



## **Stress & Anxiety Support Program**

Created by Cynthia Libert, M.D.



# Stress & Anxiety Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Warm Peas with Eggs	Warm Peas with Eggs	Chocolate Banana Cauliflower N'Oats	Chocolate Banana Cauliflower N'Oats
	Banana	Banana	Banana	Avocado	Avocado		
<b>Snack 1</b>	Hard Boiled Eggs with Apricots	Hard Boiled Eggs with Apricots	Hard Boiled Eggs with Apricots	Cucumber Hummus Bites	Cucumber Hummus Bites	Hard Boiled Eggs	Hard Boiled Eggs
						Avocado	
<b>Lunch</b>	Hummus & Veggie Wrap	Hummus & Veggie Wrap	White Bean, Spinach & Tomato Salad	White Bean, Spinach & Tomato Salad	Ground Beef, Asparagus & Mashed Sweet Potatoes	Kale & White Bean Caesar Salad	Kale & White Bean Caesar Salad
	Cream of Celery & Asparagus Soup	Cream of Celery & Asparagus Soup	Lemon Garlic Tahini Dressing	Lemon Garlic Tahini Dressing			
<b>Snack 2</b>	Cucumbers with Beef Liver Pate	Cucumbers with Beef Liver Pate	Toasted Trail Mix	Toasted Trail Mix	Toasted Trail Mix	Cucumber Hummus Bites	Toasted Trail Mix
<b>Dinner</b>	Spaghetti Squash, Turkey & Broccoli	Spaghetti Squash, Turkey & Broccoli	Ground Beef, Asparagus & Mashed Sweet Potatoes	Kale & White Bean Caesar Salad	Pea & Basil Buckwheat Risotto	Pea & Basil Buckwheat Risotto	Chickpea Flatbread Pizza
							Steamed Asparagus

# Stress & Anxiety Support Program

63 items

## Fruits

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- 2 Avocado
- 4 Banana
- 1/2 Lemon
- 2 tbsps Lemon Juice
- 3/4 cup Strawberries

## Breakfast

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- 1/4 cup All Natural Peanut Butter
- 1 1/4 cups Buckwheat Groats

## Seeds, Nuts & Spices

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- 1 cup Almonds
- 2/3 tsp Black Pepper
- 1 cup Chia Seeds
- 1 tbsp Cinnamon
- 1 1/2 tpsps Dried Thyme
- 1/16 tsp Garlic Powder
- 1/2 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1 cup Raw Peanuts
- 1/16 tsp Red Pepper Flakes
- 2 3/4 tpsps Sea Salt
- 0 Sea Salt & Black Pepper

## Frozen

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- 3 cups Frozen Peas

## Vegetables

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- 4 1/2 cups Asparagus
- 6 cups Baby Spinach
- 2 1/16 cups Basil Leaves
- 2 cups Broccoli
- 2 cups Cauliflower Rice
- 3 stalks Celery
- 1 1/2 Cucumber
- 2 cups Fresh Peas
- 6 1/2 Garlic
- 6 cups Kale Leaves
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/4 cup Shallot
- 1/2 Spaghetti Squash
- 1 1/2 Sweet Potato
- 1 Tomato
- 1/2 White Onion
- 3/4 Yellow Onion

## Boxed & Canned

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- 3 cups Organic Vegetable Broth
- 4 cups White Navy Beans

## Baking

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- 2 tbsps Cacao Nibs
- 2 tbsps Cacao Powder
- 1/2 cup Chickpea Flour
- 1/3 cup Nutritional Yeast
- 1/2 cup Organic Raisins

## Bread, Fish, Meat & Cheese

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- 4 1/16 ozs Beef Liver
- 8 ozs Extra Lean Ground Beef
- 8 ozs Extra Lean Ground Turkey
- 1 1/4 cups Hummus
- 3 ozs Mozzarella Cheese
- 5 1/2 slices Organic Bacon
- 2 Whole Wheat Tortilla

## Condiments & Oils

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- 1 1/4 tbsps Avocado Oil
- 3 tbsps Coconut Oil
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Tahini
- 2 2/3 tbsps Tomato Sauce

## Cold

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- 11 Egg
- 1 1/2 cups Unsweetened Almond Milk
- 3 cups Unsweetened Coconut Yogurt

## Other

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- 3/4 cup Dried Apricots
- 4 cups Water

# Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 3 servings



## Directions

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1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

### Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

## Ingredients

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**3 cups** Unsweetened Coconut Yogurt

**3/4 cup** Chia Seeds

**1 tbsp** Cinnamon

**3/4 cup** Strawberries (chopped)

# Banana

1 ingredient · 1 minute · 1 serving



## Directions

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1. Peel and enjoy!

