



# Healthy Mood Food

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FAITH AND HOPE WELLNESS ASSOCIATES

Hi! I'm Erin Donley, Nutritional Therapy Practitioner. I've created this FREE 1 Day Meal Plan to help you FEEL your best.

This plan was created with four key nutrients in mind:

## Magnesium

Research shows magnesium plays a role in migraines and depression. Emerging data suggests magnesium can help with chronic pain and anxiety. Many people do not reach their daily recommended intake of magnesium through diet, which is why this meal plan provides over 500 milligrams per day of magnesium from whole foods.

## Vitamin B6

Vitamin B6 is effective when combined with magnesium in adults with severe stress. Women who consume more vitamin B6 are less likely to experience anxiety. A low B6 status may also increase panic attacks. Getting enough vitamin B6 through diet can support the body during stress and reduce anxiety. This plan incorporates vitamin B6 from many foods including chickpeas, poultry, bananas, and squash.

## Iron

Low iron is a known contributor to anxiety and depression. This plan contains great iron sources like beef, liver, and sausage. These iron sources are paired with foods that have vitamin C to enhance iron absorption.

## Fiber

Fiber is an important nutrient to reduce anxiety. It helps to balance blood sugar and feeds gut bacteria to produce short-chain fatty acids which can decrease anxiety. Fiber can be found in this plan from whole grains, legumes, seeds, and cruciferous vegetables.

If you are looking for someone to help you understand how to eat to FEEL your best, contact me for a FREE 20 minute consultation. I'll even give you a few tips during this session.

Blessings!



Erin

## MON



### BREAKFAST

Coconut Chia Seed Yogurt, Banana



### SNACK 1

Hard Boiled Eggs with Apricots



### LUNCH

Hummus & Veggie Wrap, Cream of Celery & Asparagus Soup



### SNACK 2

Cucumber Hummus Bites



### DINNER

Chickpea Flatbread Pizza, Steamed Asparagus

## MON

FAT 49%

CARBS 37%

PROTEIN 14%

Calories 1907

Cholesterol 262mg

Fat 108g

Sodium 2194mg

Carbs 182g

Vitamin A 13454IU

Fiber 53g

Vitamin C 108mg

Sugar 56g

Calcium 1574mg

Protein 72g

Iron 25mg

## FRUITS

- 1/2 Avocado
- 1 Banana
- 3/4 cup Strawberries

## SEEDS, NUTS & SPICES

- 2/3 tsp Black Pepper
- 3/4 cup Chia Seeds
- 1 tbsp Cinnamon
- 1/16 tsp Garlic Powder
- 1/4 cup Hemp Seeds
- 1/8 tsp Oregano
- 1/16 tsp Red Pepper Flakes
- 2/3 tsp Sea Salt

## VEGETABLES

- 2 1/2 cups Asparagus
- 2 cups Baby Spinach
- 1 tbsp Basil Leaves
- 3 stalks Celery
- 1 1/4 Cucumber
- 1 1/2 Garlic
- 1/2 Red Bell Pepper
- 4 leaves Romaine
- 1/2 Yellow Onion

## BAKING

- 1/2 cup Chickpea Flour

## BREAD, FISH, MEAT & CHEESE

- 1 1/4 cups Hummus
- 3 ozs Mozzarella Cheese
- 2 Whole Wheat Tortilla

## CONDIMENTS & OILS

- 2 1/4 tsps Avocado Oil
- 1 tbsp Coconut Oil
- 2 2/3 tsps Tomato Sauce

## COLD

- 3 Egg
- 3 cups Unsweetened Coconut Yogurt

## OTHER

- 3/4 cup Dried Apricots
- 2 1/2 cups Water



# Coconut Chia Seed Yogurt

3 SERVINGS 30 MINUTES



## INGREDIENTS

3 cups Unsweetened Coconut Yogurt  
3/4 cup Chia Seeds  
1 tbsp Cinnamon  
3/4 cup Strawberries (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	368	Cholesterol	0mg
Fat	23g	Sodium	50mg
Carbs	37g	Vitamin A	12IU
Fiber	17g	Vitamin C	21mg
Sugar	3g	Calcium	799mg
Protein	9g	Iron	5mg

## DIRECTIONS

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

## NOTES

### 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.

# Banana

1 SERVING 1 MINUTE



## INGREDIENTS

1 Banana

## NUTRITION

### AMOUNT PER SERVING

Calories	105	Cholesterol	0mg
Fat	0g	Sodium	1mg
Carbs	27g	Vitamin A	76IU
Fiber	3g	Vitamin C	10mg
Sugar	14g	Calcium	6mg
Protein	1g	Iron	0mg

## DIRECTIONS

01 Peel and enjoy!

## NOTES

### MORE PROTEIN

Dip in almond butter.



# Hard Boiled Eggs with Apricots

3 SERVINGS 15 MINUTES



## INGREDIENTS

3 Egg  
3/4 cup Dried Apricots

## NUTRITION

### AMOUNT PER SERVING

Calories	150	Cholesterol	186mg
Fat	5g	Sodium	74mg
Carbs	21g	Vitamin A	1441IU
Fiber	2g	Vitamin C	0mg
Sugar	18g	Calcium	46mg
Protein	7g	Iron	2mg

## DIRECTIONS

- 01 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.
- 02 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle.
- 03 Peel the eggs and serve with apricots. Enjoy!

