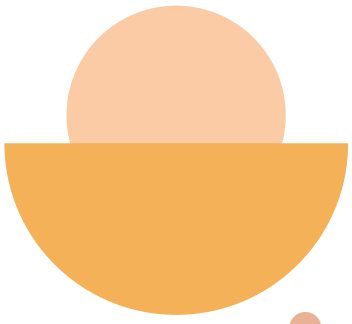
The GOOD Mood Guide

to Nutrition and Mindfulness



Your guide to ease stress, boost your mood, and reconnect with your highest self

DISCLAIMER

By using this eBook, you understand that the purpose of this eBook is to educate and empower women on the role nutrition and mindfulness can play on mental health.

This eBook is for informational and educational purposes only. This eBook is not meant to be used, nor should it be used, to diagnose any medical condition or to supplement or replace professional medical treatment, therapeutic advice, and/or diagnosis. While That's So Well is a Nutritional Therapy Practitioner, That's So Well is not your Nutritional Therapy Practitioner. Before making changes to your diet and lifestyle, we recommend you consult your physician. We also recommend you seek professional psychological treatment for any mental health concerns.

Although we do our best to make sure all of the information contained herein is up to date and/or accurate, we do not make any representation that all the information contained herein is accurate or free of errors at all times. We do not assume any responsibility for accuracy of the information presented in this eBook, or its safety or efficacy as it applies to you. You should review any and all changes to your diet, lifestyle, exercise regimen, or supplement routine with your physician or a medical professional before trying it yourself.

We do not offer any representations, guarantees, or warranties, of any variety, regarding the eBook in any way including, but not limited to, effectiveness, safety, harm, or results achieved as a result of your use of this eBook. The eBook is offered "AS IS" and without representations, guarantees, or warranties of any kind, including but not limited to, implied warranties of merchantability and fitness for a particular purpose, neither express nor implied, to the extent permitted by law. We are not liable for damages of any kind related to your use of the eBook or any information contained or discussed therein.

By using this eBook, you implicitly signify your agreement to all of the terms contained herein. If you have any questions about this disclaimer, please contact arielle@thatssowell.com. Thank you.

Copy Right

COPYRIGHT 2021 THAT'S SO WELL

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without express written permission of the publisher except for the use of brief quotations in a book review.

cont

07 Welcome

08 Getting Started

18 Grocery List

19 Good Mood Guidelines

23 Mindfulness

32 Recipes

ents

33 Breakfast

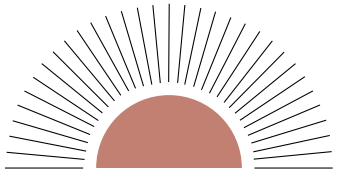
41 Lunch

47 Dinner

54 Sides and Sauces

61 Snacks and Desserts

65 FAQ's



WELCOME

Hello love, and welcome to The Good Mood Guide to Nutrition and Mindfulness. I am beyond grateful to have you here!

Are you ready to embark on a journey to ease stress, improve sleep, and create meaningful lifestyle changes?

This eBook will be your go-to guide for the next seven days. Inside, you'll find nutrition and mindfulness tips along with lifestyle recommendations all provided with the intention of easing stress and creating space for you to show up as your highest self!

GETTING STARTED

What to Expect

NUTRITION TO SUPPORT YOUR MENTAL HEALTH

Now more than ever we are looking for holistic ways to improve our lives. What better way than through our diet? The recipes and practices in this guide are all developed based on research and are here to support you. But if there's something you don't like or don't want to do, that's totally fine. Take what you need and leave the rest. I am all about meeting yourself where you are. If there's a recipe that doesn't sound good that day, honor that and swap it for something else that falls within the good mood guidelines.

SO WHY IS DIET IMPORTANT WHEN IT COMES TO MENTAL HEALTH?

Countless studies show that what we eat can have a direct impact on our mood and vice versa. Anxiety levels are at an all-time high in this country and it's no coincidence that the Standard American Diet seems to be a contributing factor. Combine that with chronic stress and it's not surprising that over 60 million Americans will be diagnosed with a mental illness in their lifetime.

WHY DOES THE GUIDE INCLUDE MINDFULNESS?

I hear you, mindfulness can feel really intimidating. I wouldn't have included it in this guide if it didn't have a ton of amazing benefits. Each day that you engage on this journey, you will respond to and reflect on the journal prompts on page 29. You'll also find, on page 26, a list of mindfulness activities from which you can choose to do each day. The goal is to build more mindfulness practices to help reduce stress, boost your mood, and reconnect to your highest self. When we stay consistent with a mindfulness practice and build tools to help us thrive in our daily life, we create massive shifts in the way we show up--not only for ourselves, but for others as well.

HOW CAN THIS GUIDE HELP?

The goal of this guide is to empower you to make more mindful decisions about the foods you eat and build awareness of the food-mood connection. You'll also find tons of mindfulness practices, journal prompts, recipes, and so much more. I hope this serves as an invaluable tool to guide your wellness journey.

WHAT'S INCLUDED IN THIS GUIDE ?

This guide includes a full seven day menu that includes breakfast, lunch, and dinner. In addition, you'll find snacks and desserts for when you need a little something extra. If you know me, you know that it's rare that I go a day without chocolate. So don't worry if you have a bit of a sweet tooth, I've got you!

For these next seven days we are going to stay away from foods that have been shown to increase anxiety and depression and instead shift our attention to foods that will not only nourish and support our bodies, but uplift our moods.

Be patient, set yourself up for success, and know that you are prioritizing your mental and physical health. What better motivation is there than that?

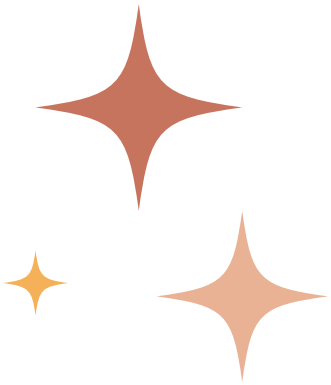
I am a firm believer that the key to successful outcomes is taking the time to set yourself up for success. To help you do just that, I have included a checklist of things to do before starting. You know yourself better than anyone else, so if you don't feel the need to prepare that's totally fine too! Take what you need and leave the rest.