## Notes

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### More protein

Dip in almond butter.

## Ingredients

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1 Banana

# Warm Peas with Eggs

5 ingredients · 15 minutes · 1 serving



## Directions

1. In a pan over medium-high heat, sauté the onions with the water. Cook until browned, stirring frequently and adding more water as needed to prevent the onions from sticking.
2. Add the peas and stir until warmed through. Season with salt.
3. Crack the eggs over the peas, spacing them out evenly. Cover the pan with a lid and bring down the heat to low. Cook for 3 to 5 minutes or until the egg whites have cooked through and the yolk is set to your liking.
4. Remove from heat and serve immediately. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving equals approximately two eggs with 1 1/2 cups of the pea and onion mixture.

### More Flavor

Use broth or oil instead of water.

### Additional Toppings

Top with avocado, diced tomatoes, salsa, olives and/or feta cheese. Serve with toast, rice cakes, toasted sweet potato slices or as is.

## Ingredients

- 1/4 White Onion (diced)
- 1 1/2 tbsps Water
- 1 1/2 cups Frozen Peas
- 1/8 tsp Sea Salt
- 2 Egg

# Avocado

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Cut avocado into slices or chunks. Enjoy!

## Notes

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### Serve it With

Salads, soups, chilli, on toast, or in a wrap with leftovers.

### Savoury Snack

Top with salt, pepper, lemon juice, paprika and/or red pepper flakes.

### Sweet Snack

Top with maple syrup, honey, maple butter and/or cinnamon.

## Ingredients

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1/2 Avocado

# Chocolate Banana Cauliflower N'Oats

8 ingredients · 20 minutes · 1 serving



## Directions

1. In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
2. Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Nut-Free

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

### More Flavor

Add cinnamon or maple syrup.

### More Protein

Add collagen or protein powder.

### No Cacao Powder

Use cocoa powder instead.

### No Banana

Top with berries instead.

## Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsps Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsps Cacao Nibs



# Hard Boiled Eggs with Apricots

2 ingredients · 15 minutes · 3 servings



## Directions

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1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
2. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
3. Peel the eggs and serve with apricots. Enjoy!

## Notes

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### Storage

Refrigerate in an airtight container for up to 7 days if the eggshell is kept intact.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

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- 3 Egg
- 3/4 cup Dried Apricots

# Cucumber Hummus Bites

3 ingredients · 10 minutes · 3 servings



## Directions

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1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

## Notes

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### More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

## Ingredients

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**3/4** Cucumber (large)

**3/4 cup** Hummus

**1/3 tsp** Black Pepper

# Hard Boiled Eggs

1 ingredient · 15 minutes · 2 servings



## Directions

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1. Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
2. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
3. Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

## Notes

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### Leftovers

Refrigerate in a covered container with the shell on for up to 7 days.

### Easier to Peel

Add salt to the water while boiling.

## Ingredients

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4 Egg

# Hummus & Veggie Wrap

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

## Notes

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### Gluten-Free

Use a brown rice tortilla instead.

### Oil-Free

Use an oil-free hummus.

### More Flavor

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

### Easy Eating

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

## Ingredients

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- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

# Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 2 servings



## Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

## Notes

### Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

### Serving Size

One serving is approximately 2 cups.

### No Hemp Seeds

Use cashews.

### Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

### No Spinach

Use kale, swiss chard or any leafy green.

## Ingredients

- 1 **tblsp** Coconut Oil
- 1/2 Yellow Onion (chopped)
- 3 **stalks** Celery (chopped)
- 1 1/2 **Garlic** (cloves, minced)
- 2 **cups** Water
- 1/2 **tsp** Sea Salt
- 1/4 **tsp** Black Pepper
- 1 1/2 **cups** Asparagus (woody ends snapped off)
- 1/4 **cup** Hemp Seeds
- 2 **cups** Baby Spinach

# White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 2 servings



## Directions

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1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

## Notes

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### No White Beans

Use chickpeas or lentils instead.

### Extra Flavour

Add avocado, lemon juice and/or feta cheese.

### Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

## Ingredients

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- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Shallot (diced)
- 2 **Garlic** (cloves, minced)
- 2 **cups** White Navy Beans (cooked, drained and rinsed)
- 4 **cups** Baby Spinach (chopped)
- 1 **Tomato** (medium, diced)
- Sea Salt & Black Pepper (to taste)

# Lemon Garlic Tahini Dressing

6 ingredients · 5 minutes · 2 servings



## Directions

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1. Whisk all ingredients together in a mixing bowl. Season with additional salt or lemon juice if needed. Transfer to an airtight jar or container and refrigerate until ready to use.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately two and a half tablespoons.

### Dressing Consistency

If the dressing is too thick, add water one tablespoon at a time until your desired consistency is reached.

## Ingredients

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- 2 tbsps** Tahini
- 2 tbsps** Water (warm)
- 2 tbsps** Lemon Juice
- 1** Garlic (clove, small, minced)
- 1 1/2 tps** Nutritional Yeast
- 1/8 tsp** Sea Salt

# Cucumbers with Beef Liver Pate

8 ingredients · 15 minutes · 2 servings



## Directions

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1. In a cast iron pan, cook the bacon slices until crispy. Set aside the bacon and reserve the grease.
2. Add the onion, garlic, liver and thyme to the pan. Cook over medium heat until the liver is cooked through, about 5 minutes per side.
3. Remove from heat and transfer to a blender or food processor along with the bacon. Add the coconut oil and salt and blend until a smooth paste forms.
4. Spread onto cucumber slices and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

Each serving equals approximately 1/4 cup of beef pate.

### More Flavor

Use fresh instead of dried herbs.

### No Cucumbers

Use carrot sticks or plantain chips instead.

## Ingredients

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- 1 1/2 slices Organic Bacon
- 1/4 Yellow Onion (small, minced)
- 1 Garlic (cloves, minced)
- 4 1/16 ozs Beef Liver
- 1 1/2 tsps Dried Thyme
- 2 tbsps Coconut Oil (melted)
- 1/8 tsp Sea Salt
- 1/4 Cucumber (sliced)



# Toasted Trail Mix

5 ingredients · 10 minutes · 4 servings



## Directions

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1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

## Notes

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### Serve it With

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

### Make it Paleo

Replace peanuts with another type of nut or seed.

### Storage

Refrigerate in an air-tight container.

### Other Add-Ins

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

## Ingredients

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- 1 cup Almonds (raw)
- 1/4 tsp Sea Salt (omit if using salted nuts)
- 1 cup Raw Peanuts
- 1/2 cup Pumpkin Seeds
- 1/2 cup Organic Raisins

# Spaghetti Squash, Turkey & Broccoli

6 ingredients · 1 hour · 2 servings



## Directions

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1. Preheat the oven to 425°F (218°C). Cut the spaghetti squash in half through its belly, remove the seeds and place flesh-side down on a baking sheet lined with parchment paper. Cook for 30 to 35 minutes, or until cooked through. Remove from the oven and let it cool slightly.
2. While the squash is in the oven, cook the turkey in a pan over medium heat. Break it up with the back of a wooden spoon until crumbled and cooked through. Remove from heat and set aside.
3. In a small saucepan, bring the water to a boil and add in the broccoli florets. Cook for 10 minutes or until soft. Drain the broccoli and set aside.
4. Scoop out the spaghetti squash into noodles using a fork and divide them between plates. Add the broccoli and ground turkey to the plates and top with nutritional yeast and sea salt. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup of each ingredient.

### More Flavor

Season the turkey with minced onion or garlic while it cooks.

### Additional Toppings

Top with fresh parsley, cilantro or your favorite hot sauce.

### Make it Vegan

Use chickpeas or lentils instead of ground turkey.

## Ingredients

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- 1/2 Spaghetti Squash (medium)
- 8 ozs Extra Lean Ground Turkey
- 1 cup Water
- 2 cups Broccoli (chopped into florets)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

# Ground Beef, Asparagus & Mashed Sweet Potatoes

5 ingredients · 30 minutes · 2 servings



## Directions

1. Set the sweet potatoes in a steaming basket over boiling water and cover. Steam for about 15 minutes, or until tender. Transfer the sweet potatoes to a bowl.
2. In the same steaming basket, steam the asparagus for about 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Set aside.
3. Add half the salt to the sweet potatoes and mash until creamy.
4. Heat the oil in a large pan over medium heat. Cook the beef, breaking it up as it cooks. Season with the remaining salt and drain any excess liquid.
5. Divide the mashed sweet potato, asparagus and beef onto plates or into containers. Enjoy!

