

ADRENAL DIET

- Plenty of:** Whole grains
Vegetables (90% cooked)
Fruit
Water and herbal teas
- Moderate Amounts of:** Fish (not fried or shellfish)
Poultry (without skin)
- Some:** Natural desserts / sweeteners (honey, molasses, etc.)
Oils (mono unsaturates: olive, sesame, canola)
(poly unsaturates: corn, safflower- keep refrigerated)
Raw nuts and seeds (keep refrigerated)
Butter
Milk, Cheese, yogurt (if not allergic)
Eggs – no more than 3/week

- Avoid:** Salt and salty foods
Red Meat
Shellfish
Fried foods – including chips
Margarine, Crisco, hydrogenated oils
Sugar and refined carbohydrates (pasta, white bread)
Coffee, tea, alcohol, soft drinks, etc.
Fruit juices, except when watered down

- Schedule:** Light breakfast, do not skip
Medium lunch, do not skip
Larger dinner

Diet Outline:

Breakfast

Whole grains
Fruit
Yogurt
Water or herbal tea

Lunch

Vegetables
Whole grain
Nuts or cheese
Fresh fruit
Water or herbal tea (milk, if no other dairy)

Dinner

Poultry or fish
Beans, grains
Vegetables
Fruit
Water or herbal tea

- For Weight Loss:** Plan on 4 or 5 meals per day with total calories from 1000 to 1500/day.
Eat every 3 hours. For breakfast eat 150 calories, all carbohydrates. Make dinner the largest meal, about 600 calories with a big salad, meat and veggies.