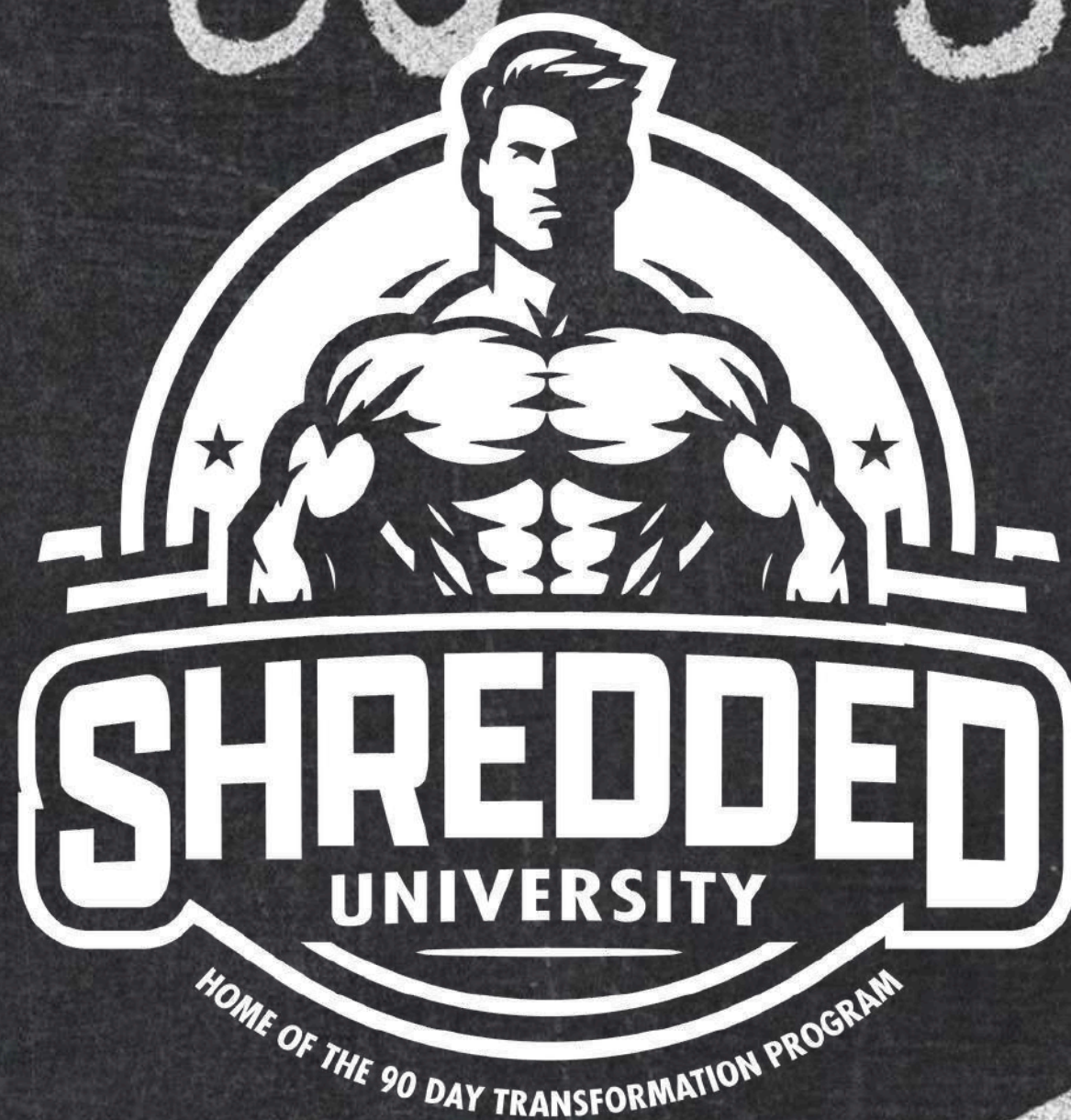


Cortisol



CORTISOL FIX BLUEPRINT

DO NOT SHARE TO THE PUBLIC



**HERE ARE THE 3 PILLARS THAT
WILL HELP YOU GET YOUR
CORTISOL BACK IN ORDER:**

DO NOT SHARE TO THE PUBLIC

PILLAR 1. ROUTINE



Morning:

1. Wake Up Refreshed: Aim for 7-9 hours of quality sleep each night to ensure adequate rest and recovery.

2. Mindful Morning Routine: Start your day with calming activities such as deep breathing, meditation, or gentle stretching to ease into the day with a relaxed mindset.

