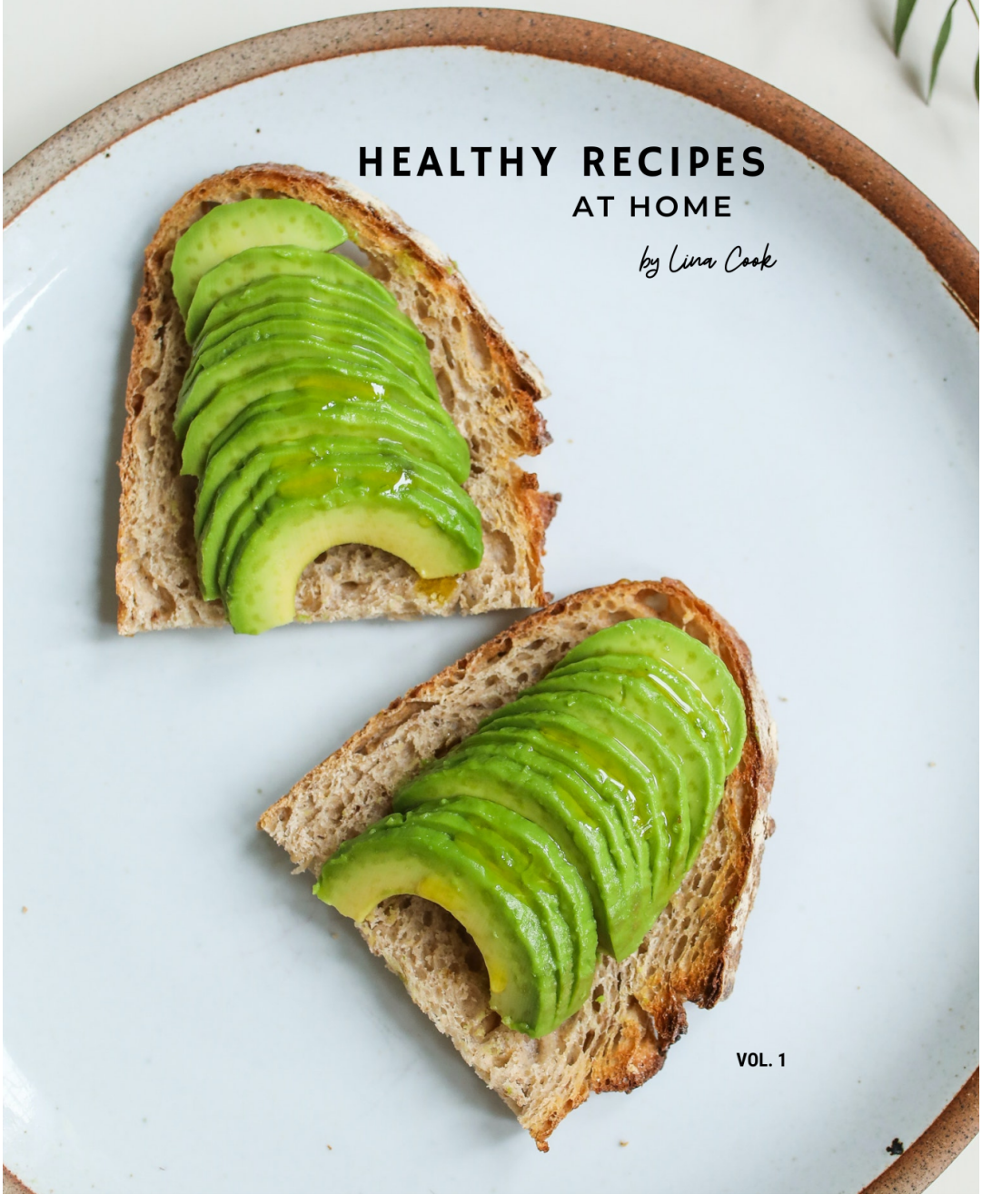
Eat Well, Sleep Better

Unlocking the Power of Nutrition for Sweet Dreams and Vitality



HEALTHY RECIPES
AT HOME

by Lina Cook

VOL. 1

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Introduction to Healthy Eating for Better Sleep

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01



Eat Well, Sleep Better

In "Eat Well, Sleep Better," we explore the profound relationship between your diet and the quality of your sleep.