By committing to this guide, you are taking a huge step towards making mindful, empowered decisions when it comes to the foods you choose to put into your body. I am so excited to see how this journey unfolds for you!

1 Start with a pantry clean out. Get rid of anything that isn't going to serve your highest self during the next seven days. It will be hard to stick to this plan if there are other tempting foods around that don't ultimately support your mood.

Getting Ready

2 Read those ingredient labels! During the next seven days, we are going to focus on eating a real, whole food diet. This means that as you go through your pantry, if you find something on an ingredient label that you don't know how to pronounce, chances are it's probably not going to be a good fit. Now, I know you might be thinking, "but I don't want to be wasteful and get rid of things I spent money on." I totally get that. Maybe you can find somewhere else in your house or garage, or give it away. Then you can focus your attention on all the amazing good mood ingredients we will be using. Also, if you need help reading labels, go to pages 15-16 of this guide.



3 Set your intentions. Setting intentions can be a really powerful way to think about the changes you are wanting to make. There will be more on this later in the guide, so keep your eyes peeled.

4 Think of any barriers that might get in the way of you staying consistent with your goals this week. Come up with solutions to those challenges in advance. This will help you crush your goals.

5 Grab a friend. Having someone else with whom you can embark on this journey will provide you the support you need and keep you accountable. In fact, the more people you can get to do this with you, the better. You will be able to have daily check-ins with each other, stay accountable, AND be able to celebrate your success together at the end of these seven days.

KITCHEN EQUIPMENT

- Knives
- Mandoline
- Microplaner/Zester
- Blender
- Veggie peeler
- Cutting board
- Measuring cups
- Measuring spoons
- Mason jars
- Glass Tupperware to store leftovers
- Parchment paper (preferably unbleached)
- Mixing bowls
- Pots and pans (I love cast-iron or stainless steel)
- Muffin tin
- Baking sheet

TIPS FOR SOURCING

When thinking about creating sustainable dietary changes, I find it helpful to think about things in terms of a good, better, best spectrum. That said, I know there can be a lot to consider when it comes to sourcing ingredients, so I created a short list to help you. Making these changes in your kitchen isn't cheap. Do what you can when you can, and let go of the rest. These are just recommendations, and they may not be the best for you and your family. Again, that's OK.

- If geographically and economically convenient, buy organic when possible.
- Prioritize organic when consuming foods from the "dirty dozen" list.
- When buying animal foods, aim for grass-fed or pasture-raised when possible.
- For seafood, choose wild-caught or sustainably-sourced farmed fish.
- Focus on eliminating or limiting manmade and highly refined fats like margarine, and industrial seed oils (canola oil, soybean oil, and corn oil, trans fats, and hydrogenated oils).

DIRTY DOZEN

- Strawberries
- Spinach
- Kale, collard or custard greens
- Nectarines
- Apples
- Grapes
- Cherries
- Peaches
- Pears
- Bell and hot peppers
- Celery
- Tomatoes

CLEAN 15

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Eggplant
- Asparagus
- Broccoli
- Cabbage
- Kiwi
- Cauliflower
- Mushrooms
- Honeydew melon
- Cantaloupes

When it comes to buying organic, I generally prioritize the dirty dozen list. If it's on the clean 15 list, or is something that I don't eat the skin, I look at prices and buy conventional if it's cheaper.

Reading Ingredient Labels

Since a big part of eating for your mood involves focusing on incorporating whole foods—rich in good mood nutrients and limited sugars—I thought it would be helpful to break down the importance of reading ingredient labels. We will go over how to purchase packaged foods wisely, and what ingredients are best to limit or avoid.

In a perfect world, your diet will consist only of nutrient-dense whole foods and you'll avoid anything that comes in a package that was processed in a factory. In real life, this might seem unrealistic. To make sustainable changes that will last a lifetime, I encourage you to take charge of learning more about the ingredients that make up the things you buy everyday and ultimately end up on your plate.

Let it be said that not all packaged foods are created equal. Chips are a perfect example. You can purchase chips with three ingredients: potatoes, salt, and olive oil. Or you can purchase chips with twenty-five ingredients, including vegetable oil, maltodextrin, monosodium glutamate, natural and artificial flavor, dextrose, artificial color (yellow 6, yellow 5, and red 40), lactic acid, citric acid, sugar, disodium inosinate, and disodium guanylate.

For many on their health journey, a simple chip with three ingredients may be just fine as a snack from time to time. On the other hand, for many, a chip with multiple artificial flavors and ingredients may cause unwanted inflammation and sensitivities that compound and eventually lead to illness and disease. So where do we begin?

Reading Labels Continued

Let's start with a general rule of thumb: make sure you can pronounce and recognize each ingredient listed on the label. If you can't pronounce an ingredient or if you don't know what the ingredient is, put it back on the shelf and move on. Until you're able to investigate each ingredient listed and determine if it's right for you, this principle will help guide you in purchasing the best quality packaged foods.

The most common ingredients to avoid include gums (e.g. guar gum and xanthan gum), refined sugars (e.g. high-fructose corn syrup and sucralose), carrageenan, "natural" flavors, and artificial colors. If you're interested in learning more about the ***why*** behind each of these, the Environmental Working Group has a food score database that will help you navigate the potential health effects of these processed and artificial ingredients.

A note about refined sugars—they're hidden everywhere! That said, if you're following this general rule of thumb, it'll be fairly easy to avoid these hidden sugars because you'll know what to look for.

Ultimately, focusing on consuming whole foods—even if they do come in a package—is a great way to support and nourish yourself. Choosing food items with clearly recognizable ingredients will help you purchase the best quality foods to nourish and support your body.

