

■ 15-Day Cortisol Cleanse Checklist

A gentle 15-day reset to support your adrenals, reduce stress, and balance cortisol levels naturally.

■ Daily Routine

Time	Activity	Purpose
Upon Waking	Lemon water + pinch sea salt	Hydration & adrenal support
Morning	Grounding / sunlight exposure	Reset cortisol rhythm
Breakfast	High-protein, low-sugar whole foods	Stabilize blood sugar
Mid-Morning	Adaptogenic tea or smoothie	Nutrient & adrenal support
Afternoon	Movement + mindful breathing	Lower cortisol
Evening	Screen-free wind down + magnesium-rich snack	Improve sleep
Bedtime	No blue light 1 hr before bed	Restorative sleep

■ Cortisol-Balancing Foods

- Healthy Fats: avocado, olive oil, flaxseeds, walnuts
- Proteins: lentils, beans, tofu, quinoa, tempeh, pumpkin seeds
- Complex Carbs: oats, quinoa, sweet potatoes, berries
- Adaptogens: ashwagandha, maca, holy basil
- Minerals: leafy greens, citrus, bananas, pumpkin seeds
- Herbal Teas: chamomile, lemon balm, rooibos
- Avoid: caffeine overload, alcohol, processed sugar, late-night eating

■ Lifestyle Rituals

- Morning grounding or sunlight
- Daily breathing or journaling
- Gentle movement (15–30 min)
- Digital detox in the evening
- Prioritize 7–9 hours of sleep

■ 15-Day Cleanse Phases

Days 1–3: Reset & Hydrate – cut sugar/caffeine, hydrate, lemon water
Days 4–6: Blood Sugar Balance – protein with meals, magnesium snacks
Days 7–9: Adaptogen Support – add ashwagandha or maca, fiber
Days 10–12: Nervous System Calm – sleep hygiene, calming rituals

Days 13–15: Deep Rejuvenation – gratitude, reflection, gentle movement

■ Cleanse Success Tips

- Meal prep to avoid stress eating
- Track hydration
- Keep a daily mood, energy & sleep journal
- Progress over perfection
- Give yourself grace — this is a reset, not a diet