle to your order for a penny!



### Butcher Box

Butcher box delivers high-quality beef, pork, and chicken to your door each month. You can choose your own cuts or receive a curated box without the inconvenience of the grocery store. They partner with small farms to deliver the best products at a great value-averaging \$6 per meal and shipping is always free. Their bacon is to die for and we love that they always have special offers on bacon, wings and more! [Click here and use code AP10 for savings or free product!](#)



### Vital Choice Seafood

Vital Choice Seafood offers the highest quality sustainable wild-caught seafood delivered to your door. They have options for subscription services or you can hand pick your seafood of choice from their products that are certified for purity and sustainability. We love their salmon roe for a nutrient dense treat and their wild canned salmon is a great budget-friendly option that is canned with bones to deliver highly bioavailable calcium! [Click here to check out their offerings!](#)



### Redmond Real Salt

Salt is chemical bridge of flavor. Redmond Real Salt is superior as it is rich in trace minerals and mined from ancient sea salt in caves reducing the risk of polluted waters as exposure concerns with newly harvested sea salt. This is the salt we use in our home for legit everything and their mini shakers are the perfect option for keeping electrolytes balanced during travel! [Use code ALIMILLERRD for 15% off!](#)



### Social CBD

Social CBD makes pure and potent CBD tinctures that feature adaptogens like ashwagandha and passionflower to enhance their effects. Their products are tested for potency and purity. We love their peppermint and lavender drops in coffee! [Use code ALIMILLERRD for 15% off!](#)

For more favorite brands, household staples and more, go to [alimillerd.com/products-we-love](http://alimillerd.com/products-we-love)

Lunches and snacks don't have to be complicated multi-step recipes! Adult lunchables are one of my favorite ways to do lunch during the workweek and can be thrown together in a matter of minutes!

One of my favorite hacks during a busy clinic day is an adult lunchable that I can run downstairs and assemble in less than 5 minutes from items I already have on hand. Adult lunchables or bento boxes are a way to simplify lunches while maintaining your macronutrient goals and providing a variety of different textures and flavors to provide satiety. The best part is you can use leftover or pre-cooked proteins like rotisserie chicken or smoked salmon so there is little to no prep required, just throw it on a plate and go! Approach the table below like a matrix and choose one from each category to build a balanced plate for lunch. For a snack, choose 1-2 options, ensuring you include a healthy fat or protein. A \* notes an item that also counts as a protein choice, consider doubling down to count as both.



Clean Protein	Non-Starchy Veg	Healthy Fat	Therapeutic Food
Hard Boiled Eggs	Celery Sticks	Cooked Bacon*	Liver Pate*
Smoked Salmon	Sliced radishes	Marcona Almonds	Fermented Pickles (like Bubbies Brand)
Sliced In-House Roasted Turkey Breast	Sliced Bell Peppers	Salami* Avocado "Tacos": Wrap an avocado slice in a piece of uncured salami!	Berries
Sliced Roast Beef	Sliced Cucumbers	Guacamole	Bone Broth*
Rotisserie Chicken	Leftover Roasted Cauliflower	Avocado Mayo	Pork Rinds*
Canned Wild Planet Skipjack Tuna	Cherry Tomatoes	Olives	Seaweed Snacks (Like Sea Snax brand) or toasted nori sheets
F Bomb Pork Sticks	Snap Peas	F Bomb Macadamia Nut Butter Pack	Dark Chocolate
Canned Sardines	Zucchini Sticks	Olive Tapenade	Raw Sauerkraut
Leftover Grassfed Beef Patty	Kale Chips	Chimichurri	Kimchi
Leftover chicken thighs	Sliced Heirloom Tomatoes	Avocado Slices	Fermented Hot Sauce (like Farmhouse Culture brand)
Epic Salmon Jerky	Zucchini Sticks	Macadamia Nuts	Coconut Yogurt (like Culina Brand)
Leftover Lamb Meatballs	Leftover Roasted Broccoli	Babaganoush (Roasted Eggplant Dip)	Fermented Pickled Okra (like Barrell Creek brand)

For favorite snack brands, pantry staples and more head to [www.amazon.com/shop/alimillerrd](http://www.amazon.com/shop/alimillerrd)



Nothing makes me happier than leftovers after a long day! Meal planning saves time, money, energy, reduces stress, reduces food waste, and promotes optimal eating by controlling each ingredient that goes into your meal! Follow these instructions to help guide you to planning your meals and cooking in batches.

## Step 1: Plan Your Meals

This step may seem intimidating at first, especially if you are not used to thinking about what you want to eat ahead of time. Meal planning also helps avoid those extra trips to the grocery store! Choose how many meals you want to make. If you are not used to this, you can start off by making one meal and work your way up to make several meals & snacks as you learn how to incorporate this new idea into your schedule. If you are new to this, start with the 4 week Meal Plan for ideas!

## Step 2: Make a grocery list and buy only what you need

Making a list helps you stay focused at the grocery store which can help you save time and money. If you stick to your list, you can avoid buying unnecessary items that you may already have at home & keep you from buying “extra” food that you may not even eat because it will just make its way to the back of your fridge! Refer to your grocery list handout for staples.

## Step 3: Cook all on Sunday (or your preferred day off)

How to cook your ingredients: Utilize your oven (roast your protein, vegetables), crockpot (don't have to constantly watch and makes juicy tender foods), skillet (can stir fry large batch of vegetables), grill (for proteins) & pots (for soups or stews). As you plan your meals, think of what you will need to use to prepare them. That way you can have several things cooking all at once, which saves you time! Always throw an extra tray of veggies in the oven and always make double the protein if doing a simple seared protein like chicken thighs so you can reheat later!

