

Feel good 

SHOPPING LIST

STRESS AWARENESS MONTH

April is stress awareness month, so what better time to load up on nutrients that boost our feel-good hormones. Add these stress-reducing foods to your grocery list, and start feeling your best!



Kiwis: This citrus fruit is rich in serotonin. Serotonin plays a key role in the production of melatonin, a hormone that regulates sleep, mood and stress. Try my [Double Duty Smoothie](#) - enjoy this recipe as a smoothie or as a popsicle in the warmer months!

Fatty fish: The vitamin D and Omega 3 content found in fatty fish regulates serotonin production- a neurotransmitter that helps us relax. Grab my [Gingered Salmon](#) recipe [here!](#)

Tart Cherry Juice: Cherries are high in the amino acid, tryptophan, which gets converted to serotonin. Whip up a batch of these [Cherry-Walnut-Oat Muffins](#) for a nutritious breakfast or afternoon snack.



Oats: Rich in tryptophan and complex carbohydrates, oats are a great choice to fight off stress. Baked oatmeal is one of my go-to breakfasts - and especially those with delish flavor combos! Try my [Chocolate & Banana Baked Oatmeal](#).

Grapes: This juicy and sweet fruit is high in melatonin - hello mood booster! If you're looking to get into the spring spirit, what better way than with this [PB&J smoothie](#).



Milk: This soothing drink is known for its stress-reducing properties thanks to its tryptophan content. Next time you're feeling stressed, add an extra splash of milk to your coffee or tea.

Herbal Teas: Speaking of tea, herbal teas can also do the trick due to their natural anti-inflammatory and antioxidant properties, which help protect the body from stress. Chamomile and Peppermint tea are my top picks!



Turkey: This tryptophan-packed protein is an easy way to load up on serotonin for stress management. If you're looking for a family-friendly recipe, check out my [Sheet Pan Turkey Nachos](#).

Almonds: This nut is high in magnesium, a mineral that stabilizes cortisol levels. Cortisol is raised during times of stress, which can be harmful to our body and health. Try these [Coconut Macaroons](#) that incorporate almonds and cherries - the perfect treat for a spring in your step!

Vitamin B12-rich foods: Vitamin B12 regulates the metabolism of cortisol, which is raised during times of stress. High cortisol can also deplete Vitamin B12. So we want to eat more vitamin B12-rich foods to boost mood, energy, and better control stress. These foods include beef, dairy products, eggs and fish.