With a collection of beginner-friendly recipes rich in sleep-promoting nutrients, this book offers you a delicious and nutritious path to achieving more restful nights. But it doesn't stop there...



This book goes beyond the kitchen, providing you with invaluable insights into cultivating better sleep habits and incorporating relaxation techniques into your daily routine. By the end of this journey, you'll not only have a repertoire of scrumptious recipes but also the knowledge and tools to embrace a holistic approach to your health and wellbeing.

So, let's embark on this transformative adventure towards eating well and sleeping better!

Benefits of Healthy Eating for Better Sleep

In our fast-paced world, the pursuit of a good night's sleep often feels like an elusive goal. However, one of the most overlooked factors in achieving restful sleep lies right on our plates.



The connection between our diet and sleep quality is a powerful one, and adopting healthy eating habits can significantly enhance our ability to enjoy restorative slumber.



Here are some compelling benefits of incorporating a balanced diet for better sleep:

1. Regulation of Sleep-Inducing Hormones

Certain nutrients found in whole foods play a pivotal role in the production of sleep-inducing hormones, such as serotonin and melatonin.

Benefits of Healthy Eating for Better Sleep

Tryptophan, an amino acid found in foods like turkey, nuts, and seeds, is a precursor to serotonin, which helps regulate mood and sleep. Including these foods in your diet can naturally boost your body's serotonin levels, promoting relaxation and improving sleep quality. Furthermore, foods rich in melatonin, such as cherries, grapes, and tomatoes, can aid in regulating your sleep-wake cycle.



2. Stabilised Blood Sugar Levels

Maintaining stable blood sugar levels throughout the day has a profound impact on your sleep patterns. Consuming high-glycemic-index foods —those that cause rapid spikes and crashes in blood sugar—can lead to nighttime awakenings and interruptions in sleep.

Benefits of Healthy Eating for Better Sleep

Opting for complex carbohydrates like whole grains, legumes, and vegetables provides a steady release of energy, helping you avoid blood sugar fluctuations that can disturb your sleep.



3. Reduced Inflammation

Chronic inflammation in the body has been linked to a range of health issues, including poor sleep. A diet rich in antioxidants and anti-inflammatory nutrients, such as fruits, vegetables, and fatty fish, can help mitigate inflammation and potentially improve sleep quality. Omega-3 fatty acids, present in fish like salmon and walnuts, are known for their anti-inflammatory properties and may contribute to better sleep by reducing discomfort and promoting relaxation.

Benefits of Healthy Eating for Better Sleep

4. Improved Digestion and Comfort



Eating heavy or overly spicy meals close to bedtime can lead to discomfort and indigestion, making it difficult to fall asleep peacefully. Opting for light, easily digestible foods in the evening can prevent this discomfort and allow your body to focus on relaxation and sleep rather than digestion.

Incorporating fiber-rich foods like whole grains, fruits, and vegetables throughout the day can also support healthy digestion and prevent any disturbances during the night.

5. Weight Management

Maintaining a healthy weight is not only essential for overall health but also for sleep quality. Poor eating habits and excessive consumption of sugary and processed foods can contribute to weight gain and obesity, which are associated with sleep disorders like sleep apnea and insomnia.

Benefits of Healthy Eating for Better Sleep



CONCLUSION

By adopting a balanced diet that supports weight management, you can improve your chances of achieving uninterrupted and restful sleep.

02

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Building the Foundation: Nutrients for Sound Sleep

02

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02

5 Essential Nutrients For Better Sleep



5 Essential Nutrients For Better Sleep

1. Tryptophan

Tryptophan is an amino acid that serves as a precursor to serotonin, a neurotransmitter that regulates mood and sleep. Foods rich in tryptophan include turkey, chicken, nuts, seeds, dairy products, and tofu. Consuming tryptophan-containing foods can help increase serotonin levels, leading to relaxation and improved sleep quality.



