

The image shows several clear plastic meal prep containers arranged on a white marble surface. Each container is divided into sections and filled with a variety of fresh, healthy ingredients. Common items include cooked quinoa, sliced avocado, broccoli florets, diced sweet potatoes, and a mix of fresh fruits like blueberries, raspberries, and sliced strawberries. Some containers also feature sliced cucumbers and cherry tomatoes. In the background, there are silver measuring spoons and a slice of lemon, suggesting a kitchen or food preparation setting. The overall aesthetic is clean, bright, and focused on nutritious meal planning.

# CORTISOL DETOX MEAL PREP IDEAS

# Anxiety Relief Meal Prep Ideas Guide

**D Siedentop**



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