GROCERY LIST

Produce:

Bell peppers
Lemons
Limes
Persian cucumbers
Cherry tomatoes
Heirloom tomatoes
Sweet potatoes
Cauliflower rice
Asparagus
Zucchini (medium to large)
Kale
Spinach
Greens of choice
Rainbow potatoes
One head cauliflower
Cipollini onions
Green onions
Celery
Garlic
Avocados
Broccoli
Green beans
Beets
Figs
Strawberries
Bananas
Blackberries
Oranges

Herbs:

Parsley
Dill
Rosemary
Cilantro
Basil

Freezer:

Frozen blueberries
Frozen cauliflower
Frozen raspberries
Frozen sweet cherries

Refrigerator:

Feta cheese
Goat cheese
Burrata or mozzarella
Shredded Mexican cheese
Grated parmesan cheese
Nut milk of choice
Eggs
Grain free tortilla's (I use Siete)
Pico de gallo
Organic Greek yogurt
White miso paste

Meat:

Ground turkey
Chicken breasts
Salmon
Shrimp (I use frozen)
Rotisserie or canned chicken
Canned tuna or salmon

Pantry:

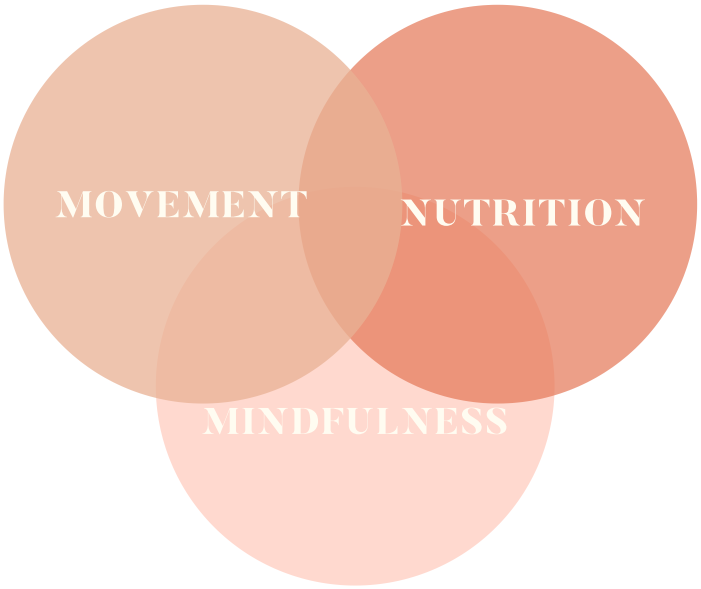
Organic gluten free oats
Baking soda
Baking powder
Coconut sugar
Cacao powder
Collagen
Protein powder of choice
Fig jam
Almond butter
Canned chickpeas
Black beans
Quinoa
Almond flour
4 oz can diced green chiles
Extra virgin olive oil
Avocado oil
Balsamic vinegar
Red wine vinegar
Sriracha with no additives
Coconut aminos
Mayonnaise
Ketchup with no additives
Worcestershire
Sesame oil
Spicy brown mustard
Pickles
Canned coconut milk
Salsa verde
Enchilada sauce
Maple syrup
Chia seeds
Hemp seeds
Pumpkin seeds
Pecans
Sliced almonds
Walnuts
Cacao chips
Dark chocolate chips
Brown rice pasta

Spices:

Coarse Salt Flakes (I like Maldon)
Turmeric
Saffron
Sea salt and black pepper
Dried oregano
Paprika
Garlic powder
Taco seasoning
Cinnamon
Vanilla bean paste (See FAQ's)
Vanilla extract

GOOD MOOD GUIDELINES

Pillars of Wellness



I truly believe in a holisitic approach to wellness. Oftentimes, we focus on exercise or nutrition and grow frustrated when we don't meet our goals or acheive the desired changes. Throughout this guide we will focus on incorporating movement and mindfulness, along with plenty of good mood foods. This will support you to get the most out of these seven days.

MOVEMENT

Include some sort of movement daily. This could be HIIT, yoga, cycling, walking, etc. the main goal is that it's something that FEELS GOOD.

MINDFULNESS

To ease stress, try different mindfulness practices each day. Make sure to try the options I've provided in this guide.

NUTRITION

Focus on eating foods to help nourish and support your mood. This guide is loaded with choices. Pick some and get started!

Bad Mood Foods

01 Added sugar: Studies have shown a correlation between sugar consumption, depression, and anxiety.

02 Simple carbohydrates that have a high glycemic index: One benefit of good mood foods is their ability to regulate blood sugar.

03 Artificial sweeteners, especially aspartame: These have been linked to depression.

04 Fried foods: One study found that those who consumed fried food were more likely to experience depression in their lifetimes. New alternatives like air fryers and different oils might make a difference.

05 Fats like hydrogenated oils, margarine and shortening: Research suggests a link between trans fats and increased depression.

06 Added nitrates: Cured meats like bacon, salami, and sausage nitrates may be connected with depression.

07 Caffeine: If you struggle with anxiety, make sure to limit caffeine intake to under 200 mgs a day.

08 Gluten: Those with gluten sensitivities may experience increased inflammation in the body. For the sake of this eBook we will limit gluten and see how we feel.

Good Mood Foods

01	Foods packed with fiber, like fruits, vegetables, and beans.
02	Foods packed with Omega 3's, like salmon, chia, hemp and and flax seeds.
03	Aged, fermented and cultured foods, like miso, yogurts, kombucha, etc. (pre and probiotic rich foods).
04	Foods with tryptophan, like turkey, oats and pumpkin seeds, cheese, and nuts.
05	Foods rich in vitamins D, D1, B1, B6, A, C and E, magnesium, iron, selenium and zinc.
06	Good mood herbs and spices like saffron, turmeric, oregano, lavender, passionflower and chamomile.
07	Fresh, minimally processed foods, that are quick, easy to make, and taste delicious.
08	Healthy fats like avocados, almonds, and olive oil.
09	Complex carbohydrates like sweet potatoes, brown rice, and quinoa.

MINDFULNESS

Ready to be Zen?

What is Mindfulness?

People often think that mindfulness means having no thoughts; it's actually quite the opposite. It is about learning to acknowledge and accept thoughts as they arise—letting go of any attachment or judgment and gently bringing your mind back to the present. Mindfulness is a PRACTICE. It isn't something you will ever perfect. It is something, however, that if you put in the work and stay consistent can completely transform the way you show up in the world. I've seen it in my own life and with the hundreds of women with whom I've worked.

Some Benefits of Mindfulness:

- Reduces stress
- Reduces anxiety
- Reduces rumination
- Reduces reactivity
- Boosts working memory
- Improves emotion regulation
- Improves focus
- Improves cognitive flexibility



MINDFULNESS TIPS

01 Schedule it into your day

Take time at the beginning of your day or week to schedule when you will take mindfulness breaks. Having this on the calendar will help you stay accountable, increasing the chances you actually practice.