2. Magnesium

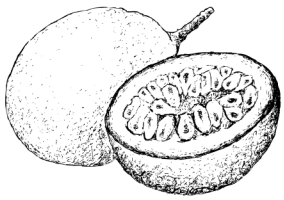
Magnesium is a mineral known for its muscle-relaxing properties and its role in calming the nervous system. It can aid in reducing stress and anxiety, which are common barriers to restful sleep. Foods high in magnesium include leafy green vegetables, nuts, seeds, whole grains, and legumes.



5 Essential Nutrients For Better Sleep

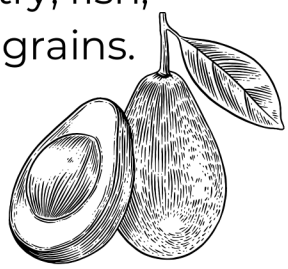
3. Melatonin

Melatonin is a hormone that helps regulate the sleep-wake cycle. While it's available as a supplement, certain foods can naturally boost melatonin levels. Cherries, especially tart cherries, are a natural source of melatonin. Other foods that contain melatonin include grapes, tomatoes, and pomegranates.



4. Vitamin B6

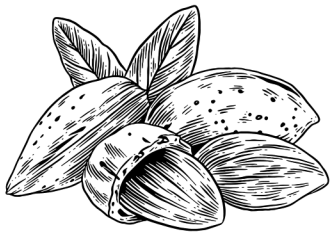
Vitamin B6 is essential for the production of neurotransmitters, including serotonin and melatonin. It supports the body in converting tryptophan into serotonin, which promotes relaxation and sleep. Foods rich in vitamin B6 include poultry, fish, bananas, avocados, and whole grains.



5 Essential Nutrients For Better Sleep

5. Omega-3 Fatty Acids

Omega-3 fatty acids are known for their anti-inflammatory properties and their potential to support overall health. They can also play a role in promoting better sleep by reducing inflammation and discomfort. Fatty fish like salmon, mackerel, and sardines are excellent sources of omega-3s. Plant-based sources include walnuts, flaxseeds, and chia seeds.



Incorporating a variety of these nutrients into your diet can contribute to improved sleep quality and overall well-being.
Remember that a balanced diet rich in whole foods, including fruits, vegetables, lean proteins, and healthy fats, is key to supporting your body's sleep-regulating processes.

03

CHAPTER

Rise and Shine: Breakfast Recipes for Restful Nights

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03

Healthy Breakfast for Restful Nights



01

Overnight Oats with Berries and Nuts

INGREDIENTS

- 1/2 cup rolled oats
- 1/2 cup milk (dairy or plant-based)
- 1/4 cup Greek yogurt
- 1/2 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1 tablespoon chopped nuts (almonds, walnuts, or your favourite)
- 1 teaspoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract
- Pinch of salt



TIP

You can different types of milk (dairy, almond, soy, etc.), yogurt flavours, and berries.

02

Scrambled Tofu with Spinach and Whole-Grain Toast

INGREDIENTS

For Scrambled Tofu:

- 1 block (14 oz) firm tofu, drained and crumbled
- 1 cup fresh spinach, chopped
- 1/2 small onion, finely chopped
- 1 clove garlic, minced
- 1/2 teaspoon turmeric powder (for color and flavor)
- 1/2 teaspoon cumin powder
- 1/4 teaspoon paprika
- Salt and black pepper to taste
- 1 tablespoon nutritional yeast (optional, for extra flavor)
- 1 tablespoon olive oil

For Whole-Grain Toast:

- 2 slices whole-grain bread
- 1 teaspoon olive oil (for toasting)
- Salt and black pepper to taste



03

Greek Yogurt Parfait with Granola and Honey

INGREDIENTS

- 1 cup Greek yogurt
- 1/2 cup granola (homemade or store-bought)
- 1/4 cup mixed berries (such as blueberries, strawberries, raspberries, peach)
- 1 tablespoon honey
- 1/4 teaspoon vanilla extract (optional)

TIPS

- Feel free to use your favourite fruits, nuts, or seeds. Sliced bananas, chopped nuts, and chia seeds are great additions.
- **Nut-Free Option:** If you have nut allergies, opt for nut-free granola or skip the nuts altogether.



