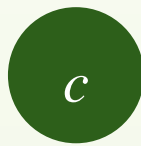


VOLUME ONE · 2026 EDITION



Cortisol *Kitchen*

*30 Hormone-Friendly Recipes for Real,
Sustainable Weight Loss*

30 RECIPES · 84 PAGES · LIFETIME ACCESS

Food that loves you back.

The book at a *glance*.

i. *Slow Mornings*

01	Honeyed Ricotta Toast with Stewed Berries	CORTISOL-FRIENDLY
02	Cinnamon-Almond Overnight Oats	INSULIN-AWARE
03	Smoked Salmon & Avocado Sourdough	ESTROGEN-SUPPORTIVE
04	Veggie-Packed Frittata Cups	CORTISOL-FRIENDLY
05	Greek Yogurt Bowl with Toasted Seeds & Honey	INSULIN-AWARE
06	Sheet-Pan Breakfast Hash	ESTROGEN-SUPPORTIVE

ii. *Lunch in 20*

07	Roasted Beet & Walnut Grain Bowl	ESTROGEN-SUPPORTIVE
08	Mediterranean Tuna & White Bean Salad	INSULIN-AWARE
09	Chicken Cobb Salad with Tahini-Lemon Dressing	CORTISOL-FRIENDLY
10	Crispy Chickpea & Halloumi Bowl	INSULIN-AWARE
11	Curried Cauliflower & Lentil Soup	CORTISOL-FRIENDLY
12	Lemon-Garlic Shrimp & Farro Bowl	INSULIN-AWARE

iii. *The Dinner Edit*

13	Miso-Butter Salmon Bowls	ESTROGEN-SUPPORTIVE
14	Ginger-Sesame Chicken Lettuce Cups	CORTISOL-FRIENDLY
15	Sheet-Pan Lemon-Herb Chicken & Vegetables	CORTISOL-FRIENDLY
16	Coconut-Lime Chicken Curry	INSULIN-AWARE
17	Honey-Mustard Salmon with Roasted Brussels	ESTROGEN-SUPPORTIVE
18	Turkey Meatballs in Tomato-Basil Sauce	CORTISOL-FRIENDLY
19	Lemon-Caper Cod with White Beans	INSULIN-AWARE
20	Spaghetti Squash with Turkey Bolognese	INSULIN-AWARE

iv. *Snacks & Steady Energy*

21	Tahini Energy Bites	CORTISOL-FRIENDLY
22	Roasted Chickpeas, 3 Ways	INSULIN-AWARE
23	Hummus with Crudités & Seeded Crackers	ESTROGEN-SUPPORTIVE
24	Smoked Salmon Cucumber Bites	ESTROGEN-SUPPORTIVE

v. *The Sweet Side*

25	Dark Chocolate Tahini Cookies	CORTISOL-FRIENDLY
26	Frozen Greek Yogurt Bark	INSULIN-AWARE
27	Almond Flour Banana Bread	INSULIN-AWARE
28	Chocolate Avocado Mousse	CORTISOL-FRIENDLY

vi. *Sauces & Basics*

29	Lemon-Tahini Dressing	ESTROGEN-SUPPORTIVE
30	5-Minute Pesto	CORTISOL-FRIENDLY



01

CORTISOL-FRIENDLY

Honeyed Ricotta Toast with Stewed Berries

A breakfast that feels like dessert — without the blood-sugar crash.

PREP
5 min

COOK
5 min

SERVES
2

Ingredients

- 2 thick slices sourdough bread
- 150 g whole-milk ricotta cheese
- 1 tsp raw honey, plus more for drizzling
- 150 g mixed berries (blueberries, raspberries, blackberries)
- 1 tsp lemon juice
- Pinch of fresh thyme leaves
- Pinch of flaky sea salt

Method

1. In a small saucepan over medium-low heat, gently warm the berries with the lemon juice for 3 to 4 minutes until they release their juices but still hold their shape. Remove from heat.
2. Toast the sourdough until golden and crisp.
3. In a small bowl, mix the ricotta with 1 tsp honey until smooth and creamy.
4. Spread the honeyed ricotta generously on each slice of toast.
5. Top with the warm stewed berries, a drizzle of honey, fresh thyme, and a pinch of flaky sea salt.

CORTISOL NOTE

Sourdough is gentler on blood sugar than commercial bread thanks to the slow fermentation. Pairing it with protein-rich ricotta and antioxidant-packed berries keeps cortisol steady and energy stable through the morning.



12

INSULIN-AWARE

Lemon-Garlic Shrimp & Farro Bowl

Twenty minutes from kitchen to fork.

PREP
10 min

COOK
15 min

SERVES
2

Ingredients

- 300 g raw peeled shrimp
- 100 g uncooked farro (or quinoa)
- 150 g cherry tomatoes, halved
- Large handful fresh arugula
- 3 garlic cloves, minced
- 3 tbsp extra-virgin olive oil
- 1 lemon, juiced and zested
- Fresh flat-leaf parsley, chopped
- Sea salt and freshly cracked black pepper

Method

1. Cook the farro according to package directions until tender. Drain.
2. Heat 2 tbsp olive oil in a large pan over medium-high heat. Add the garlic and cook for 30 seconds until fragrant.
3. Add the shrimp, salt, and pepper. Cook for 2 minutes per side, until pink and just cooked through. Remove from heat and add the lemon juice.
4. Divide the farro between two bowls. Top with arugula, cherry tomatoes, and the garlic shrimp.
5. Drizzle with remaining olive oil, sprinkle with parsley and lemon zest, and serve.

CORTISOL NOTE

Farro is an ancient grain with significantly more fiber and protein than refined wheat — meaning slower glucose release and steadier insulin. Pairing it with shrimp delivers high-quality protein in under 200 calories of grain — ideal for hormonally smart weight loss.