## NOTES

### 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.

# Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



## INGREDIENTS

- 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)

## NUTRITION

### AMOUNT PER SERVING

Calories	382	Cholesterol	0mg
Fat	23g	Sodium	526mg
Carbs	39g	Vitamin A	5978IU
Fiber	13g	Vitamin C	47mg
Sugar	5g	Calcium	168mg
Protein	11g	Iron	4mg

## DIRECTIONS

- 01 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.
- 02 Serve immediately and enjoy!

## NOTES

### 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.

# Cream of Celery & Asparagus Soup

2 SERVINGS 25 MINUTES



## INGREDIENTS

- 1 tbsp 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

## NUTRITION

### AMOUNT PER SERVING

Calories	222	Cholesterol	0mg
Fat	17g	Sodium	671mg
Carbs	12g	Vitamin A	3847IU
Fiber	5g	Vitamin C	17mg
Sugar	5g	Calcium	131mg
Protein	10g	Iron	6mg

## DIRECTIONS

- 01 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.
- 02 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.
- 03 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.

# Cucumber Hummus Bites

3 SERVINGS 10 MINUTES



## INGREDIENTS

3/4 Cucumber (large)  
3/4 cup Hummus  
1/3 tsp Black Pepper

## NUTRITION

### AMOUNT PER SERVING

Calories	158	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	12g	Vitamin A	95IU
Fiber	4g	Vitamin C	2mg
Sugar	2g	Calcium	43mg
Protein	5g	Iron	2mg

## DIRECTIONS

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

## NOTES

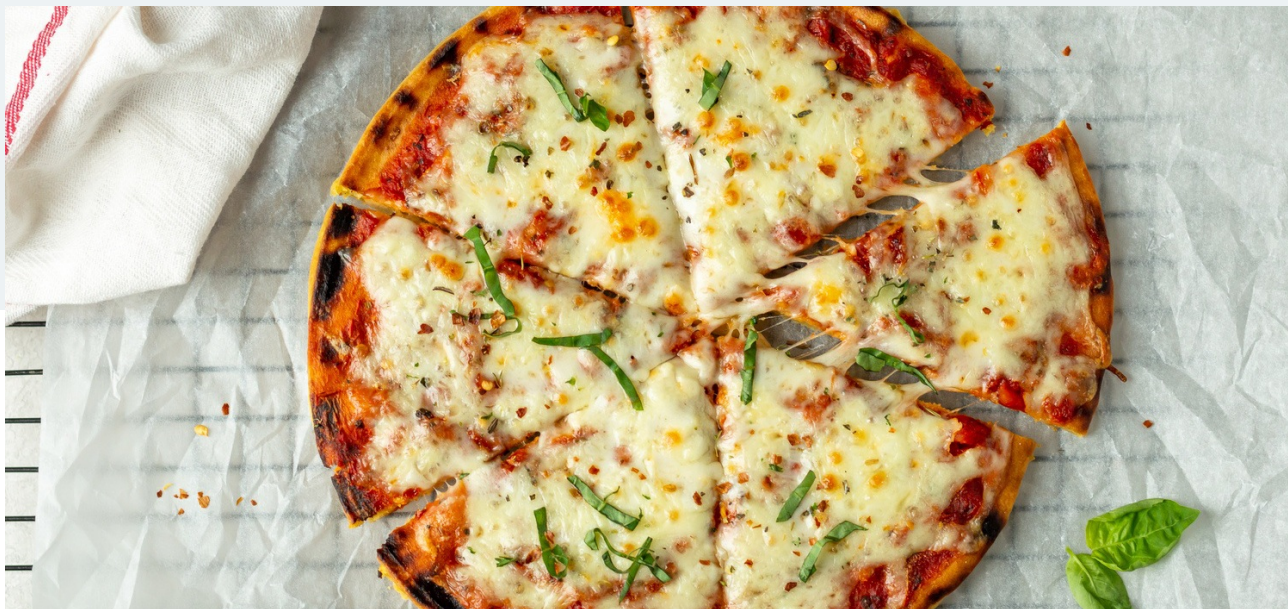
### MORE FLAVOUR

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



# Chickpea Flatbread Pizza

1 SERVING 1 HOUR 20 MINUTES



## 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)

## NUTRITION

### AMOUNT PER SERVING

Calories	495	Cholesterol	76mg
Fat	29g	Sodium	605mg
Carbs	29g	Vitamin A	992IU
Fiber	6g	Vitamin C	3mg
Sugar	6g	Calcium	349mg
Protein	26g	Iron	3mg

## DIRECTIONS

- 01 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.
- 02 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.
- 03 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.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 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.
- 06 Slice and serve immediately. Enjoy!

## 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 SERVING 10 MINUTES



## INGREDIENTS

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

## NUTRITION

### AMOUNT PER SERVING

Calories	27	Cholesterol	0mg
Fat	0g	Sodium	3mg
Carbs	5g	Vitamin A	1013IU
Fiber	3g	Vitamin C	8mg
Sugar	3g	Calcium	32mg
Protein	3g	Iron	3mg

## DIRECTIONS

- 01 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

### LEFTOVERS

Refrigerate in an airtight container up to 5 days.

### SERVING SIZE

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