

# ANTI-ANXIETY RECIPES

*Food for Stressful Times*



MEGAN KNIPP  
— NUTRITION —



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SUMMER THYME  
WELLNESS

Dear Friends,

As the world faces such an anxiety-provoking and stress-inducing time, the collective remedy (to heal) lies in big solutions like social distancing and community closures. There is also preventative medicine in small, day-to-day actions to ease our *minds*, nourish our *bodies*, and lift our *spirits*.

Self-care is vital to anxiety relief and stress reduction. We believe cooking is the ultimate act of comforting self-care. Cooking is nutrition in action, a way to nourish all parts of ourselves with food. Unfortunately, many of us have forgotten, don't have time, or simply never learned how to cook. In this modern world of convenience, other parts of life crowd out the routine of quality kitchen time. Anxiety is high right now. We need to give ourselves true nourishment and comfort to our overstimulated nervous systems. We encourage everyone to get into their kitchens, take a break from the news, the media, your phone, and make yourselves some feel good food.

Listen to your body. Anxiety manifests in dynamic ways, landing us at any point on the eating spectrum. Sometimes, anxiety leads to craving grounding, hearty meals that help with relaxation. Sometimes anxiety steals our appetite and we don't feel like eating anything. Sometimes anxiety drives us to crave junk food. All of this is normal; there is no right or wrong. You know what you need right now, so mindfully eat accordingly. Listen to your intuition, keeping in mind what will make you feel better in the moment and the long run. Use what excites you as a guide for what to cook. Your body is wise and knows what you need.

The main thing to remember in supporting stress and anxiety with food is to balance your blood sugar and support healthy digestion. Balance blood sugar by sticking to a regular eating pattern. Prepare meals with lots of colorful veggies, protein (meats, seafoods eggs, or beans/lentils), healthy fats, and complex carbohydrates (starchy veggies, grain, legumes). If you are craving a dessert or treat, we recommend having it at the end of a balanced meal to slow blood sugar spikes. Opt for the natural sugars in fruits over refined or processed treats. Refined sugar downregulates immune function. Much of our immune system resides in our gut, also known as our "second brain."

A healthy gut promotes good mental health, especially during a time of crisis. Support your digestion with whole, fermented and bitter foods, mineral rich broths, and carminative, anti-inflammatory herbs and spices. We burn through nutrients more quickly when our mind and body are under stress, so it is important to replenish what is lost by eating a nutrient dense diet. Stay hydrated, move your body, and find a moment of meditation or deep breathing to calm your system. Together with nourishing foods, these acts of self-care will support you during this unprecedented time.

All Our Love,

*Brooke & Megan*



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Disclaimer: We are advocates for using food to support mental health focusing specifically on healthy eating to reduce the effects of anxiety. The information in this book is not meant to diagnose or treat any kind of mental health disorder nor is it meant to take the place of any kind of treatment by a licensed health professional. It is meant to be used as a complimentary guide as you move through your own health journey.



# BLUEBERRY ALMOND BUTTER SMOOTHIE

## Ingredients

Servings: 1 | Time: 10 minutes

### **Blueberry Almond Butter Smoothie**

2-3 tablespoons almond butter

1/2 cup blueberries

1 tablespoon raw cacao

1 tablespoon hemp seeds

1½ cups water

## Directions

- Blend!

## Notes

Blueberries are lower in sugar than many other fruits and contain powerful antioxidants that reduce inflammation. This smoothie also has protein and healthy fats supporting blood sugar balance.

When you are feeling stressed and anxious, a flood of sugar or unrefined carbohydrates can often make the anxiety worse. Blueberries are a great choice if you want to add sweetness to your day without worrying about adding to your anxiety load.

Blueberries are packed with vitamin C, which supports immunity and has been shown to help lower cortisol, our stress hormone.

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## EGG SRAMBLE

### Ingredients

Servings: 1 | Time: 20 min

2 eggs  
1 tablespoon extra virgin olive oil  
½ red bell pepper, chopped  
1 packed cup of baby spinach  
1 scallion chopped  
2 tablespoons parsley, chopped  
2 tablespoons feta cheese, crumbled  
Sea salt  
Fresh ground pepper  
Optional: Hot sauce

### Notes

Egg scrambles are one of my favorite breakfasts. They are high in protein and will stabilize blood sugar to start your day.