## Ingredients

- 1 1/2 Sweet Potato (medium, peeled and chopped)
- 2 cups Asparagus (woody ends trimmed, chopped in half)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 tsps Avocado Oil
- 8 ozs Extra Lean Ground Beef

## Notes

### No Sweet Potatoes

Use regular potatoes, eddo, jicama or kohlrabi instead.

### No Avocado Oil

Use coconut oil, olive oil, ghee or butter instead.

### Storage

Refrigerate in an airtight container up to 3 days.

### Serving Size

One serving is equal to approximately 3/4 cup of mashed sweet potatoes, 1 cup of asparagus and 1/2 cup of ground beef.

### Vegan & Vegetarian

Omit the ground beef and use cooked lentils instead.

### Extra Creamy Potatoes

Add a splash of water, broth or milk while mashing the sweet potatoes for extra creaminess.

# Kale & White Bean Caesar Salad

9 ingredients · 25 minutes · 3 servings



## Directions

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1. Cook the bacon in a skillet over medium heat. Once cooked, dice it into small pieces.
2. While the bacon is cooking, make your dressing. Add the hemp seeds, water, nutritional yeast, lemon juice, and garlic to a small blender or food processor. Process until smooth, adding more water to thin if necessary.
3. Place kale in a large salad bowl and pour the dressing over top. Use your hands to massage the dressing into the kale.
4. Add the cooked bacon and white beans to the bowl and toss well. Season with sea salt and black pepper to taste. Divide between bowls and enjoy!

## Notes

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### Vegan and Vegetarian

Omit the bacon, or use coconut bacon.

### Leftovers

Keeps well in the fridge for 2 to 3 days.

## Ingredients

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- 4 slices** Organic Bacon
- 1/4 cup** Hemp Seeds
- 2 tbsps** Water
- 1 tbsp** Nutritional Yeast
- 1/2** Lemon (juiced)
- 1** Garlic (clove, peeled)
- 6 cups** Kale Leaves (chopped)
- 2 cups** White Navy Beans (cooked)
- Sea Salt & Black Pepper (to taste)

# Pea & Basil Buckwheat Risotto

6 ingredients · 20 minutes · 2 servings



## Directions

1. In a pot, combine the buckwheat groats with 2/3 of the vegetable broth. Bring to a simmer and cover with a lid until soft, about 18 to 20 minutes.
2. Meanwhile, combine the remaining broth, half the peas, basil leaves, nutritional yeast and sea salt in a high-speed blender. Blend until smooth, scraping down the sides as needed.
3. When the buckwheat is cooked, stir in the remaining peas and blender mixture. Divide into bowls or containers. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1 3/4 cup.

### More Flavor

Add a splash of apple cider vinegar and/or your desired herbs and spices.

### Additional Toppings

Top with red pepper flakes and/or a dollop of yogurt.

## Ingredients

- 1 1/4 cups Buckwheat Groats (soaked overnight, drained & rinsed)
- 3 cups Organic Vegetable Broth (divided)
- 2 cups Fresh Peas (or frozen, divided)
- 2 cups Basil Leaves (stems removed)
- 2 tbsps Nutritional Yeast
- 1/2 tsp Sea Salt

# Chickpea Flatbread Pizza

10 ingredients · 1 hour 20 minutes · 1 serving



## Directions

1. In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
2. About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
3. Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
4. Reduce the oven temperature to 350°F (176°C).
5. Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
6. Slice and serve immediately. Enjoy!

## Ingredients

- 1/2 cup Chickpea Flour
- 1/2 cup Water
- 2 1/4 tsps Avocado Oil (divided)
- 1/8 tsp Sea Salt
- 2 2/3 tsps Tomato Sauce
- 1/8 tsp Oregano
- 1/16 tsp Garlic Powder
- 1/16 tsp Red Pepper Flakes
- 3 ozs Mozzarella Cheese (shredded)
- 1 tbsp Basil Leaves (finely chopped)

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

### Serving Size

One serving is equal to approximately three slices of pizza.

### Dairy-Free

Use a dairy-free shredded cheese instead.

### More Flavor

Add minced garlic and Italian seasoning to the tomato sauce.

### Additional Toppings

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

# Steamed Asparagus

1 ingredient · 10 minutes · 1 serving



## Directions

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1. Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container up to 5 days.

### Serving Size

One serving is equal to approximately one cup of cooked asparagus.

## Ingredients

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**1 cup** Asparagus (woody ends trimmed, chopped in half)