02 Keep It Simple

The best practices are often the ones that require the least amount of work. Throughout the day, aim for a couple that take 5 minutes or less. This will increase the chances that you stay consistent and reach your goals.

03 Have an accountability partner

Having someone who shares the same goal is a great way to develop a new habit and stay consistent. Talk to your partner about the mindfulness practices you plan to incorporate into your day.

04 Let go of expectations

Let go of the need to expect anything of yourself. Practice mindfulness with curiosity and without judgment. If there is a day where you don't practice, that's ok! Just start again the next day; it's never too late.

MINDFULNESS PRACTICES

SOME PRACTICES TO TRY THIS WEEK:

There are many ways to practice each exercise. These are just some ideas to get you started with a mindfulness practice. You can always expand upon these in the future.

Mindful Eating

Plan to eat one meal a day mindfully, sitting down with no distractions. Make sure that the tv is off and your phone is away. You may also find it helpful to put your fork down between bites.

Mindful Movement or Stretching

Take some deep breaths. Ask yourself, "How is my body feeling in this moment? What would make my body feel good right now? Is there anything my body needs?" Do some movement to support what you find. This could be some gentle twists, neck and shoulder rolls, etc. While practicing these mindful movements, it's really important to tune into what feels nourishing and supportive in the moment.

MINDFULNESS PRACTICES

Mindful Communication	Sit down next to another person and position your body to face them. Be present and welcoming, seek to understand, get curious, listen without judgment, and most importantly, demonstrate respect.
Practice Grounding	Notice 5 things that you can see, touch, smell and hear.
Mindful Walking	Go for a walk. If it feels safe, leave your phone at home—or at the very least, put it away while you're walking. Notice how the sun feels on your skin and the sensation of each foot touching the ground with every step you take.
Mindful Breathing	Bring awareness to your breathing; this can be as simple as noticing your inhale and exhale. If you're wanting something a little more structured, do some box-breathing. Inhale for the count of 4, hold the breath for 4, exhale for 4, and hold the exhale for 4. Repeat as many times as feels good. Another helpful practice is 4-7-8 breathing. Inhale for the count of 4, hold the breath for 7, and exhale for 8.

MINDFULNESS PRACTICES

Do a Body Scan

There are so many great resources for this online; just google, "guided body scan." Or check out one I've posted to my IGTV.

Practice Progressive Muscle Relaxation

For progressive muscle relaxation, practice squeezing and tightening one muscle group at a time for 3 seconds, and then releasing. I generally start at my feet and work my way up towards my head to address the different parts of my body.

Do a Guided Meditation

Google "free guided meditations" or download an app. My personal fave is Unplug Meditation; it has so many different guided mediations that vary based on topic and time. People also love *Calm, Headspace*, and *Insight Timer*.

Mindful Journaling

Take a moment to set the scene, light some candles, diffuse essential oils, or burn some palo santo. Then grab your journal and write what's on your mind.

DAILY CHECK-INS

How many hours of sleep did you get last night?

How did you feel when you woke up?

How many glasses of water did you drink?

What kind of movement did you do? How did you feel before, during and after?

What mindfulness practice did you do? What did you notice? Was it easy or difficult? Did you feel more calm or present after? Spend 5 minutes reflecting on your experience.

DAILY CHECK-INS

How did you feel? Write down three feelings and rate your stress level on a scale of 1-10.

What was one way you showed yourself love?

What's one thing you for which you are proud of yourself?

What's one thing you would like to do differently tomorrow?

Write down at least 5 things for which you are grateful.

RECIPES

Things to make ahead for the week

- Make some cauliflower or quinoa rice. I like to cook my quinoa as directed on the label and then add in the cauliflower rice at the end; this allows the heat of the quinoa to cook it. You can add citrus juice or herbs and really make it your own, or just enjoy straight up. It's great to have on hand to add carbohydrates and protein to your quick meals during the week!

- Roast some sweet potatoes. These could be leftovers of the sweet potato fries or you can make a separate batch of sweet potatoes cut into rounds. I love having these on hand in my kitchen to add a complex carbohydrate to salads and bowls. They also make for great snacking in a pinch!

- Wash, clean, and prep your produce to set yourself up for success. This is a huge time saver if you get busy during the week. Set aside 10-15 minutes and get that prep work done!

- Make your Lemon Saffron Salt. This is a staple of the recipes in this guide. And while it might sound intimidating to make your own salt blend, I assure you its totally easy and so worth it. A little goes a long way so you'll have this on hand for awhile.

- Make your tzatziki, pesto and salad dressing. I love making these at the beginning of the week to have ready to throw together a quick meal!

BREAKFAST

Good Mood Muffins



Ingredients:

- 2 cups GF oats
- 2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 tbsp ground turmeric powder
- 1 tsp cinnamon
- 1 crack black pepper
- 1/2 cup coconut sugar
- 2 big handfuls of spinach
- 1/4 cup avocado oil
- 2 ripe bananas
- 2 eggs
- 1 tsp vanilla bean paste
- 1/2 cup collagen
- 1/4 cup hemp seeds plus more to top

Instructions:

1. Preheat the oven to 375 degrees F and grease or line a muffin tin.
2. Pour the oats into a blender or food processor and blend into a flour-like consistency.
3. Add the rest of the ingredients, except the hemp seeds, and blend.
4. Stir in hemp seeds and pour into muffin tins. Top with more hemp seeds if desired.
5. Bake for 20-25 minutes or until a toothpick inserted in the center comes out clean.
6. Let cool and enjoy! These store great in the freezer for a month.

Good Mood Granola



Ingredients:

- 3 cups GF oats or muesli
- 2 cups pumpkin seeds
- 2 cups walnuts
- 2 cups sliced almonds
- 1/4 cup chia seeds
- 1/4 cup cacao powder
- 1/2 cup cacao chips (I like Trader Joe's®)
- 2 tsp vanilla extract
- 1/2 cup coconut or avocado oil
- 1/2 cup maple syrup
- pinch of salt to taste
- I love adding 1/2 cup puffed amaranth and 1/2 cup puffed quinoa for a little extra crunch and good mood boost. But if you don't want to buy these, feel free to omit.