04

Chia Seed Pudding with Banana and Almonds

INGREDIENTS

- 3 tablespoons chia seeds
- 1 cup milk (dairy or plant-based)
- 1 ripe banana, mashed
- 1/4 teaspoon vanilla extract
- 1 tablespoon sliced almonds
- Honey or maple syrup (optional, for sweetness)

How to make it

1.Prepare the Base:

- In a bowl, mix the chia seeds, milk, mashed banana, and vanilla extract. Stir well to combine.

2. Let it Set:

- Cover the bowl and refrigerate the mixture for at least 4 hours or overnight. The chia seeds will absorb the liquid and create a pudding-like texture.

3. Serve and Garnish:

- Once the chia pudding is set, give it a good stir. If desired, drizzle a touch of honey or maple syrup for sweetness. Top with sliced almonds before serving.



05

Whole-Grain Banana Pancakes with Berries

INGREDIENTS

- 1 ripe banana, mashed
- 1 egg (or a flax egg for a vegan option)
- 1/2 cup whole-wheat flour
- 1/2 cup milk (dairy or plant-based)
- 1 teaspoon baking powder
- 1/4 teaspoon cinnamon
- Pinch of salt
- Mixed berries (blueberries, raspberries, strawberries)
- Greek yogurt (optional, for topping)

How to make it

1. Mix the Batter:
   - In a bowl, whisk together the mashed banana, egg (or flax egg), milk, and a pinch of salt.
2. Add Dry Ingredients:
   - Add the whole-wheat flour, baking powder, and cinnamon to the wet mixture. Stir until just combined. The batter may be slightly lumpy.
3. Cook the Pancakes:
   - Heat a non-stick skillet or griddle over medium heat. Pour a ladleful of batter onto the skillet to form pancakes. Cook until bubbles form on the surface, then flip and cook until both sides are golden brown.
4. Serve and Top:
   - Stack the pancakes on a plate. Top with a handful of mixed berries and a dollop of Greek yogurt, if desired.

05

Whole-Grain Banana Pancakes with Berries

Full of goodness

- Both of these lat two recipes incorporate nutritious ingredients that can contribute to better sleep quality.
- Chia seeds are a source of **magnesium** and tryptophan, while whole grains and bananas provide complex carbohydrates for sustained energy.
- Berries are rich in **antioxidants** and can help regulate sleep-wake cycles.

Enjoy these breakfast options as part of your journey toward more restful nights.



04

CHAPTER

Energising Lunches for Serene Evenings

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Powering Through with Healthy Lunches



01

Quinoa Salad with Roasted Vegetables and Feta

INGREDIENTS

For the Salad:
- 1 cup quinoa, rinsed
- 2 cups water or vegetable broth
- 2 cups mixed roasted vegetables (such as bell peppers, zucchini, cherry tomatoes, red onion)
- 1/2 cup crumbled feta cheese
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh basil
- Salt and black pepper to taste

For the Roasted Vegetables:
- 2 cups mixed vegetables, chopped
- 2 tablespoons olive oil
- 1 teaspoon dried herbs (such as thyme, oregano, or rosemary)
- Salt and black pepper to taste



01

Quinoa Salad with Roasted Vegetables and Feta

How to make it

For the Salad:

- In a saucepan, bring the water or vegetable broth to a boil. Add the rinsed quinoa, reduce the heat to low, cover, and simmer for about 15-20 minutes, or until the quinoa is cooked and the liquid is absorbed. Fluff the quinoa with a fork and let it cool slightly.
- In a large mixing bowl, combine the cooked quinoa, roasted vegetables, crumbled feta cheese, chopped parsley, and chopped basil.
- Drizzle a little extra olive oil over the salad if desired. Season with salt and black pepper to taste. Gently toss all the ingredients until they are well combined.
- Divide the quinoa salad into individual servings or serve it on a large platter. Garnish with additional chopped fresh herbs and a sprinkle of feta cheese.