3. Healthy Breakfast:

Fuel your body with a balanced breakfast rich in protein, healthy fats, and complex carbohydrates to stabilize blood sugar levels and provide sustained energy.

Daytime:

4. Manage Stress:

Incorporate stress-reducing techniques throughout the day, such as taking short breaks to practice mindfulness, going for a walk outdoors, or listening to calming music.

5. Stay Active and lose weight if you are overweight

Engage in regular physical activity, such as walking, yoga, or other forms of exercise you enjoy, to release endorphins and reduce stress levels.

PILLAR 1.1 ROUTINE



Evening:

8. Limit Stimulants: Avoid caffeine and other stimulants in the late afternoon and evening to promote relaxation and improve sleep quality.

9. Healthy Dinner: Enjoy a balanced dinner with lean protein, vegetables, and whole grains to provide essential nutrients and support relaxation.

10. Relaxation Rituals: Wind down in the evening with calming activities such as reading, taking a warm bath, or practicing relaxation exercises to prepare your body and mind for sleep.

11. Quality Sleep: Create a sleep-friendly environment by dimming lights, limiting screen time before bed, and maintaining a consistent sleep schedule to ensure restorative sleep and optimal cortisol regulation.

Consistency is key when it comes to managing cortisol levels, so aim to incorporate these practices into your daily routine for long-term stress reduction and improved well-being.

PILLAR 2. FOODS



TOP 10 FOODS TO REDUCE CORTISOL

- 1. Dark Chocolate:** Dark chocolate contains antioxidants that can reduce cortisol levels and improve mood.
- 2. Fatty Fish:** Omega-3 fatty acids found in fatty fish like salmon, mackerel, and sardines can help reduce cortisol levels and promote overall well-being.
- 3. Nuts:** Nuts such as almonds, walnuts, and pistachios are rich in healthy fats, magnesium, and antioxidants, which can help lower cortisol levels and reduce stress.
- 4. Leafy Greens:** Leafy greens like spinach, kale, and Swiss chard are high in magnesium, which has been shown to reduce cortisol levels and promote relaxation.
- 5. Avocado:** Avocado is rich in healthy fats and potassium, which can help lower blood pressure and reduce cortisol levels.
- 6. Berries:** Berries such as blueberries, strawberries, and raspberries are high in antioxidants and vitamin C, which can help combat stress and lower cortisol levels.
- 7. Oats:** Oats are rich in fiber and complex carbohydrates, which can help stabilize blood sugar levels and reduce cortisol spikes.
- 8. Green Tea:** Green tea contains an amino acid called L-theanine, which has been shown to reduce cortisol levels and promote relaxation.
- 9. Turmeric:** Turmeric contains curcumin, which has anti-inflammatory properties and may help lower cortisol levels.
- 10. Probiotic Foods:** Probiotic foods like yogurt, kefir, and sauerkraut can help promote a healthy gut microbiome, which has been linked to lower cortisol levels and reduced stress.

PILLAR 3: MEAL PLAN



MEAL PLAN

Breakfast:

- Oatmeal topped with sliced almonds, blueberries, and a drizzle of honey.
- Green tea on the side.

Lunch:

- Grilled salmon salad with mixed greens, avocado slices, and cherry tomatoes.
- Dressing made with olive oil and lemon juice.

Snack:

- Greek yogurt with a handful of walnuts and raspberries.

Dinner:

- Baked chicken breast with turmeric seasoning.
- Steamed broccoli and quinoa on the side.

Feel free to adjust portion sizes and ingredients based on your preferences and dietary needs. Remember to drink plenty of water throughout the day to stay hydrated and further support cortisol reduction.

YOUR NEXT STEPS

In summary the most important factor in dropping cortisol is going to be lowering your body fat, taking time to be mindful and building healthy habits.

If you need our guidance support I have left a link to book a call to chat about how we can help you further achieve that

All graduates will receive lifetime access to the Shredded University curriculum which will be updated regularly, as well as lifetime access to our incredible health & wellness app.

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If you don't at lose at least 20-30kg within these 12 Months, we'll refund your investment in full, and we'll also give you \$500 as an apology for wasting your time.

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Submit an application above and let's see what kind of game plan we can put together for you.

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FOUNDER of SHREDDDED
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