Instructions:

1. Preheat the oven to 340 degrees F.
2. Mix together all of the ingredients.
3. Line a baking sheet with parchment paper and lay granola flat, pressing it down with a spatula.
4. Bake for 20 minutes.
5. Remove and let cool. Store in an airtight container for up to one month.

Build your own bowl
BYOB



Ingredients:

- 1/2-1 cup Greek yogurt
- 1/4-1/2 cup fresh fruit of choice
- 1/4-1/2 cup Good Mood granola
- 1-2 tbsp nut butter
- sprinkle of cacao chips
- 1 tbsp chia jam from page 58

I've included my favorite combination above but the beauty of this recipe is that it's totally customizable based on what sounds good and is quick and easy to make if you don't have a ton of time. The probiotics in the yogurt feed your gut and contribute to a good mood.

Turmeric Smoothie



Ingredients:

- 1/2 cup milk of choice
- 1 scoop protein powder
- 1 scoop collagen
- 1 tbsp nut butter
- 1/2 banana
- 1/2 tsp cinnamon
- 1/4 tsp turmeric
- crack of black pepper
- 1/2-1 cup frozen cauliflower
- handful of spinach

Blend all ingredients together and add desired toppings.

Fun fact about turmeric: It's an anxiety and depression-fighting powerhouse! Adding a crack of black pepper increases the body's ability to absorb turmeric by over 2000%. I know it might seem odd to add turmeric and pepper to your smoothie, but I promise it tastes good and there are plenty of benefits.

Strawberry Shortcake Smoothie



Ingredients:

- 1/2 cup milk of choice
- 1 scoop vanilla protein powder
- 1 scoop collagen
- 5 strawberries
- 1/2 tsp vanilla bean paste
- 1/2-1 cup frozen cauliflower (depending on desired level of thickness)

Blend all ingredients together and top with hemp seeds, or Good Mood granola.

I am not kidding when I say this smoothie tastes like strawberry shortcake. It has quickly become one of my favorite smoothies to make! The strawberries are packed with antioxidants and good mood vitamins. Also if you can't find vanilla bean paste anywhere, you can make your own by combining vanilla extract and vanilla bean powder!

Blackberry Banana Smoothie



Ingredients:

- 1/2 cup milk of choice
- 1 scoop protein powder
- 1 scoop collagen
- 1 tbsp nut butter
- 1/4 cup blackberries
- 1/2 banana
- 1 cup frozen cauliflower

Blend all ingredients together and top with Good Mood granola, almond butter, and cacao chips.

Blackberries and bananas are loaded with fiber and good mood vitamins and minerals. The nut butter gives it an added touch of fat that will keep your blood sugar levels balanced, limiting mood swings and hunger until your next meal.

Chia Pudding



Ingredients:

- 2 cups coconut milk or nut milk of choice (I like the creaminess from the fat in the coconut milk)
- 1 tsp vanilla bean paste
- 1/2 cup chia seeds
- 2 tbsp maple syrup
- 1/2 tsp cinnamon
- 1/8 tsp salt

Instructions:

1. Mix all the ingredients together and place in the refrigerator for at least 4 hours, stirring occasionally. Enjoy as breakfast, a snack, or dessert throughout the week!
2. Depending on what milk you choose, the thickness and creaminess of the pudding will vary. I generally recommend starting with less milk and adding more after a couple of hours. This allows you adjust thickness to the level you desire.

LUNCH

Chicken Salad



Ingredients:

- 2 cups rotisserie chicken, chopped (you can use canned chicken if that's easier)
- 1 cup celery, chopped
- 1 cup pickles, chopped
- 2 tbsp spicy brown mustard
- 1-2 tbsp pickle juice, depending on preference
- 1-2 tbsp dill, chopped
- 1-2 green onions, chopped
- 1 tsp high quality sriracha
- salt and pepper to taste

Instructions:

1. Mix together all ingredients and refrigerate. I love adding this on top of a bed of greens for a quick lunch during the week. It's also great for making chicken melts!

Brunch Salad



Ingredients:

- 1 bunch kale, chopped
- 1/4 cup pecans, chopped
- 1/2 avocado, diced
- 2 eggs
- 1-2 beets, cubed
- handful of figs or berries
- 1 orange, peeled and diced
- sprinkle of goat cheese

Instructions:

1. Slowly bring a pot of water to a boil on the stove.
2. Meanwhile, add your desired amount of salad dressing to the kale and massage for at least 30-60 seconds. Set aside.
3. When the water reaches boiling, add a splash of vinegar, reducing heat to medium.
4. Slowly crack the eggs, one at a time, directly into the pot and boil for about 2-3 minutes. Remove with a slotted spoon and add directly to your salad.

To make the dressing:

- 1/3 cup balsamic vinegar
- 2/3 cup olive oil
- 2 tbsp fig jam
- shake until combined
- salt and pepper to taste

This salad is also amazing with bacon. If you're going to add it, make sure it's uncured. Cured meats have nitrates in them that may negatively impact your mood.

Chickpea Salad



Ingredients:

- 2 bell peppers (preferably a mix of colors for different nutrients)
- 15.5 oz canned chickpeas
- 1 lemon, zested and juiced
- 2/3 cup feta cheese
- 1/2 cucumber or 2 Persian cucumbers, sliced
- 1/4 cup parsley, chopped (or any other fresh herbs that sound good)
- 1 avocado
- lemon saffron salt from page 59 and cracked black pepper to taste

Instructions:

1. Mix together all ingredients and refrigerate.
2. Add to salads or your favorite protein. It's also great on its own!

Zucchini Heirloom Caprese



Ingredients:

- 1 zucchini
- 1 heirloom tomato
- 3 tbsp hemp seeds
- 1/2 7 oz container of fresh burrata or mozzarella
- olive oil
- lemon saffron salt (pg 59)
- 1 lemon, zested

Instructions:

1. Use a mandolin to cut 1/16th in. thick rounds of zucchini.
2. Thinly slice your heirloom tomatoes.
3. Assemble on a plate and top with burrata, olive oil, hemp seeds, lemon zest, lemon saffron salt, and pepper to taste.