For the Roasted Vegetables:

- Preheat the oven to 400°F (200°C).
- In a bowl, toss the chopped mixed vegetables with olive oil, dried herbs, salt, and black pepper until they are evenly coated.
- Spread the vegetables on a baking sheet lined with parchment paper. Roast in the preheated oven for about 20-25 minutes,

TIP

For an extra protein boost, you can add cooked and diced chicken, chickpeas, or toasted nuts to the salad.



02

Grilled Chicken Wrap with Avocado and Greens

INGREDIENTS

For the Grilled Chicken:
- 2 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- Salt and black pepper to taste

For the Wrap:
- 2 large whole-grain or whole-wheat tortillas
- 1 ripe avocado, sliced
- 1 cup mixed greens (such as lettuce, spinach, arugula)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- Greek yogurt or hummus (optional, for spreading)
- Lemon juice (for drizzling)
- Hot sauce or dressing of choice (optional)



02

Grilled Chicken Wrap with Avocado and Greens

How to make it

For the Grilled Chicken:

- In a bowl, combine olive oil, garlic powder, paprika, salt, and black pepper. Coat the chicken breasts with the marinade and let them marinate for about 15-30 minutes.
- Preheat a grill or grill pan over medium-high heat and cook for about 6-8 minutes per side, or until they are cooked through and have nice grill marks. Once cooked, remove the chicken from the grill and let them rest for a couple of minutes before slicing.

*TIP

Serve your Grilled Chicken Wrap with Avocado and Greens as a wholesome and satisfying meal for lunch or dinner. This wrap combines the savoury goodness of grilled chicken with the creamy richness of avocado and the refreshing crunch of greens, making it a balanced and flavourful option.



03

Lentil Soup with Wholegrain Roll

INGREDIENTS

- 1 cup dried green or brown lentils, rinsed and drained
- 1 onion, chopped
- 2 carrots, diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (14 oz) diced tomatoes
- 6 cups vegetable broth
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon smoked paprika
- 1 bay leaf
- Salt and black pepper to taste
- 2 tablespoons olive oil
- Fresh lemon juice (optional, for serving)
- Chopped fresh parsley (for garnish)

Whole-Grain Roll

- 2 whole-grain rolls
- Olive oil (for brushing)
- Dried herbs (such as rosemary, thyme, or oregano, optional)
- Salt (optional)



03 Lentil Soup with Wholegrain Roll

How to make it

- 1. **Sauté Aromatics:**

In a large pot, heat the olive oil over medium heat. Add the chopped onion, carrots, and celery. Sauté for 5-7 minutes, or until the vegetables are softened and the onion is translucent.

2. **Add Garlic and Spices**:
Add the minced garlic, ground cumin, ground coriander, and smoked paprika to the pot. Cook for an additional 1-2 minutes until the spices become fragrant.

3. **Add Lentils and Broth**: Pour in the rinsed lentils, diced tomatoes (with their juices), vegetable broth, and bay leaf. Stir well to combine. Bring the mixture to a boil, then reduce the heat to low and let it simmer, partially covered, for about 25-30 minutes, or until the lentils are tender.

4. **Season and Serve**: Once the lentils are cooked, remove the bay leaf. Season the soup with salt and black pepper to taste. If desired, add a squeeze of fresh lemon juice for brightness. Serve the lentil soup hot, garnished with chopped fresh parsley.



04

Quinoa and Chickpea Salad with Lemon-Tahini Dressing

INGREDIENTS

For the Salad:
- 1 cup cooked quinoa
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cucumber, diced
- 1 red bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint (optional)
- Salt and black pepper to taste

For the Lemon-Tahini Dressing:
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1 tablespoon olive oil
- 1 clove garlic, minced
- Salt and black pepper to taste

*TIP

Serve your Veggie and Hummus Wrap with a side of Mixed Greens for a refreshing and balanced lunch. The combination of nutrient-rich vegetables, fibre from the hummus, and whole-grain tortilla will provide sustained energy and contribute to a better sleep cycle later in the day.