Stabilized blood sugar helps to stabilize anxiety and the stress hormones associated with it. Adding in lots of veggies will add nutrient density and fiber for fullness, hormonal and digestive health.

This makes a quick and healthy lunch or dinner as well. Experiment with different veggies: asparagus, tomatoes, zucchini, broccoli, collard greens, etc.

### Directions

- Mix the 2 eggs in a bowl, season with a pinch of sea salt and fresh ground pepper, and set aside.
  - Heat a skillet over medium heat and add about 1 tbsp of extra virgin olive oil. Add the bell pepper and sauté for 2-3 minutes.
  - Turn heat to low and add spinach and green onions. Sauté another minute or until the spinach is wilted.
  - Add the eggs to skillet and stir occasionally for a few minutes until they cook. Add the crumbled feta and parsley at the last second so the feta stays in chunks and the parsley is vibrant.
  - Add hot sauce if you want a zip to your eggs.
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# NORTH AFRICAN SHAKSHUKA

## Ingredients

Servings: 6 | Time: 30 minutes

3 tablespoons olive oil	1/2 cup tomato sauce
1 large yellow onion, chopped	1 cup, thinly sliced kale
1 green bell pepper, chopped	6 large eggs
1 red bell pepper, chopped	1/4 cup chopped fresh parsley leaves
2 garlic cloves, peeled, chopped	1/4 cup chopped fresh mint and/or cilantro leaves
1 teaspoon ground coriander	Optional: greek or dairy free yogurt,
1 teaspoon sweet paprika	crusty sourdough bread
1/2 teaspoon ground cumin	
Pinch red pepper flakes (optional)	
Salt and pepper	
6 vine-ripe tomatoes, chopped (or ~16 oz can)	

## Directions

- Heat olive oil in a large oven-safe skillet. Add the onions, peppers, garlic, spices, pinch salt and pepper. Cook, stirring frequently, until the vegetables have softened, about 10 minutes.
- Add the tomatoes and tomato sauce. Simmer until the tomato mixture begins to reduce, about 10-12 minutes. Taste and adjust the seasoning to your liking. Add kale and to sauce.
- Using a wooden spoon, make 6 indentations, or “wells,” in the tomato mixture (make sure the indentations are spaced out). Gently crack an egg into each indentation. Use spoon to slightly push tomato mixture on top of whites.
- Reduce the heat, cover the skillet, and cook on low until the egg whites are set. Careful not to overcook, you want a medium-set yolk that is still somewhat runny.
- Uncover and add the fresh parsley and mint. Drizzle with olive oil. Micro cilantro makes an excellent addition, as well as a spoonful of yogurt. You can add more black pepper or crushed red pepper, if you like. Serve with crusty sourdough bread.



# NOURISHING BROTH

## Ingredients

Servings: 4 quarts | Time: 4 hours

1 onion, skin on, quartered  
4-6 large carrots or 2 sweet potatoes  
½ large head green cabbage, chopped  
1 leek, halved, cleaned, 3 inch chop  
Head of garlic, cut in half  
8 oz shiitake mushrooms (or ~ 1/2 cup dried)  
4 quarts (16 cups) filtered water  
4 pieces kombu\* seaweed (or dulse)  
2-3 tablespoons fresh grated turmeric  
2-3 tablespoons fresh grated ginger  
1 can coconut milk\*\*  
Salt to taste

## Notes

\* Kombu, is a dried kelp full of glutamic acids. The kombu gives broth a rich umami flavor. Kombu can be found at Asian markets and some chain grocery stores. Look for kombu with plenty of the cloudy white crystals over the surface.

\*\* The fat of coconut oil increases bioavailability of fat soluble vitamins and compounds in broth, i.e. beta carotene in turmeric.