## Step 4: Pre-portion out your meals for the week

Store your food in glass containers and only reheat in glass or on the stovetop/in the oven. Avoid plastic as much as possible as it can leak into your foods, especially if the food is warm/hot or acidic (think tomato sauce).

## Step 5: Reheat and use a variety of ways

To keep things fresh, try to use the same recipe a variety of ways! For example, if making pork carnitas, these can be made as a burrito bowl over leafy greens, a breakfast skillet with pasture-raised eggs added and as a taco in a grain-free tortilla! Use a variety of garnishes like fresh herbs, pickled red onions and fermented veggies to change it up and provide brightness of flavor!

## A few favorites from The Anti-Anxiety Diet Cookbook that prep and keep well:

Frittata with Greens, Butternut Squash, and Thyme pg. 42  
Low-Carb Collagen Zucchini Muffins pg. 48  
Hemp Jalapeño Cabbage Slaw pg. 54  
Creamy Green Chili Chicken Soup pg. 65  
Thai Green Curry Chicken Soup pg. 66  
Greek Meatballs with Fresh Herbs pg. 84  
Simple Sneaky Bolognese with Greens pg. 86  
Bacon Broccoli Egg Bites pg. 98  
Turkey Apple Kale Patties pg. 102



## Prep Like a Pro!

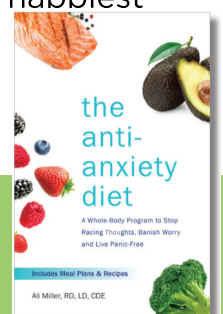
1. Keep your knives sharp to maximize efficiency and minimize injury!
2. Listen to good music, create a cooking playlist to get you in the flow
3. Clean as you go to save yourself a stressful mess
4. Practice mise en place: prepare all ingredients ahead of time and have everything in place, washed, chopped and prepped before starting to cook!

For more recipe inspiration, head to [alimillerrd.com/blog](http://alimillerrd.com/blog) for new food-as-medicine recipes posted weekly!

Below is a summary of the guidelines discussed in The Anti-Anxiety Diet to support optimal health outcomes, taking into account strategy of macros, therapeutic foods and the concept of mindful eating. Work these in daily to get best outcomes.

- **Eat real foods in their most whole, unprocessed form.** These are the most nutrient dense and least toxic options.
- **Aim for organic or local and sustainable whenever possible.** Prioritize removing the Environmental Working Group's list of the most pesticide-laden items, the Dirty Dozen Plus
- **Consume 2 to 3 cups of leafy greens daily.** Select from a variety of seasonal produce, ideally in wild or heirloom varieties, such as rainbow chard, mizuna, dandelion greens, lacinato kale, etc. Also, consider sprouts as a nutrient dense option— $\frac{1}{8}$  cup is equivalent to 1 cup of greens!
- **Prioritize fats as the highest contributor in macros.** This goes for both Phase 1, 1.5 and 2 of your Anti-Anxiety Diet, with healthy fats driving the caloric distribution and carb control varied based on phase.
- **Consume protein in all meals.** Amino acids are the foundation of neurotransmitters and provide steady, sustained fuel.
- **Become carb conscious!** To achieve nutritional ketosis at phase 1 ensure restricting total carbohydrates to 5-10% of your daily intake, refer to the Anti-Anxiety Diet Cookbook to learn about various phases of carb control and what may be the best fit for your body!
- **No naked carbs!** If consuming carbs, ensure always to pair with a protein or healthy fat to blunt glycemic index and enhance satiety.
- **Get four to five colors on your plate throughout the day.** This is one way to ensure full-spectrum antioxidant coverage and a variety of vitamins and minerals!
- **Have a cultured food at least four times per week.** This includes  $\frac{1}{8}$  cup of cultured vegetables such as kraut, kimchi, or pickles, 4 to 6 ounces of kombucha, and 6 ounces of homemade coconut yogurt.
- **Aim to have 6 to 8 ounces of bone broth four times per week and gelatin and collagen-rich foods throughout the week.** This can be used as a sipped beverage in the evening or in the base of soups, stews, or as a liquid to aid in braising and sautéing.
- **Eat in a relaxed state** focused on nourishment with silence, music, or conversation. No screens, working, or driving during meal time.
- **Focus on breath and getting into rest-and-digest mode** throughout the day and especially at meal times to promote digestive enzyme release and optimize absorption of nutrients and reduce gastric stress.
- **Listen to signs of physical hunger and don't eat if you aren't hungry.** Hara hachi bu is a Confucian phrase that translates to "Eat until only 80 percent full." It is used by the Okinawan people who are said to be the longest lived (upward of age 100), healthiest, and happiest people on the planet. Stop before you get full to prevent distress to the digestive tract and engage in mindless overeating.

Check out The Anti-Anxiety Diet to learn the science and strategy behind the cookbook!





After a period of avoidance (ideally at least 12 weeks) in your Anti-Anxiety Diet Protocol, you may want to evaluate your reaction to some of the foods you have been avoiding. While I don't recommend introducing gluten, you may want to try fermented forms of dairy or soy as health supporting options or test small amounts of non-GMO corn as an indulgence. Use this worksheet to introduce and observe your reactivity.

Introduce 1 new food per week in increasing amounts over 3 day period, then take 4 days OFF before introduction of next food. Start with about ½ of normal serving on day 1, then day 2 consume 1 full portion, day 3 consume 1.5-2 servings.

Look for any changes in GI function, bloating, bowels, reflux, fluid retention, headaches, joint pain etc. Keep a journal of foods introduced and correlation of symptoms during this time!