05

CHAPTER

Winding Down: Nourishing Dinners for Peaceful Slumber

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Winding Down with Best Dinner Options



01

Baked Salmon with Steamed Asparagus and Brown Rice

INGREDIENTS

For Baked Salmon:

- 4 salmon fillets (about 6 oz each)
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon lemon zest
- Juice of 1 lemon
- Salt and pepper to taste
- Fresh dill or parsley, chopped (for garnish)

For Steamed Asparagus:

- 1 bunch asparagus, tough ends trimmed
- Salt and pepper to taste
- Olive oil (optional, for drizzling)
- Lemon wedges (for serving)

For Brown Rice:

- 1 cup brown rice
- 2 cups water or vegetable broth
- Salt to taste



01

Baked Salmon with Steamed Asparagus and Brown Rice

How to cook

1. **Prepare the Brown Rice:**
   - Rinse the brown rice under cold water.
   - In a medium saucepan, combine the rinsed rice, water or vegetable broth, and a pinch of salt. Bring to a boil.
   - Reduce the heat to low, cover, and let the rice simmer for about 40-45 minutes, or until the rice is tender and the liquid is absorbed. Fluff the rice with a fork.
2. **Preheat the Oven:**
   - Preheat the oven to 400°F (200°C).
3. **Prepare the Salmon:**
   - In a small bowl, mix together the olive oil, minced garlic, lemon zest, lemon juice, salt, and pepper.
   - Place the salmon fillets on a baking sheet lined with parchment paper.
   - Brush the salmon fillets with the prepared olive oil mixture.
4. **Bake the Salmon:**
   - Bake the salmon in the preheated oven for about 12-15 minutes, or until the salmon flakes easily with a fork. Cooking time may vary depending on the thickness of the fillets.



01 Baked Salmon with Steamed Asparagus and Brown Rice

How to cook it?

5. Steam the Asparagus:
You can use a steamer basket or microwave-safe dish with a little water.
Steam the asparagus for about 4-6 minutes, or until they are tender but still crisp. Season with salt and pepper and drizzle with a bit of olive oil, if desired.

6. **Serve:**

- Divide the cooked brown rice onto plates.
- Place a baked salmon fillet on each plate.
- Arrange steamed asparagus alongside the salmon.
- Garnish with chopped fresh dill or parsley and lemon wedges for squeezing.

Enjoy your Baked Salmon with Steamed Asparagus and Brown Rice!

This recipe combines the richness of baked salmon with the freshness of steamed asparagus and the nutty flavour of brown rice for a balanced and satisfying meal packed with protein, healthy fats, and nutrients.



02

Sweet Potato and Black Bean Enchiladas

INGREDIENTS

For Enchilada Filling:
- 2 medium sweet potatoes, peeled and diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 cup corn kernels (fresh, frozen, or canned)
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste
- 1 tablespoon olive oil

For Enchilada Sauce:
- 2 cups tomato sauce or enchilada sauce
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Salt and pepper to taste

For Assembly:
- 8 small corn or whole wheat tortillas
- 1 1/2 cups shredded cheese (cheddar, Monterey Jack, or a blend)
- Chopped fresh cilantro (for garnish)
- Sour cream or Greek yogurt (optional, for serving)



02

Sweet Potato and Black Bean Enchiladas

How to cook it?

1. **Roast the Sweet Potatoes:**
- Preheat the oven to 400°F (200°C).
- Toss the diced sweet potatoes with olive oil, chili powder, cumin, salt, and pepper.
- Spread the sweet potatoes on a baking sheet and roast for about 20-25 minutes, or until they are tender and slightly caramelized.

2. Prepare the Enchilada Filling:**
In a large bowl, combine the roasted sweet potatoes, black beans, corn kernels, and any remaining chili powder and cumin. Mix well.

3. Prepare the Enchilada Sauce:
In a separate bowl, mix together the tomato sauce or enchilada sauce, chili powder, cumin, salt, and pepper.

4. Assemble the Enchiladas

5. Add Sauce and Cheese

6. Cover in a baking dish with aluminum foil and bake in the preheated oven for about 20-25 minutes, or until the enchiladas are heated through and the cheese is melted.

