
Outsmart Stress With Food

ReCode Action Item #1

ReCode Morning Elixir

Drink first thing or within 30 minutes of waking up

Ingredients:

- 16 ounces of room temperature or warm water
- The juice of $\frac{1}{4}$ of a fresh lemon or lime
- 1 teaspoon of melted raw honey
- $\frac{1}{2}$ teaspoon freshly grated ginger (if you can't find fresh ginger, use $\frac{1}{8}$ teaspoon organic dried ginger)
- $\frac{1}{8}$ teaspoon of Himalayan pink salt



Directions: Combine in a cup or glass and stir well before drinking.

ReCode Action Item #2

Always Eat Breakfast Shortly After Waking

Eat breakfast within 30 minutes to one hour of waking and make sure your breakfast contains more carbohydrates than it contains protein and more protein than it contains fat.

Here are two breakfast options that are perfectly tailored

Yogurt Parfait

Ingredients:

- 1 cup full-fat greek, sheep, goat or coconut yogurt
- 1 tablespoon pasture-raised collagen
- Sprinkle with Ceylon cinnamon
- $\frac{1}{2}$ cup of pineapple, mango, or kiwi OR $\frac{1}{4}$ of a cup of cooked apples or pears **without the skin.**



Optional: Add 1 heaping tablespoon ReCode Trail Mix with goji berries, pumpkin seeds, walnuts, sunflower seeds, raw cacao, and dried mulberries.



Egg Drop Broth

Ingredients:

- 8-12 oz of chicken or beef bone broth
- 1 whole egg (only egg yolk if you are sensitive to eggs)

Directions:

- Pour broth in pot to heat.
- Drop one egg and stir.
- Pinch of salt for taste.



Have your Egg Drop Broth with $\frac{1}{4}$ cup cooked apples or pears **without the skin** or you can substitute $\frac{1}{2}$ of a papaya, $\frac{1}{2}$ cup pineapple, or $\frac{1}{2}$ cup mango.

ReCode Action Item #3

Balanced Snack Before Bed

Have one of these two snack options about an hour before bed.

Golden Milk Tonic

- 12 ounces of organic raw milk or 100% grass-fed/grass-finished milk or coconut milk
- 1 tablespoon of [Gaia Herbs Golden milk powder](#) or 1 tablespoon of turmeric with a $\frac{1}{8}$ teaspoon black pepper mixed in.
- 1 teaspoon of ghee
- 1 teaspoon of organic (raw) honey
- 2 tablespoons collagen
- $\frac{1}{8}$ teaspoon pink salt
- $\frac{1}{8}$ teaspoon of Ceylon cinnamon



Heat over medium, stirring the whole time until all ingredients are blended, melted, and warm.

Banana Sleep Remedy

Eat $\frac{1}{2}$ of an organic banana, rolled in a $\frac{1}{8}$ teaspoon Himalayan pink salt with 10 raw cashews before bed.

Remember: You have to consistently take action to get results. Start your action items immediately and we'll add to them in the next video.