For example:

Blackberries

1/4 cup

1/2 cup

1 cup

Week 1:

Food:

Day 1:

Day 2:

Day 3:

Notes on symptoms:

Week 2:

Food:

Day 1:

Day 2:

Day 3:

Notes on symptoms:

Week 3:

Food:

Day 1:

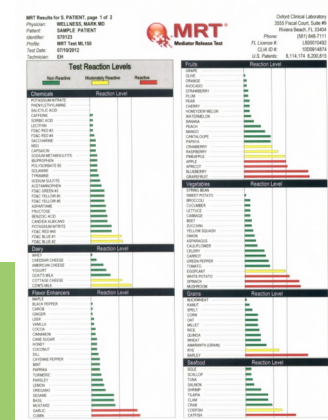
Day 2:

Day 3:

Notes on symptoms:

Note: If desired to test an additive such as tapioca flour or xanthan gum in a product, Siete Tortillas for example, you can test the product itself versus individual ingredients. For example: 1/2 tortilla on day one, 1 full tortilla on day two and 2 Tortillas on day three.

This same format can be utilized to test tolerance after an elimination diet such as AIP or the MRT Food Sensitivity Test! For more information on the MRT, go to [alimillerrd.com/mrt](http://alimillerrd.com/mrt)



Often times with Candida or bacterial overgrowth, probiotic foods and supplements will not be tolerated well. This challenge is an easy and cost-effective way to evaluate the need to dig deeper with a cleanse!

## How to do a Probiotic Challenge:

**Step 1:** Grab a sewing tape, a notebook and a bottle of our Restore: Baseline Probiotic.

**Step 2:** Take your waist circumference measurement at your belly button for three days in a row from rise to rest and record.

**Step 3:** Start probiotic at 1 capsule at bed for 3 days. Continue to measure waist circumference at rise and at rest.

**Step 4:** Increase by 1 capsule every 3 days until you meet 4 per night at day 10 of active probiotic challenge (not counting initial reads without probiotic)

**Step 5:** Try to continue at 4 per night for 3 days. Note changes in waist circumference as well as any changes in GI cramping, bowel movements, belching, or gas during challenge on the sheet included on the next page. Continue taking probiotic 1 at bed if well tolerated.



**IF SYMPTOMS IMPROVE**, you are likely in a state of sterility, refill with our **Targeted Strength Probiotic** which equates 4 Restore Baseline capsules in one at 60 billion CFU per capsule.



**IF SYMPTOMS WORSEN**, you are likely in a state of dysbiosis with overgrowth of yeast or bacteria. You likely need to do a Candida and Dysbiosis Cleanse! Check out my **Beat the Bloat Bundle** to reset your microbiome!



**IF NO CHANGE**, you are likely in a state of symbiosis or balanced gut bacteria. continue 1 **Restore Baseline Probiotic** at bed.

**Restore Baseline Probiotic** is a 50:50 blend of lacto and bifido bacteria without fermentable fibers that can throw off the gut, making it the perfect probiotic to use in a test of tolerance.





# Probiotic Challenge

Use this table to track your dosage, waist circumference and symptoms during your probiotic challenge!

DATE	Waist Circumference		Probiotic Dosage	Changes in Symptoms from Baseline			
	Rise	Rest		Cramping	BM	Belching	Gas
			1 at bedtime				
			1 at bedtime				
			1 at bedtime				
			2 at bedtime				
			2 at bedtime				
			2 at bedtime				
			3 at bedtime				
			3 at bedtime				
			3 at bedtime				
			4 at bedtime				
			4 at bedtime				
			4 at bedtime				

Want to learn more about Candida, SIBO and our unique approach to dysbiosis?  
Tune in to Episode 131 of the Naturally Nourished Podcast!

I provide this information with the intention to welcome you into the thought process I use when working with my own patients. Areas of need are divided to address inflammation, dysbiosis, leaky gut, micronutrient deficiency, adrenal fatigue, or neurotransmitter imbalance.

You may use this to guide your selection of formulas with understanding of dosage and form of compound to make it functional in your body. To make it easy, I have provided the name of the private label formula that I have in my clinic. You can view these and the entire Naturally Nourished supplement line on my website at [www.alimillerRD.com/store](http://www.alimillerRD.com/store).

Please note these are not recommendations for you to take but information for you to discuss with your wellness and healthcare team, providing access to third-party-assessed formulas with quality, potency, and purity at an affordable price. I ensure my supplement line is 3-5% below market industry standard and provide further discounts in bundles and subscriptions. When using supplements, always respect the mechanism of action and the influence of excess as possibly just as concerning as deficiency. Try to shift no more than two things at a time so if you notice improvement or decline, you can identify the variable and make a further shift.

Precautions should be taken with supplementation of amino acids noted in the Rebalance Neurotransmitters section, especially in individuals dealing with schizophrenia, bipolar disorder, or other mental illnesses being monitored by a psychiatrist or physician. It is strongly recommended that this resource be used in conversation with your personal medical team and as a guide to discuss options for mood management support. Anyone currently managed by a medical team for any condition including pregnancy, autoimmune disease, and cancer should discuss any additional formulas to ensure they will not interfere with treatment.

Noticeable changes with supplements can be seen within minutes, hours, or upwards of four to six weeks. If you have an inflammatory, microbiological, or brain chemical imbalance, your anti-inflammatory diet focused on healthy fats and protein will aid in synergizing with supplements as tools to accelerate your anti-anxiety outcomes!

## Reduce Inflammation

### High Dose Omega-3 EPA-DHA Formula

**Dosage:** >850mg EPA; >550mg DHA

**Naturally Nourished formula:** EPA-DHA Extra

**How to take:** 1-2 gel capsules twice daily with food

**Alternatives:** Molecularly distilled, third-party assessed EPA and DHA gel capsule for potency and purity. Stabilized with antioxidants. Ensure dosage is potent enough to provide 2g EPA and DHA per dosage to have clinical results.