This dish is super simple to throw together and is always a crowd-pleaser. When you use fresh, simple ingredients, there is no need to overcomplicate things. I also love making this with poached eggs on top. It's a great way to add a little extra protein to keep blood sugar levels balanced and stave off hanger.

Kale Caesar Salad



Ingredients:

- 3 tbsp hemp seeds
- 1/4 cup plain Greek yogurt
- 1/4 cup parmesan cheese
- 1 clove garlic, minced
- 1/2 lemon juiced
- 1 tsp worcestershire
- 1/2 cup olive oil
- Salt and pepper to taste

To Make the dressing :

1. Add the hemp seeds, parmesan and garlic to a blender or food processor and blend until ultra fine.
2. Add the parmesan mixture to a bowl. Add the Greek yogurt, lemon, and Worcestershire. Stir until combined.
3. Slowly start to pour in the olive oil and whisk until combined.
4. In a bowl, massage desired amount of dressing onto your kale. Top with any other desired ingredients!

You could eat this salad on it's own or dress It up with cherry tomatoes, cucumbers and a protein of your choice. I think canned tuna or salmon would be a great addition in a hurry. Or, if you have a little bit more time, you can make some fresh salmon on the grill!

DINNER

Greek Chicken Nourish Bowl



Ingredients:

- 2-3 Chicken breasts
- 1/2 cup Greek yogurt
- 4 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp paprika
- 1 tsp oregano
- 2 cloves garlic, minced
- 1 lemon, zested and juiced
- salt and pepper to taste

Instructions:

1. Combine all ingredients in a glass container or plastic bag, add the chicken and marinate (2 hours to overnight).
2. Grill or prepare in any way you prefer!
3. Slice and top a bed of greens, adding whatever toppings you have on hand!

This is such a great recipe to meal prep for the week and throw on salads, eat with roasted veggies, etc. I love this with the roasted rosemary veggie recipe on page 56. Top with some homemade tzatziki from page 57, and you won't regret it.



Burger Bowl

Ingredients:

- mixed greens
- 1 package ground turkey
- spices (paprika, garlic powder, salt, and pepper)
- pickles, tomatoes, cucumbers
- shredded cheese
- sweet potatoes
- olive oil and red wine vinegar
- condiments: mayo, ketchup, mustard

To Make the Sweet Potato Fries:

1. Slice sweet potatoes into sticks or fries.
2. Place on a baking sheet lined with parchment paper and toss with olive oil, salt, pepper and desired spices (I used paprika, garlic powder, and chili powder).
3. Bake at 425 degrees F for 25 minutes.

To Make the Dressing:

1. Combine 1 tbsp each mayonnaise, ketchup, mustard, and red wine vinegar.
2. Add 1 tsp pickle juice, 1/4 tsp garlic powder, 1/4 tsp paprika, and salt and pepper to taste.
3. Shake or whisk until combined.

Cook Your Ground Turkey:

1. In a sauté pan brown ground turkey with desired spices.

To assemble the salad:
layer mixed greens as your base. Top with some of the burger toppings listed below, drizzle dressing over the top, and enjoy!

Suggested burger toppings:

- cooked ground turkey
- sweet potato fries
- halved cherry tomatoes
- cucumbers
- pickles
- cheese

You can really make this salad your own! I topped mine with sesame seeds for a little added crunch.

Miso Hungry Salmon



Ingredients:

- 2-4 wild-caught or sustainably farmed salmon filets
- 1 tbsp white miso paste
- 2 tbsp coconut aminos
- 1/2 lemon, juiced
- 1 tsp sesame oil

Instructions:

1. In a small bowl, mix together miso paste, coconut aminos, lemon and oil.
2. Pour sauce mixture on top of the salmon and marinate (30 minutes to overnight).
3. Place on a baking sheet and broil for 8-10 minutes.
4. Serve with cauliflower or brown rice, quinoa, greens, or make it a bowl!

Chicken Zucchini Enchiladas



Ingredients:

- 2-3 medium- large zucchini
- grain-free tortillas (If you prefer tortillas to zucchini... I love Siete's®)
- 2-3 chicken breasts (you can use a rotisserie chicken if you are short on time)
- 1/2 jar salsa verde
- 1 4-oz can diced green chiles
- 1 15-oz jar enchilada sauce (I like Siete's®)
- shredded Mexican cheese
- salt and pepper to taste

Instructions:

1. Pressure cook the chicken with salsa verde and diced green chiles for 10-12 minutes until it shreds easily.
2. While the chicken is cooking, use your mandolin to cut 1/16th in. strips of zucchini (make sure you cut the length of the zucchini), and then wrap in a paper towel to remove excess water.
3. Pour a little bit of the enchilada sauce on the bottom of the pan.
4. Use 4-5 strips of zucchini, slightly overlapping each to mimic a tortilla, fill with chicken, and roll into several individual enchiladas. Place side-by-side in a 9x13 baking dish.
5. Once assembled, top with remaining sauce and cheese.
6. Cook at 375 degrees F for 20 minutes or until the cheese is melted and the inside is warm. Remove, and let cool 5 minutes.

This is one of my favorite recipes to make when I want something light and refreshing but packing a big punch. Serve with your favorite greens, black beans, guacamole, cilantro-lime cauliflower rice, or any other sides you like!

Chicken Tacos



Ingredients:

- 2-3 chicken breasts
- 2 tsp taco seasoning of choice
- 1/4 cup olive oil
- 1 lime, zested and juiced
- 2 garlic cloves, minced
- 2-3 tbsp cilantro, chopped
- 1 tbsp mayonnaise
- 1 tbsp Greek yogurt
- 1 tbsp lemon juice
- 1 tsp sriracha
- guacamole, pico de gallo or any other toppings that sound good

Mexican Chicken Recipe:

1. Combine taco seasoning, olive oil, lime, garlic and cilantro. Add the chicken and marinate for at least 2 hours.
2. Grill or prepare any way you prefer! (For zero clean up, I like to grill!)
3. Use a gluten free tortilla (again, I love Siete®) and assemble tacos with desired toppings. My favorites are a little shredded cheese, guacamole, pico de Gallo, and my pink special sauce.