## Directions

- For more depth of flavor: Roast leeks, carrots, cabbage, and onion prior to making broth. Add first 6 ingredients to large stock pot with water and bring to boil. Reduce heat to the lowest setting, add remaining ingredients, and simmer for 3-4 hours. Salt to taste.
- Strain and store. Cool (in water bath, if possible) before chilling. If freezing in jars, be careful to leave 1-2 inch free for expansion.
- Sip 1-2 cups per day.



# MISO MINERAL SOUP

## Ingredients

Servings: 4-6 | Time: 30 minutes

1 quart (4 cups) Nourishing Broth  
½ tablespoon coconut oil  
1 cup shiitake mushrooms  
8 oz firm tofu, cubed  
1 sheet nori seaweed, cut into pieces  
1 cup chopped chard  
2 medium carrots, diced  
4 thinly sliced garlic cloves  
1 inch shredded ginger  
¼ cup miso paste  
Chopped green onion

## Notes

Miso, fermented soybean paste, is a great source of minerals, including zinc, manganese, phosphorus, and iron to aid digestion and regeneration. As a fermented food, miso provides beneficial probiotics to improve overall digestive health. Digestive health is interconnected with mental health including anxiety.

Seaweed contains supreme amounts of trace minerals (iodine, calcium, sodium, etc.) that improve blood health, which ultimately aids healing. Iodine specifically is essential in improving thyroid health. Also, the fucans in seaweed have been found to reduce inflammation.

## Directions

- In a soup pan heat coconut oil on medium heat. Add shiitakes, tofu, and cook until lightly brown. Add broth, nori, chard, and ginger to pot. Simmer on low for about 15-20 minutes.
- Remove 1 cup of soup into separate bowl and whisk in ¼ cup miso paste until the miso is dissolved entirely. Return to soup pot and stir. Serve immediately with green onion and sesame seeds as garnish.





# LEAFY GREEN SALAD WITH SALMON

## Ingredients

Servings: 4 | Time: 40 minutes

### **Salmon**

4 four ounce wild caught salmon fillets  
(you can also use frozen- just thaw before)  
1 Tbsp extra virgin olive oil  
Pinch of sea salt  
Thin slice of lemon

### **Salad**

1 large head of green or red leaf lettuce,  
chopped (bagged arugula, mixed baby  
greens, or spinach works great too)  
¼ red onion, sliced into half moons  
1 large cucumber, diced  
1 bunch radishes, sliced thin  
2 small avocados, diced

### **Herbed Vinaigrette**

1 small bunch fresh basil or 1  
teaspoon dried basil  
1 bunch fresh cilantro  
A few sprigs of fresh mint  
1 scallion  
1 cup extra virgin olive oil  
¼ cup fresh lemon juice  
1 teaspoon honey  
Pinch of sea salt  
Fresh ground black pepper

If you want to add a grain, cooked and cooled quinoa makes a great mix in. If you cannot get fresh herbs just leave them out and make a lemon vinaigrette!

## Directions

### **Baked Salmon**

- Heat oven to 350 and place salmon with a tsp of olive oil, a pinch of salt, and a thinly sliced lemon or lime in a baking dish. Cover and bake for 15 minutes.

### **Dressing**

- Place the dressing ingredients in a high powered blender and blend until smooth.  
\*Dressing will most likely separate in the fridge and this is normal. Simple let sit out for a few minutes then shake well to re-emulsify.

### **Salad**

- Toss all the ingredients in a large bowl with the dressing to evenly incorporate. Top with one salmon fillet per serving.
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# CURRY CHICKEN SALAD

## Ingredients

Servings: 4 | Time: 30 minutes

1 pound chicken breast  
2 celery stalks, chopped  
½ cup almonds, chopped  
¼ cup currants or raisins  
1 apple, chopped  
½ teaspoon lemon juice  
¾ cup whole milk plain greek yogurt  
1 tablespoon curry powder  
1 teaspoon sea salt

## Notes

This high protein meal balances blood sugar, while yogurt adds a probiotics to support a healthy gut, which has been shown to affect anxiety levels.

Curry powder contains turmeric, a powerful anti-inflammatory food that supports your mood.