**Anti-anxiety focus:** Reduces inflammatory chemicals that interfere with mood stability and drive anxiety response. Unlike anti-inflammatory drugs, EPA-DHA can cross the blood-brain barrier and fuel healthy brain function. A study on high-dose EPA at 2g daily demonstrated significant reduction in anxiety.



Shop all safe, proven, effective Naturally Nourished supplements at [alimillerrd.com/store](http://alimillerrd.com/store)

Click on any of the supplement descriptions or images for more on each formula

## Turmeric

Dosage: 1-3g

Naturally Nourished formula: Super Turmeric

How to take: 1 gel capsule twice daily with food

**Alternatives:** Curcumin is difficult to absorb, so often it is paired with black pepper or fat. Black pepper can be a digestive irritant so is not preferred. Look for an option with three bioactive, health-promoting curcuminoids: curcumin, bisdemethoxy curcumin, and demethoxy curcumin, along with turmeric oil.

**Anti-anxiety focus:** Inhibits inflammatory brain signals, reduces cortisol while enhancing serotonin. A research study in 2015 at UCLA demonstrated anti-anxiety effects directly from supplementation of curcuminoids with healthy fats.



## Digestive enzyme with DPP4 and ox bile

Dosage: >150mg HCl, >150mg digestive enzyme complex, including ox bile

Naturally Nourished formula: Digestaid Enzyme

How to take: 1-2 capsules prior to all meals or prior to dining out

**Alternatives:** Enzyme formula providing DPPIV, ox bile, lipase, amylase, pepsin, protease, lactase, and HCl.

**Anti-anxiety focus:** Reduces inflammatory activity of gluten and casein while reducing large particles that could get fermented by dysbiosis and supporting enhanced nutrient absorption.



## Proteolytic enzyme blend with anti-inflammatory herbs

Dosage: Greater or equal to 200mg Proteolytic enzyme blend, 200mg turmeric, 200mg boswellia, and other synergistic botanicals such as ginger, quercetin, rosemary, rutin, and resveratrol.

Naturally Nourished formula: Inflammazyme

How to take: 1-2 capsules taken twice daily without food

**Alternatives:** A blend of anti-inflammatory tropical enzymes and plants including those listed above, as well as an active proteolytic enzyme blend in a non-GMO formula.

**Anti-anxiety focus:** Proteolytic enzymes are a second line of defense after EPA-DHA and turmeric, covering foundational needs. Typically thought of as addressing tissue inflammation and structural health, such as recovering from an injury, bromelain and quercetin have been shown in studies to reduce anxiety. Research confirmed quercetin impact on reducing corticotropin releasing hormone (CRH), which directly influences cortisol and anxiety.



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Click on any of the supplement descriptions or images for more on each formula

## Reset Gut Microbiome

### Berberine

Dosage: 400mg

Naturally Nourished formula: Berberine Boost

**How to take:** 2 tablets twice daily with food during 6-week cleanse; may continue 1 tablet when transitioning to a higher carbohydrate intake or to support blood sugar reduction

**Alternatives:** A formula that provides a potent dosage of berberine compounds from whole plants and complementary herbs to support liver, reduce yeast, and promote healthy blood sugar metabolism.

**Anti-anxiety focus:** Berberine has many anti-anxiety effects by reducing CRF and tyrosine hydroxylase, both of which can drive anxiety response. Taking berberine at a high dosage of around 1g daily can support a fungal and bacterial cleanse to combat dysbiosis and support a balanced microbiome for optimal neurotransmitter production.



### Aromatic, antimicrobial, and antifungal herbs

Dosage: 400mg blend of oil of oregano, thyme oil, sage oil, and lemon balm

Naturally Nourished formula: CandiActivator

**How to take:** 1 gel capsule twice daily without food

**Alternatives:** A formula that suspends the above-mentioned dried herbs and essential oils to optimize the absorption and function of botanicals in order to kill yeast and pathogenic bacteria, and promote healthy digestive function. Look for a product containing a 400mg blend of aromatic herbs safe for oral consumption.

**Anti-anxiety focus:** Herbs included aid in resetting gut microbiome, supporting a bacteria and yeast cleanse. Beyond dysbiosis, some of the featured herbs such as lemon balm (*Melissa officinalis*) has anxiolytic effects used for hundreds of years to reduce panic and anxiety, and to improve sleep.



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Click on any of the supplement descriptions or images for more on each formula

## Bacteriophage/probiotic combination formula

**Dosage:** 15–30mg, 5–10 billion CFU blend of Lactobacillus, Bifidobacterium, and Streptococcus paired with a bacteriophage prebiotic

**Naturally Nourished formula:** GI Cleanup

**How to take:** 1 upon rising and 1 at bedtime, taken 30+ minutes from food intake

**Alternatives:** A formula with probiotics and specific bacteriophages (viruses that exclusively infect bacteria to create space for probiotics). Highly specific bacteriophages may be classified as prebiotics since they enhance the growth of beneficial bacteria in the gastrointestinal tract. This formula should be paired with a blend of probiotic strains.

