
WELCOME



CORTISOL RESET PACKET

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HI, LINDSAY



Hey there! I'm Lindsay, and I'm so excited to be working with you. I am the founder of Lindsay Barclay Nutrition and my goal is simple: to make it easier for women to get nutritional guidance they need.

This Cortisol Reset Packet was created for women who feel wired but tired, overwhelmed, or stuck in chronic stress mode. If you're doing "all the right things" but still struggling with fatigue, stubborn weight, poor sleep, or cravings, cortisol may be playing a role.

This guide offers a gentle, whole-body approach to lowering cortisol through nutrition, daily habits, nervous system support, and mindset without extremes or perfection.

WHAT IS CORTISOL?

Cortisol is your body's primary stress hormone. In healthy amounts, it helps regulate energy, blood sugar, inflammation, and metabolism. When stress becomes chronic, cortisol can remain elevated, leading to:

- Fatigue and burnout
- Weight gain or resistance to weight loss
- Cravings and blood sugar swings
- Poor sleep or nighttime wake-ups
- Digestive discomfort
- Feeling anxious, overwhelmed, or "on edge"

Lowering cortisol isn't about eliminating stress...it's about building resilience and balance.

Signs You May Benefit From a Cortisol Reset

- You feel tired even after sleeping
- You rely heavily on caffeine to function
- You skip meals or under-eat during the day
- You crave sugar or salty snacks under stress
- You feel worse after intense exercise
- You struggle to fully relax

If this sounds familiar, this packet is for you.

CORTISOL- SUPPORTIVE FOUNDATION

Lowering cortisol starts with consistency and safety for your nervous system.

Key pillars:

- Regular, balanced meals
- Adequate protein and carbohydrates
- Gentle movement
- Restorative sleep
- Emotional and mental regulation

Small changes done consistently have the biggest impact

NUTRITION TO LOWER CORTISOL

Food is one of the most powerful tools for cortisol balance.

Focus on:

- Eating every 3–4 hours
- Including protein at every meal
- Pairing carbohydrates with protein and fat
- Avoiding long fasts or restrictive eating

Cortisol-supportive foods:

- Eggs, poultry, fish, Greek yogurt
- Sweet potatoes, rice, oats, fruit
- Avocados, olive oil, nuts, seeds
- Vegetables for fiber and micronutrients

Blood Sugar Balance Matters

Unstable blood sugar is a major driver of cortisol spikes.

Support blood sugar by:

- Not skipping breakfast
- Avoiding caffeine on an empty stomach
- Eating balanced meals
- Having a protein-rich snack when needed

Stable blood sugar = calmer hormones.

Caffeine & Cortisol

Caffeine can increase cortisol—especially when used to push through exhaustion.

Supportive strategies:

- Eat before coffee when possible
- Limit caffeine after late morning
- Replace some coffee with herbal teas

Listen to your body's tolerance

MOVEMENT AND SLEEP

Movement That Calms (Not Stresses)

Exercise should support your nervous system—not drain it. Rest days are also productive.

Cortisol-friendly movement:

- Walking
- Strength training (moderate intensity)
- Yoga or Pilates
- Stretching or mobility work

Sleep & Recovery

Poor sleep raises cortisol and makes stress harder to manage.

Sleep-support tips:

- Keep consistent sleep and wake times
- Create a calming nighttime routine
- Reduce screen exposure before bed
- Eat balanced dinners to avoid nighttime cortisol spikes

NERVOUS SYSTEM & MINDSET

Nervous System Regulation

Lowering cortisol requires signaling safety to your body.

Daily regulation tools:

- Deep breathing
- Time outdoors
- Gentle stretching
- Slowing down meals
- Short breaks during the day

These small pauses matter.

Mindset: Moving Out of Survival Mode

Chronic stress often comes from pressure, perfectionism, and overdoing.

This reset encourages:

- Letting go of all-or-nothing thinking
- Choosing rest without guilt
- Creating boundaries around time and energy
- Nourishing instead of punishing your body

CLIENT REFLECTION WORKSHEET

01

My Main Stressors Right Now

02

Signs My Body Is Under Stress

03

Habits That Help Me Feel Calm

04

Habits That Increase My Stress

05

One Change I Can Commit to This Week

CORTISOL SUPPORTIVE GROCERY LIST

Proteins

- Eggs
- Chicken, turkey
- Salmon, tuna
- Greek yogurt
- Tofu, lentils

Carbohydrates / Grains

- Oats
- Rice or quinoa
- Sweet potatoes
- Fruit

Healthy Fats

- Avocado
- Olive oil
- Nuts and seeds

Extras

- Herbal teas
- Cinnamon, magnesium-rich foods
- Leafy greens

7 DAY CORTISOL SUPPORTIVE MEAL IDEAS

Day 1

Breakfast: Eggs, sweet potato, berries

Lunch: Chicken bowl

Dinner: Salmon, rice and veggies

Day 2

Breakfast: Yogurt and fruit

Lunch: Lentil soup

Dinner: Turkey and quinoa

Day 3

Breakfast: Oatmeal and nut butter

Lunch: Tuna salad

Dinner: Tofu stir-fry

Day 4

Breakfast: Smoothie with protein

Lunch: Chicken salad

Dinner: Baked cod with roasted potatoes

Day 5

Breakfast: Cottage cheese

Lunch: Leftovers

Dinner: Grass-fed beef or plant-based chili

Day 6

Breakfast: Eggs with whole grain toast

Lunch: Chickpea wrap with veggies and hummus

Dinner: Roasted chicken, quinoa, and asparagus

Day 7

Breakfast: Oatmeal or yogurt bowl of choice

Lunch: Soup or salad using leftovers

Dinner: Simple balanced plate with protein, carbs, and vegetables

Genile Reminder

Lowering cortisol is about safety, consistency, and compassion.

Your body is not broken...it's responding to stress.

Support it gently.

CORTISOL CHECKLIST

- Eat every 3-4 hours
- Protein at each meal
- Gentle movement daily
- Limit caffeine on empty stomach
- Wind down before bed
- Practice one calming habit daily