This chicken salad is terrific over a green salad like simple arugula, mixed baby greens, or romaine or make it into a sandwich. It's an easy make-ahead meal. For a shortcut, grab a pre-cooked rotisserie chicken.

## Directions

- Bring a large pot of water to a boil on the stove. Add chicken and cook for 5 minutes maintaining a soft boil. Remove chicken and cut open to make sure it is cooked through and is white (no pink left).
  - Cut chicken into small pieces (however small you'd like them in your chicken salad), add a generous pinch or two of salt, and let the pieces cool fully.
  - Meanwhile place chopped celery, apple, current/raisins, almonds into a mixing bowl, add lemon juice and mix well.
  - Place yogurt into a smaller bowl and stir in curry powder and salt until well combined.
  - Add chicken and curried yogurt to the celery and apple bowl and mix well.
  - As always, taste test to see if you need more salt, lemon, yogurt or curry powder.
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# SOUTHWEST BLACK BEAN SKILLET

## Ingredients

Servings: 4-6 | Time: 30 minutes

1 tablespoon olive oil  
1 tablespoon chili powder  
¼ teaspoon smoked paprika  
½ teaspoon cumin  
1 red onion, sliced into half moons  
4 cloves garlic, minced  
1 jalapeno, chopped (omit if you don't like spicy!)  
1 large red bell pepper, sliced into thin strips  
1 zucchini or summer squash, chopped into bite-sized pieces  
1 cup frozen or fresh corn kernels  
1 teaspoon sea salt

1 handful of greens (chopped kale, chopped collards, or spinach)  
4 cups cooked black beans (2 cans rinsed)  
1 lime, juiced  
Cilantro, chopped for garnish  
Optional: Salsa of choice to top  
Optional: Avocado to top

## Notes

I love to add a fresh green salsa or any salsa of choice to this and a little avocado. I also love to serve it over rice. Also, add more lime if you like it lime-y!

## Directions

- Heat a large skillet with olive oil over medium heat and add onion, chili powder, cumin and smoked paprika and cook for 2 minutes stirring well. Add garlic and saute for 30 seconds until fragrant.
- Add jalapeno, bell peppers, zucchini, corn, and greens with the sea salt. Cook 5-7 minutes stirring occasionally until the veggies are soft to your liking.
- Add black beans and cook another 2 minutes until beans are warmed.
- Turn off heat and add lime. Taste test to see if you need more salt or lime, depending on how much lime you like (plus remember to use less if you are going to top it off with salsa).
- Garnish with fresh cilantro, avocado, and salsa.



# GREEN LENTIL CURRY SOUP

## Ingredients

Servings: 6-8 | Time: 40 minutes

2 tablespoons ghee or coconut oil  
1 inch turmeric root, grated (or 1/2  
tablespoons dry)  
1 inch ginger root, grated (or 1/2  
tablespoons dry)  
3-4 cloves garlic  
1/2 tablespoons ground coriander  
1 tablespoons ground cumin  
1 tablespoons garam masala  
1 tablespoons curry powder  
1 onion, diced  
1 red pepper diced  
2 medium carrots, chopped

1 russet or 2 small red potatoes, chopped  
1 cup green lentils, soaked for 1-4 hours,  
drained  
6-8 cups broth (low sodium, vegetable or  
chicken)  
1 can coconut milk  
2 -3 cups chopped kale or collard greens,  
stalk removed  
1 bunch cilantro, chopped (leaves and stems)  
Salt & pepper to taste  
Garnish: Cilantro, Green Onions, Coconut  
Yogurt (optional)

## Directions

- Heat soup pot over medium heat, melt fat. Add spices and heat until fragrant, careful not to burn – about 3-4 minutes. Add onion and sauté until translucent.
- Add red pepper, carrot, and potato and cook for ~5 minutes. Season with <1 tsp salt.
- Add lentils and broth, cover, and bring to boil. Reduce heat to low and simmer until lentils are tender. Can add more broth or water to thin out. Once lentils are cooked, stir in coconut milk and warm through. Add more salt if needed.
- When ready to serve, remove from heat and add kale and 1/2 cup cilantro at last minute. This retains its vibrancy and lose less vitamin content. Garnish with extra cilantro and green onions.