**Anti-anxiety focus:** The unique cleanup activity of bacteriophages aids in supporting removal of bacteria during a cleanse or weakening overgrowth of bacteria to maintain reduced activity. This creation of space when paired with probiotic cultures in a formula aids in proliferation or growth and development of probiotic strains to support mood stability and reduce anxiety

## Quality probiotic

**Dosage:** 15 billion CFU of 50:50 blend of Lactobacillus, Bifidobacterium

**Naturally Nourished formula:** Restore Baseline Probiotic

**How to take:** 1–3 capsules at bedtime; consider using with a probiotic challenge see details in handouts.

**Alternatives:** A blend that delivers 15 billion CFU with 50:50 blend of lacto and bifido strains that is free of FOS.

**Anti-anxiety focus:** Probiotics specifically, Lactobacillus and Bifidobacterium strains, aid in production of serotonin, GABA, and other neurotransmitters that have positive mood-stabilizing effects.

## High-dose probiotic

**Dosage:** 60 billion CFU of 50:50 blend of Lactobacillus, Bifidobacterium

**Naturally Nourished formula:** Targeted Strength Probiotic

**How to take:** 1 capsule at bedtime

**Alternatives:** A blend that delivers 60 billion CFU with 50:50 blend of lacto and bifido strains that is free of FOS.

**Anti-anxiety focus:** Probiotics, specifically Lactobacillus and Bifidobacterium strains, aid in production of serotonin, GABA, and other neurotransmitters that have positive, mood-stabilizing effects. A more potent formula is fitting if recovering from dysbiosis or benefits are seen in probiotic challenge at higher dosage.



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## Broad-spectrum probiotic

**Dosage:** Full-spectrum probiotic with 7 strains, including *S. boulardii* for full GI coverage and antifungal effects

**Naturally Nourished formula:** Rebuild Spectrum probiotic

**How to take:** 1 capsule upon rising and/or 1 at bedtime

**Alternatives:** A blend that delivers 30 billion CFU with multistrain blend of probiotics, including dose-dependent *S. boulardii*; blend that is free of FOS.

**Anti-anxiety focus:** Probiotics support production of neurotransmitters that have positive mood-stabilizing effects. A more wide-spectrum formula is fitting if recovering from dysbiosis or following use of antibiotics. Also, this blended formula is fitting for those struggling with yeast or candida overgrowth with presence of *S. boulardii*.



## Repair Gut Lining

### L-glutamine

**Dosage:** 3500mg L-glutamine

**Naturally Nourished formula:** GI Lining Support

**How to take:** 1 tsp at bedtime to aid in repairing gut lining and support less inflammation during remove phase, upwards of 3 tsp daily per need

**Alternatives:** Synergy formula providing L-glutamine and mucilaginous compounds to coat and soothe the GI tract and repair leaky gut.

**Anti-anxiety focus:** L-glutamine paired with gut lining support aids in repairing GALT, thus reducing inflammation, and signals that drive anxiety response. In neurotransmitter support, L-glutamine oral supplementation can raise GABA, the feel-good mellow-out neurotransmitter, to reduce anxiety without converting into the excitatory glutamate.



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Click on any of the supplement descriptions or images for more on each formula

## Restore Micronutrient Status

### Multivitamin

**Dosage:** Potent, pure, bioavailable nutrients, with broad-spectrum antioxidant blend

**Naturally Nourished formula:** MultiDefense with or without iron (with iron for women menstruating)

**How to take:** 1 tablet twice daily with food

**Alternatives:** Ensure methylated Bs, such as 5-methyltetrahydrofolate versus folic acid, methylcobalamin versus cyanocobalamin; ensure vitamin A is in mixed carotenoid and retinyl blend; ensure it includes choline and inositol, as well as chromium and selenium in >100% DV.

**Anti-anxiety focus:** Ensuring a foundation of micronutrient support will prevent deficiency of nutrients featured in book. Prior to using specific nutrients of focus for anxiety reduction, start with a quality multivitamin.



### Magnesium bis-glycinate

**Dosage:** 200-600mg magnesium bis-glycinate, 4-12g myo-inositol

**Naturally Nourished formula:** Relax and Regulate

**How to take:** 1-2 scoops at bedtime mixed with 3-4 ounces water

**Alternatives:** Ensure noted active featured ingredients with limited additives and GMO-free, corn-free formula.

**Anti-anxiety focus:** Magnesium deficiency can drive increased reactivity and stimulation of cortisol, which further drives anxiety and distress response. Magnesium has been deemed the original “chill pill” as it directly works at the HPA-axis with the ability to suppress cortisol and adrenal output via reduced release of ACTH (adrenocorticotrophic hormone) from the pituitary. Inositol scores similarly to SSRI drugs on improvements on Hamilton Rating Scale for Anxiety scores, agoraphobia scores, and Clinical Global Impressions Scale scores. Inositol was shown to reduce the number of panic attacks per week by 4.0 compared with a reduction of 2.4 with fluvoxamine.



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Click on any of the supplement descriptions or images for more on each formula

## Vitamin D3/K2 blend

**Dosage:** 5000 IU vitamin D, 550 vitamin K

**Naturally Nourished formula:** Vitamin D Balanced Blend

**How to take:** 1 capsule at breakfast (meal with fat)

**Alternatives:** Soy-free formula with K1 and K2 M7 in dosage of D3/K with 10 IU: 1mcg

**Anti-anxiety focus:** The only vitamin that is a hormone, vitamin D influences genes that regulate the immune system and release neurotransmitters such as serotonin to influence brain function and mood stability. Vitamin D supports brain-derived neurotrophic factor (BDNF) levels, which have been shown, when low, to drive anxiety and depression.