Pink Sauce Recipe:

1. Combine mayonnaise, Greek yogurt, lemon juice and sriracha. Mix and drizzle over your tacos.

Shrimp Pesto Pasta



Ingredients:

- 1 lb bag of deveined shrimp
- 1 bunch of asparagus
- 1 cup cherry tomatoes
- 3 cloves garlic, minced
- brown rice angel hair pasta or zoodles
- store-bought pesto, or make your own with the recipe I've included on page 60

Instructions:

1. Defrost your shrimp and pat dry with a paper towel to remove excess water.
2. Preheat your oven to 425 degrees F.
3. Drizzle olive oil over tomatoes and coat with salt, pepper and 1 clove minced garlic. Roast your tomatoes in the oven for 20 minutes.
4. Toss the shrimp and asparagus with remaining garlic, salt, pepper, and olive oil to taste. Add to the baking sheet with the tomatoes. Cook another 8-10 minutes until the shrimp and asparagus are cooked through.
5. Meanwhile, cook your pasta according to the directions on the label. If you're using brown rice pasta make sure to rinse the pasta in the colander after it's cooked.
6. Add the pesto sauce to the pasta. Then add the cooked shrimp, asparagus and roasted tomatoes. Enjoy!

SIDES & SAUCES

Parmesan Broccoli



Ingredients:

- 8 ounces green beans, trimmed
- 8 ounces or 1 bag broccoli
- 2 egg yolks
- 1/4 cup almond flour
- 1/2 cup parmesan cheese
- olive oil
- 1 tsp pink salt
- 1 tsp ground black pepper
- 1 tsp paprika
- 1 tsp oregano
- 1 tsp garlic powder

Instructions:

1. Preheat your oven to 425 degrees F and line a baking sheet with parchment paper.
2. Place the vegetables in a bowl and add the egg yolks plus a drizzle of olive oil. Toss the vegetables until coated.
3. Mix your dry ingredients and add them to the bowl and toss to coat.
4. Add the veggie mix to a baking sheet and bake for 25 minutes or until desired level of crispiness.

I love this recipe because it is really easy to customize to whatever you have on hand. It was inspired from a recipe in one of my favorite cookbooks, True Roots, and I made some minor adjustments to dial up that good mood energy.

Rosemary Roasted Veggies



Ingredients:

- 1 bag tri-color rainbow potatoes
- 1 head cauliflower
- 1 cup cherry tomatoes
- 5 cippolini onions
- 1/4 cup olive oil
- 2 tbsp rosemary, minced
- 1/2 tsp garlic powder
- cracked black pepper to taste
- lemon saffron salt (pg 59) to taste

Instructions:

1. Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
2. Mix all the ingredients and bake for 45 minutes, tossing halfway through.
3. Meanwhile, coat cherry tomatoes with olive oil and salt, then set aside.
4. Add the tomatoes and roast for about 10-20 minutes, or until they pop.
5. Add to salads, nourish bowls, or enjoy as a snack throughout your week.

Lemon Tzatziki



Ingredients:

- 2 cups Greek yogurt
- 1/2 lemon, juiced (you can do less if you don't want this to be super lemony)
- 1 lemon, zested
- 2 tbsp dill, chopped
- drizzle of olive oil
- 1/4 tsp garlic powder
- salt and pepper to taste

Instructions:

1. Mix all ingredients together in a bowl and refrigerate in an airtight container.

This is great to have on hand throughout the week to add a little something extra to salads or proteins. I also love dipping GF crackers or veggies in it for a balanced mid-afternoon snack.

Chia Jam



Raspberry Lemon

- 2 cups frozen raspberries
- 1/2 lemon, juiced
- 2 tbsp chia seeds
- 1 tbsp maple syrup

Cherry Raspberry

- 1 cup frozen raspberries
- 1 cup frozen sweet cherries
- 2 tbsp chia seeds
- 1 tbsp maple syrup

To make your own chia jam:

1. Over medium-high heat break down your fruit on the stove
2. Mash up any remaining chunks
3. Add chia seeds and maple syrup
4. Stir to combine
5. Remove from the heat and transfer to glass storage containers, let cool and then refrigerate

Making your own chia seed jam is so easy and takes 10 minutes! You have a fresh, delicious, naturally sweetened treat to add to yogurt bowls, chia pudding or anything else your heart desires.

Lemon Saffron Salt



Ingredients:

- 1/4 cup course sea salt (I use Maldon® salt flakes)
- 1 container of .2 gram saffron threads
- 1/2 lemon, zested
- 1/4 tsp oregano

Instructions:

1. Use the back of a spoon to grind down your saffron threads.
2. Combine ground saffron, lemon zest, and salt.
3. Let dry and store in an airtight container in a dark place.

I know it might sound extra, to make your own salt blend, but I promise it's worth it! Saffron and oregano have both been shown to lower depression levels. This finishing salt is a great way to get a little more good mood spices into your diet while adding major flavor to your dish!

Good Mood Pesto



Ingredients

- 1.5 cup pumpkin seeds
- 1.5 cup hemp seeds
- 1.5 cups basil
- 1 cup parmesan
- 1 lemon, juiced
- 2 cloves garlic
- 1/2 cup olive oil

Ingredients

1. Combine the pumpkin seeds, hemp seeds, basil, parmesan, lemon juice, and garlic in a blender or food processor
2. Blend until combined and to desired consistency
3. Move to a bowl and a slowly whisk in the olive oil until desired consistency

Making your own pesto is super simple and so worth it! The pumpkin seeds in this pesto are rich in tryptophan, a good mood ingredient. Store it in your refrigerator for up to two weeks or freeze and let it thaw out right before you use it!