## SHEET PAN ROAST

### Ingredients

#### **Choose your Protein**

- Salmon (10-15 minutes)
- Chicken breasts, thighs, or drumsticks (35-45 minutes)
- Lentils (use pre-cooked green or black or make lentils separately and toss together after everything is done baking)

#### **Choose your Veggies**

- Zucchini, Yellow Squash or other Summer Squashes (15 minutes)
- Brussels Sprouts (20 minutes)
- Broccoli (15-20 minutes)
- Cauliflower (30-40 minutes)
- Asparagus (5-10 minutes)
- Potatoes (40-45 minutes)
- Sweet Potatoes (40-45 minutes)
- Carrots (35-40 minutes)
- Onions (20-25 minutes)

#### **Oil and Flavorings**

- Olive oil
- Avocado oil
- Ghee
- Sea salt
- Pepper
- Lemon slices
- Curry powder
- Garlic powder
- Smoked paprika

### Notes

Any combo will do, but different meats and different veggies cook at different times so I like to group each ingredient together on a pan so that I can easily get those items that have fully cooked off the pan but can throw the other ingredients back into the oven that need more time.

#### **Three of my favorite combos are:**

- **Salmon with asparagus and zucchini with lemon and black pepper**
- **Chicken thighs with carrots, potatoes, and onions**
- **Lentils with broccoli, sweet potatoes, and onions**

### Directions

- Heat oven to 400 and place each ingredient grouped together on two parchment lined sheet pans. I like to use one for meat and a separate one for veggies.
- Drizzle with olive oil, avocado, oil, or ghee, sprinkle with sea salt and any seasoning you'd like.
- Roast for 20-45 minutes depending on the ingredients.



## SIMPLE VEGETABLE SIDES

### Arugula Salad

For a shortcut buy the pre-washed arugula, add a dab of olive oil and a spritz of lemon and add these greens to any meal.

### Baked Sweet Potatoes

Wash and coat sweet potatoes with olive oil. Poke holes with a fork to allow steam to escape. Bake at 400 for 45 min up to over an hour. They must be VERY well cooked to be delicious. Serve with a bit of coconut oil or butter and sea salt.

### Simple Veggie Stir Fry

Most veggies can be stir-fried. Simply heat oil in a sauté pan and add veggies to cook over medium-high heat, stirring often until cooked and bright. Make sure to add salt and a squeeze of lemon or lime for flavor. Options include bell peppers, carrots, greens, broccoli, green beans, Brussels sprouts, bok choy, cabbage, etc. Also adding garlic and a splash of tamari/soy sauce or toasted sesame oil is delicious too.

### Curry Cauliflower

Cut cauliflower into small florets. You can also cut up and roast the stems. Place on baking dish and coat with olive oil and curry powder with a pinch of salt. Roast at 400 for 30-40 minutes stirring/flipping halfway through.

### Broccoli & Leeks

Cut broccoli into small florets and the white part of the leeks into half moons (discard the green sections). Place on baking dish, coat with olive oil and a sprinkle of salt and roast at 400 for 20 minutes stirring/flipping halfway through.

### Balsamic Brussels

Cut Brussels into halves or quarters. Sauté in olive oil over medium to medium-high heat with a sprinkle of salt until soft but not overly soft. At the end of cooking add a splash (1-2 tablespoons) of balsamic vinegar to coat and let the heat evaporate the majority of the balsamic (about 10 seconds) leaving more of a glaze.



## FREEZER FUDGE

### Ingredients

Servings: 16 | Time: 20 minutes

1 1/2 cups creamy almond butter (unsalted and at room temperature) - you can also use peanut butter here too as almond butter is pricey.

1/4 cup + 2 tablespoons coconut oil (melted)

1/4 cup maple syrup or honey

1/2 teaspoon fine sea salt

### Notes

This dessert is RICH and really hits the spot when you want something sweet but don't want to overindulge in high carb treats.