## Methylation supporting B-complex

**Dosage:** B1 100mg, B2 50mg, B3 50mg, B6 (in P5P and pyridoxine HCl blend) 50mg, folate (in mixed methyl-form) 200 mcg, B12 250mcg, biotin 2000mcg, B5 100mg, TMG 200mg, choline 100mg

**Naturally Nourished formula:** B-complex

**How to take:** 1 capsule upon rising or midday, with or without food

**Alternatives:** Look for a formula with mixed folate in methylated form as opposed to synthetic folic acid, which is not appropriate for individuals with MTHFR gene discussed in Chapter 5. Also a good B-complex will have other methylation supporters, such as choline and glycine, to prevent overmethylation or methyl-trap action, which can drive excessive stress chemical response.



**Anti-anxiety focus:** Providing activated B vitamins is one way to support optimized function of the HPA-axis and neurotransmitter balance. Methylated B12, folate, and choline have been shown to reduce homocysteine levels to reduce inflammation and support SAM-e production for mood-stabilizing effects while also promoting production of dopamine and serotonin.

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Click on any of the supplement descriptions or images for more on each formula

## Phase 2 liver detox supportive formula

**Dosage:** Blend of sulfur-containing amino acids, conjugating compounds, and Phase 2 detox drivers

**Naturally Nourished formula:** Ultimate Detox

**How to take:** 2 capsules two to three times daily with or without food

**Alternatives:** Formula that provides L-methionine, MSM, L-glutamine, glutathione, NAC, taurine, calcium d-glucarate, and other Phase 2 liver support

**Anti-anxiety focus:** Supporting the liver during a bacterial cleanse is important, especially with focus on excretion when buildup of toxic compounds can occur during a microbiome cleanse. Glutathione and NAC can support reduced oxidative stress with detox activity, which has been shown to have anti-anxiety effects.



## Rebound adrenals

### Nervine and adaptogen blend with L-theanine

**Dosage:** Blend of B vitamins in active form with nervine and adaptogen herbs, along with phosphatidyl serine, taurine, and L-theanine

**Naturally Nourished formula:** Calm and Clear  
**How to take:** 1-2 capsules three times daily with or without food

**Alternatives:** Look for a product that provides methylated B12, but if getting methylated folate in a complex or multivitamin avoid extra folate. Look for a product that has a blend of 3-5 herbs in combination of nervines and adaptogens, such as passion flower, lemon balm, valerian, and ashwagandha. Ideally product also provides L-theanine, taurine, and phosphatidyl serine to regulate neurotransmitters and cortisol levels.

**Anti-anxiety focus:** Clinical effects of anxiety reduction and stress resilience is seen in use of ashwagandha, a featured adaptogen in this formula. Lemon balm has tonifying nervine effects to aid in relaxation and anxiolytic influence, creating a state of calmness. Taurine plays a role in supporting liver function and modulating both excitatory and inhibitory neurotransmitters, namely GABA. Phosphatidyl serine can blunt excessive cortisol stress-responding effects in the body.



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Click on any of the supplement descriptions or images for more on each formula

## Adaptogen Blend

**Dosage:** 600mg synergy blend of adaptogens per capsule

**Naturally Nourished formula:** Adaptogen Boost

**How to take:** 2–4 capsules daily with or without food

**Alternatives:** Blend of adaptogenic herbs, including panax ginseng, rhodiola, and cordyceps.

**Anti-anxiety focus:** Adaptogens aid in responding to stress without depleting the HPA-axis or driving imbalanced action. These herbs can support energy and stress tolerance without depletion. Adaptogens aid in reducing the impact of stress to the adrenal glands by helping the body respond more directly and providing support for energy. Rhodiola in particular can reduce anxiety with dose-dependent reduction in symptoms of panic and distress. rebalance neurotransmitters



## Rebalance Neurotransmitters

### Pharma GABA

**Dosage:** 100–300mg pharma-GABA

**Naturally Nourished formula:** GabaCalm chew

**How to take:** 1–3 chews as needed in acute times of anxiety and/or as a base to regulate physiological stress response

**Alternatives:** Look for a chewable product that has limited binders and fillers, providing 100–200mg pharmaGABA per chew.

**Anti-anxiety focus:** GABA serves as a critical calming agent for the body, helping to combat stress and anxiety. It has an acute response to stress and is best used when needed per stress-induced demand such as public speaking, performance review, social engagement, and flying. Via influence of the vagus nerve running from the brain through the gut, pharmaGABA has anxiolytic effects to create a sense of peace and calmness with reduced tremors and physiological stress response.



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## 4 Week Anti-Anxiety Diet Meal Plan

Use this 4 week meal plan as an abundant layout applying the structure and guidelines of The Anti-Anxiety Diet. The days within these 4 weeks range from phase 1-phase 1.5 intake which can be varied based simple adjustments. To ensure you stay in phase 1 using this meal plan, consider restricting residual carbs in one of the meals or snacks or potentially skipping the suggested snack altogether or swapping out for a carb-free option. These adjustments will be based on your body composition and metabolic flexibility if looking to stay in phase 1 tight nutritional ketosis. If you are looking to stay at or experience a more liberalized fat fueled approach consider eating as is and even adding a starchy vegetable or fruit choice.

Note this is developed at around 1400-1600 calories providing 20-35g carbs, 70+g protein, 90-130g fat  
This may be too much or too little based on your current weight and body composition goals, movement or exercise, and other metabolic factors. Once you are fat adapted and you feel your anxiety has reduced and blood sugar has stabilized, you could play with doing a fat fast in the morning with 150-200 calories of fat added to hot tea or the occasional cup of coffee or consumed as a fat bomb.