SNACKS & DESSERTS

Chocolate Raspberry Cake Bars



Ingredients:

- 3/4 cup almond butter
- 1/2 cup Greek yogurt
- 2 tbsp almond milk
- 2 large eggs
- 1/2 cup coconut sugar
- 1/2 cup quinoa flour
- 1/3 cup cacao powder
- 1/2 tsp baking soda
- 1/4 tsp salt
- 1/2 cup dark chocolate chips melted (I like Hu kitchens ® chocolate gems, just be sure whatever chocolate you buy doesn't have a ton of added sugar)

Instructions:

1. Preheat oven to 350 degrees F. Coat a brownie tin with cooking spray (I use avocado oil).
2. Meanwhile beat almond butter and Greek yogurt in a large bowl until combined.
3. Mix in the eggs, coconut sugar and vanilla and stir until combined.
4. Mix in the quinoa flour, cacao, baking soda and salt until combined.
5. Mix in the chocolate chips.
6. Pour brownie batter into the tin and scoop approximately 6 dollops of chia jam from page (58) depending on your preference. Use a knife to create swirls.
7. Top with sea salt flakes and bake for 25-30 minutes, or until a toothpick comes out clean.

EASY SNACKS

Hummus and Veggies

Looks for a hummus at the grocery with high quality ingredients. I love HOPE® hummus.





Fruit and Nut Butter

This is a quick and easy snack that requires minimal prep and will help keep your blood sugar and mood balanced until your next meal.

Grass-Fed Organic Cottage Cheese

This is a balanced snack because it has protein and fat. Make it sweet by adding fruit, or savory by dipping veggies into it.



EASY SNACKS

Dark Chocolate Square

Dark chocolate is a great mood and energy boosting afternoon pick-me-up that's packed with good mood benefits. Just make sure you choose a high quality chocolate with no additives.





Calming Tea

Look for herbal teas with passionflower, chamomile, and lavender as they have all been suggested to ease anxiety and boost your mood.

Air Popped Popcorn

If you are craving something crunchy and salty, have some popcorn. I love adding cinnamon and dark chocolate to mine for a nice sweet and salty dessert.



FAQ's

What should I drink in the morning instead of coffee?

I love starting the day with warm lemon water. If you are in need of a little more energy, you could use a green tea or matcha. These are great alternatives that have less caffeine than coffee and provide steady energy throughout the day because of the L-theanine. They are also packed with antioxidants and have so many other amazing benefits: definitely worth a try. I love having an iced matcha with unsweetened almond milk and a superfood creamer when I need a little more energy.

What if I don't like some of the ingredients in a specific recipe?

That's ok! While every recipe in this book was thoughtfully created to include good mood nutrients, that may not be what's best for your taste preferences or individual health. You can always substitute the meats for another protein source or omit certain ingredients. You can always send me a message on IG if you have any questions around what substitutes to use!

Do I have to do this as a seven day challenge?

No, you can do this however you think you will be most successful. I thought it would be fun to engage together as a community, but if that's not your vibe that's totally fine! Take what you need and leave the rest, I can't stress this enough!

FAQ's

What is a Good Mood Food?

The information in this guide was compiled based on research regarding the connection between nutrition and mental health. If you are interested in learning more about why I included certain foods or if you're interested in taking a more in depth approach to your wellness goals, I offer one-on-one coaching and would love to support you on your journey!

What do I order if I'm going out to eat?

This guide is all about good mood foods. Your mental health won't be good if you spend a bunch of time stressing about what falls in the good mood category and what doesn't. Be flexible and order what sounds good. Just keep in mind that some of the things you are ordering might not be the most supportive of your mood. This could be a great opportunity to practice mindful eating or being fully present. After the meal, pay close attention to how you feel, you can then start gathering information that will help you make empowered choices about what works best for your body and mind when it comes to nutrition.

What happens if I miss a day?

This is not a diet! This is a guide to help you consider different ways to eat to support your mood. If there is a day where you are unable to make the recipes in the plan, that's totally fine. Use the good moods page to eat a meal rich in those ingredients and do your best to stay away from the foods that don't support your mood.

FAQ's

How do I know how much a recipe makes?

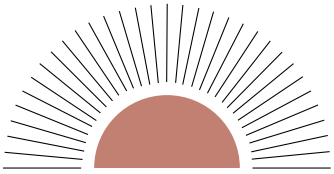
For the most part, the recipes in this book will make enough for 2-4 people with plenty of leftovers. I have intentionally left out serving sizes as a way of allowing you to experience this food without any restriction or guilt. Make sure to check in with your hunger cues throughout the meal. I have found this mantra to be extremely helpful; "I eat when I am hungry, I stop when I am full, food is for nourishment, I am already whole."

How long before I see results?

I am a firm believer that everyone is highly individual! This guide isn't a one sized fits all plan. I am NEVER about restricting or telling you what you should or shouldn't eat. This is a resource to help you cultivate a deeper understanding of the way certain foods make your mind and body feel. For example, if you have a ton of sugar or alcohol one day, you're likely to be more anxious the next day. My hope is you will start to implement small, consistent lifestyle changes over time that will make a meaningful impact not only on your mood but your relationship with food!

What to do if I don't have vanilla bean paste

Vanilla bean paste is made of equal parts vanilla bean powder and vanilla extract. 1 tsp of vanilla bean paste is the equivalent of an entire vanilla bean, it definitely tastes more decadent than vanilla extract. Plenty of online retailers sell vanilla bean paste or vanilla bean powder. You can also make your own, I promise the difference in flavor is worth the little bit of extra effort!



CONGRATULATIONS

You made it through the end of the The Good Mood Guide! My hope for you after completing this week of recipes and good mood eating is that you have a better awareness of what practices support your overall mood and wellness. Whether you developed a better mindfulness practice, felt more level-headed, or are more energetic and happy, I hope you walk away from this with a new sense of confidence! This guide will be a great resource to return to and I hope that you will enjoy these good mood recipes over and over again.

Sources:

1. Naidoo, U. (2020). This is your brain on food: An indispensable guide to the surprising foods that fight depression, anxiety, PTSD, OCD, ADHD, and more. New York, NY: Little, Brown Spark.
2. Korn, L. E. (2016). Nutrition essentials for mental health: A complete guide to the food-mood connection. New York, NY: W.W. Norton & Company.
3. Medicinal Properties of "true" cinnamon. (cinnamomum zelaynicum): a systematic review. BMC Complement Altern Med. 2013 Published 2013 Oct 22.
4. Nature Research Journal: Sugar intake from sweet food and beverages, common mental disorders, and depression: prospective findings from Whitehall II study
5. Westover AN, Marangell LB. A cross-national relationship between sugar consumption and major depression? Depression and Anxiety. 2002;16:118-20. doi:10.1002/da.10054.