Our bodies often crave sweetness during times to anxiety. Don't deny yourself.

Have something sweet but make it a balanced sweet treat like these fudge bars.

### Directions

- Use an 8x8 pan and line with a piece of parchment paper cut to fit the length of the pan.
- Spoon the almond butter into a large mixing bowl.
- In a small pot, add the coconut oil, maple syrup, and salt. Heat over low, until the oil is melted. Slowly pour the wet mixture into the bowl with the almond butter, stirring as you go. Stir until completely smooth and combined. It'll be quite runny at this stage.
- Spoon the almond butter mixture into the prepared pan. Smooth out. Place the pan, uncovered, on a flat surface in the freezer. Freeze for around 1 hour, or until the fudge is solid.
- Slice the frozen slab of fudge into about 1-inch squares and store in the freezer for an easy, decadent dessert.



## SPA WATER

### Ingredients

#### **Spa Water**

1 orange, sliced  
1 lemon, sliced  
½ unpeeled cucumber, sliced  
3 sprigs fresh mint  
8-12 cups water or sparkling water

### Notes

Staying hydrated is especially important during times of stress. Take care to drink at least 64 oz of water a day minimum! I would aim for more like 75-100 depending on you. This spa water is a great everyday drink.

### Directions

- Put all the ingredients in large pitcher. Press the fruit, cucumber and herbs against the bottom of the pitcher, pushing down and twisting slightly to release their juices and flavors. Add the water and stir to combine. Refrigerate for 1 hour before serving.





# GOLDEN MILK

## Golden Paste

### Ingredients

1/2 cup organic turmeric powder  
1 cup water  
1 1/2 teaspoons black pepper  
1 teaspoon cinnamon  
2 -3-inch piece ginger, grated  
5 tablespoons virgin coconut oil

### Directions

- In a stainless steel pot, cook the water, turmeric, and spices until it forms a thick paste, stirring and cooking for about 7 to 10 minutes.
- Remove from heat and add virgin coconut oil, using a whisk to fully mix in the coconut oil.
- Transfer the Golden Paste into a glass jar with a lid, and store in the refrigerator for up to 4 weeks.

## Golden Milk

### Ingredients

Servings: 1 | Time: 10 minutes

1 teaspoon Golden Paste  
1 cup coconut milk, or nut milk  
1/8 teaspoon vanilla (optional)  
Raw honey or maple syrup to taste (optional)

### Directions

- In a stainless steel pot, gently heat, but do not boil, 1 cup of milk with 1 teaspoon of golden paste.
- A whisk is helpful to fully mix the paste into the milk.
- Add optional vanilla and/or honey to taste.



# ADAPTOGENIC CHILL LATTE

## Ingredients

Servings: 1 | Time: 10 minutes

- 1 teaspoon mushroom powder
- 1 1/2 dropper full (~1 ml) gotu kola
- 1 dropper full of Holy Basil
- 1 teaspoon maple syrup (plus more to taste)
- 1 pinch ground cinnamon
- 1 pinch nutmeg
- 1 pinch sea salt
- 10 oz milk (cashew, coconut, almond, or oat milk)
- Collagen Powder (optional)

## Notes

You can find most of these herbs and collagen powder through Megan Knipp Nutrition's Online Supplement Store.

We like Om Organic Mushroom Superfood Powder (Blend, Reishi, Chaga, Cordyceps, or Lion's Mane), Host Defense or Four Sigmatic Caffeine-Free Mushroom Elixir.

We like Wise Woman Herbals Holy Basil and Gotu Kola tinctures.

A flavorless version of collagen is recommended, like Vital Proteins. All of these should be available for online delivery through MKN. Send email to [megan@meganknipp.com](mailto:megan@meganknipp.com) with questions and to set up your account with 15% off all orders.

## Directions

- Warm nut milk. Add ingredients to blender and blend on high for 30 seconds to 1 minute until frothy.
  - Taste and adjust flavor as needed, adding more spice or sweetener to taste.
  - Top with cinnamon. Best when fresh, but can store leftovers in the refrigerator up to 3 days. Reheat in on the stovetop until hot.
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