**Bold**= Anti-Anxiety Diet Cookbook Recipe

*Italics* = Blog recipe found at [alimillerrd.com/blog](https://alimillerrd.com/blog)

Regular font = Simple throw together meal

## Week 1

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	1 serving <b>Steak and Eggs with Chimichurri</b> pg 43	3oz chicken sausage link, ¼ c sautéed onion, ½ c sautéed kale in 1 tsp coconut oil, served with ¼ cup sauerkraut	1 serving <b>Turmeric Lime broth</b> pg 14  Topped with ½ avocado	1 serving <b>Coconut Cacao Chia Seed Pudding</b> pg 49	12 oz matcha tea blended with 1 Tbsp coconut oil + 1 scoop collagen  2 Tbsp almond butter + ¼ cup berries	1 serving <b>Coconut Cacao Chia Seed Pudding</b> pg 49	2 eggs 2 slices bacon ½ avocado sprinkled with sea salt
<b>Lunch</b>	1 serving <b>Almond Butter Berry Smoothie</b> pg 128	1 serving <b>Thai Green Curry Chicken Soup</b> pg 66	1 serving <b>Matcha Blueberry Green Smoothie</b> pg 128	1 serving <b>Thai Green Curry Chicken Soup</b> pg 66	1 serving <b>Cacao Coconut Cashew Shake</b> pg 130	1 serving <a href="#"><u>Mediterranean Tuna Salad</u></a> Over ½ avocado and 3 cups baby spinach and kale	1 serving <b>Golden Lemon Zinger with Coconut, Pistachios and Shrimp Salad</b> pg 60
<b>Snack</b>	½ oz pork rinds dipped in ½ avocado mashed with sea salt + lime	1 serving <b>Chia Cherry Thumbprint Cookies</b> pg 118	2 hard boiled eggs with 1 tsp mustard	1 serving <b>Chia Cherry Thumbprint Cookies</b> pg 118	1 serving <b>Anti-Anxiety Diet Bone Broth</b> pg 70	1 serving <b>Savory Ranch Kale Chips</b> pg 71	1 serving <b>Almond Collagen Hot Cocoa</b> pg 131
<b>Dinner</b>	1 serving <b>Herb Crusted Pork Tenderloin</b> pg 81  1 serving <b>Crispy Brussels with Umi Plum Vinegar</b> pg 75	1 serving <b>Greek Meatballs with Fresh Herbs</b> pg 84  1 serving <b>Roasted Mediterranean Vegetables</b> pg 78	1 serving <b>Roasted Red Pepper Bisque</b> pg 68  4 oz rotisserie chicken	1 serving <b>Greek Meatballs with Fresh Herbs</b> pg 84  1 serving <b>Roasted Mediterranean Vegetables</b> pg 78	1 serving <b>Roasted Red Pepper Bisque</b> pg 68  4 oz rotisserie chicken	1 serving <b>Sardine Caesar Salad</b> pg 56 2 soft boiled eggs	1 serving <a href="#"><u>Naturally Nourished Taco Salad</u></a>



## Week 2

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	1 serving <b>Cashew Beet "Cheese" Cake</b> pg 122	1 serving <b>Matcha Lime Pudding with Blackberries</b> pg 39  2 links turkey breakfast sausage	1 serving <b>Berry Cream Smoothie</b> pg 129	1 serving <b>Matcha Lime Pudding with Blackberries</b> pg 39  2 links turkey breakfast sausage	2 eggs 2 slices bacon ½ avocado sprinkled with sea salt	<b>Umami Mushroom Bone Broth</b> pg 14  Serve with 4oz wild cod poached in the broth during preparation	<b>Citrus Pumpkin Pancakes</b> pg 46  2 slices bacon
<b>Lunch</b>	1 serving <b>Frittata with Greens, Butternut Squash, Thyme</b> pg 42 served with 2 cups arugula tossed in 2 tsp olive oil and 2 tsp lemon juice	1 serving <b>Creamy Green Chili Chicken Soup</b> pg 65	1 serving <b>Kimchi Burger</b> pg 82 on Lettuce Wrap	1 serving <b>Creamy Green Chili Chicken Soup</b> pg 65	1 serving <b>ABC Shake</b> pg 129	2 eggs 2 slices bacon ½ avocado sprinkled with sea salt 2 cups sauteed kale	1 serving <a href="#">Ruben in a Bowl</a>
<b>Snack</b>	1 serving <b>Hemp Nut Bars with Chocolate</b> pg 114	1 <a href="#">Tahini Fudge Fat Bomb</a>	1 serving <b>Hemp Nut Bars with Chocolate</b> pg 114	1 <a href="#">Tahini Fudge Fat Bomb</a>	1 oz uncured salami 5 olives	1 serving <b>Dashi Broth Soup with Seaweed</b> pg 65	1 serving <b>Coconut Macaroons</b> pg 116
<b>Dinner</b>	1 serving <b>Kimchi Burger on Lettuce Wrap</b>  1 serving <b>Crispy Roasted Broccoli</b>	1 serving <a href="#">Naturally Nourished Taco Salad</a>	1 serving <b>Simple Sneaky Bolognese with Greens</b> pg 86	1 serving <b>Crispy Rosemary Chicken with Roasted Brussels and Leeks</b> pg 88	1 serving <b>Simple Sneaky Bolognese with Greens</b> pg 86	1 serving <b>Crispy Rosemary Chicken with Roasted Brussels and Leeks</b> pg 88	1 serving <a href="#">Bacon Wrapped Chicken Thighs</a>  1 cup asparagus roasted in olive oil with salt & pepper

### Week 3

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	1 serving <b>Perfect Egg Cobb Salad with Fresh Herbs pg 40</b>	1 serving <b>Avocado Pudding pg 50</b>	2 eggs scrambled with red bell pepper and spinach with salt and pepper cooked in avocado oil	1 serving <b>Avocado Pudding pg 50</b>	2 hard boiled eggs topped with 1 Tbsp with avocado mayo mixed with curry powder	1 serving <b>Avocado Green Smoothie pg 129</b>	1 serving <b>Savory Pork Hash with Sage Brussels pg 44</b>
<b>Lunch</b>	1 serving <b>Stella's Simple Wild Salmon pg 106</b>  1 serving <b>Simple Roasted Beets pg 72</b> , 2 cups butter lettuce, 2 tsp olive oil & 2 tsp balsamic	1 serving <b>Summer Salad with Pickled Onion pg 52</b>  4 oz grassfed burger patty	1 serving <b>Shredded Rotisserie Chicken Tacos pg 100</b>	1 serving <b>Zesty Creamy Carrot Soup pg 63</b>  2 soft boiled eggs	"Adult Lunchable": 4 oz in house roasted turkey breast 10 marcona almonds ¼ cup pickled okra 10 raspberries	1 serving <b>Zesty Creamy Carrot Soup pg 63</b>  2 soft boiled eggs	1 serving <b>Turkey Apple Kale Patty pg 102</b> over 3 cups mixed greens tossed with <b>Herbed Lemon Salad Dressing pg 139</b> Optional: top with ⅓-½ apple sliced
<b>Snack</b>	1 oz prosciutto with 10 marcona almonds	1 serving <b>Cinnamon Protein Nut Butter Balls pg 108</b>	1 serving <b>Elderberry Gummies pg 142</b>	1 serving <b>Cinnamon Protein Nut Butter Balls pg 108</b>	1 serving <a href="#"><u>Olive Tapenade</u></a> with ½ cup cucumber spears	1 serving <b>Lemon Lavender CBD Ballz pg 112</b>	1 serving <b>Elderberry Gummies pg 142</b>
<b>Dinner</b>	1 serving <a href="#"><u>Mini Meatloaves with Liver and Bacon</u></a>  1 serving <b>Cauliflower Pine Nut Salad pg 76</b>	1 serving <b>Chicken Thighs with Braised Greens pg 87</b>	1 serving <b>Pesto Garlicky Shrimp on Spaghetti Squash pg 94</b>	1 serving <b>Chicken Thighs with Braised Greens pg 87</b>	1 serving <b>Pesto Garlicky Shrimp on Spaghetti Squash pg 94</b>	1 serving <b>Macadamia Coconut Crusted Halibut pg 90</b>  1 serving <b>Braised Greens pg 73</b>	1 serving <b>Turkey Macadamia Nuggets with Liver pg 97</b>  1 cup <a href="#"><u>Simple Roasted Veggies</u></a>

## Week 4

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	1 serving <b>Almond Butter Banana Pancakes</b> pg 107  2 slices bacon	2 Hard boiled eggs, 1 tsp mustard, ¼ cup sauerkraut	1 serving <b>Keto Citrus Burst Smoothie</b> pg 129	1 serving <b>Low Carb Collagen Zucchini Muffins</b> pg 48  1 Tbsp coconut butter	1 serving <b>Simple Cinnamon Almond Shake</b> pg 130	1 serving <b>Low Carb Collagen Zucchini Muffins</b> pg 48  1 Tbsp coconut butter	1 serving <a href="#"><u>Prosciutto Egg Cups</u></a>
<b>Lunch</b>	1 serving <b>Cream of Kale Soup with Prosciutto Chips</b> pg 61 2 soft boiled eggs	1 serving <b>Antipasto Salad</b> pg 58	1 serving <b>Cream of Kale Soup with Prosciutto Chips</b> pg 61 2 soft boiled eggs	1 serving <b>Antipasto Salad</b> pg 58	1 serving <b>Bacon Broccoli Egg Bites</b> pg 98 over 2 cups arugula with 2 tsp olive oil & 2 tsp lemon juice	1 serving <b>Kale Salad with Squash and Pomegranate</b> pg 53 4 oz rotisserie chicken	4 oz smoked salmon  1 serving <b>Farmer's Market Salad</b> pg 55
<b>Snack</b>	1 serving <b>Truffle Rosemary Marcona Almonds</b> pg 125	1 serving <b>Raspberry Cream Panna Cotta</b> 111	1 serving <b>Truffle Rosemary Marcona Almonds</b> pg 125	1 serving <b>Raspberry Cream Panna Cotta</b> 111	2 oz turkey slices rolled up with ¼ sliced avocado	1 serving <b>Pistachio Golden Milk</b> pg 134	1 serving <b>Cacao Walnut Fudge</b> pg 124
<b>Dinner</b>	4 oz pork tenderloin marinated in coconut aminos & sesame oil  1 serving <b>Garlicky Lemon Green Beans</b> pg 79	1 serving <b>Almond Flour Chicken Tenders</b> pg 101  1 serving <b>Broccoli Bacon Sweet Potato Tots</b> pg 104  1 serving <b>MCT Ketchup</b> pg 137	1 serving <b>Crispy fish tacos in Cabbage Cups</b> pg 92  1 serving <b>Hemp Jalapeno Cabbage Slaw</b> pg 54	1 serving <b>Almond Flour Chicken Tenders</b> pg 101  1 serving <b>Broccoli Bacon Sweet Potato Tots</b> pg 104  1 serving <b>MCT Ketchup</b> pg 137	4 oz grassfed strip steak with <b>Bacteria Battling Chimichurri</b> pg 136  1 serving <b>Crispy Broccoli</b> pg 80	1 serving <b>Broiled Lobster with Avocado Hollandaise</b> pg 91  1 serving <b>Farmer's Market Salad</b> pg 55	1 serving <b>Mellow Mama Fennel Salad</b> pg 51  4 oz halibut cooked in olive oil, lemon juice salt & pepper