7. Serve and Enjoy!



04

Stir-Fried Tofu with Broccoli and Brown Rice

INGREDIENTS

For Stir-Fried Tofu:
- 14 oz (400g) firm tofu, cubed
- 2 tablespoons soy sauce
- 1 tablespoon cornstarch
- 2 tablespoons vegetable oil (for frying)
- 2 cloves garlic, minced
- 1 teaspoon ginger, minced
- 1 red bell pepper, sliced
- 2 cups broccoli florets

For Stir-Fry Sauce:
- 3 tablespoons soy sauce
- 1 tablespoon hoisin sauce (optional)
- 1 tablespoon rice vinegar
- 1 tablespoon maple syrup or honey
- 1 teaspoon sesame oil

For Serving:
- 2 cups cooked brown rice



04

Stir-Fried Tofu with Broccoli and Brown Rice

How to cook

- Press the tofu to remove excess moisture. Place the it on a plate, cover with a paper towel, and place a heavy object (like a skillet) on top. Let it sit for about 15-20 minutes.
- Cut the pressed tofu into bite-sized cubes.
- Marinate the tofu - n a bowl, combine the 2 tablespoons of soy sauce and cornstarch. Add the tofu cubes and gently toss to coat. Let it marinate for about 10-15 minutes.
- Cook the brown rice according to the package instructions. Set aside.
- In a small bowl, whisk together the soy sauce, hoisin sauce (if using), rice vinegar, maple syrup or honey, and sesame oil. Set aside.
- In a large skillet or wok, heat 1 tablespoon of vegetable oil over medium-high heat. Add the marinated tofu cubes and cook until they are golden brown on all sides. Remove the tofu from the skillet and set aside.
- In the same skillet, add another tablespoon of vegetable oil. Add the minced garlic and ginger, and sauté for about 30 seconds until fragrant.
- Add the sliced red bell pepper and broccoli florets. Stir-fry for 2-3 minutes until the vegetables are tender-crisp.
- Combine and serve



06

CHAPTER

Snack Smart: Midnight Morsels for Midnight Dreams

06

CHAPTER

06

Healthy Snacks for Great Dreams



01

Almond Butter and Banana Whole-Grain Toast

INGREDIENTS

- 2 slices of whole-grain bread
- 2-3 tablespoons almond butter
- 1 ripe banana, sliced
- Honey or maple syrup (optional, for drizzling)
- Chia seeds or chopped nuts (optional, for garnish)

*TIP

This toast is a convenient and balanced option for a busy morning or a post-workout snack.

Benefits

Protein and Healthy Fats: Almond butter is a good source of healthy fats, protein, and important nutrients like vitamin E and magnesium.

Potassium: Bananas are rich in potassium, an essential mineral that helps regulate fluid balance, muscle contractions, and nerve signals.



02

Hummus and Veggie Platter

INGREDIENTS

For Hummus:
- 2 cups canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 2-3 cloves garlic, minced
- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- Salt and pepper to taste

For Veggie Platter:
- Carrot sticks
- Cucumber slices
- Bell pepper strips (assorted colors)
- Cherry tomatoes
- Celery sticks
- Radishes
- Broccoli florets
- Cauliflower florets



02

Hummus and Veggie Platter

Preparing the Hummus

Prepare the Hummus:
- In a food processor, combine the drained chickpeas, tahini, minced garlic, lemon juice, salt, and pepper.
- Start the food processor and drizzle in the olive oil while it's running. Continue processing until the mixture is smooth and creamy.
- If the hummus is too thick, you can add a little water to achieve your desired consistency. Taste and adjust seasonings as needed.

Benefits

Rich in Nutrients: a good source of plant-based protein, dietary fibre, vitamins, and minerals.
Healthy Fats: The olive oil and tahini in hummus provide heart-healthy monounsaturated fats.
Digestive Health: The fibre in supports healthy digestion and can help with regular bowel movements.



03

Cottage Cheese with Pineapple

INGREDIENTS

- 1 cup cottage cheese
- 1 cup fresh pineapple chunks (you can also use canned pineapple)
- 1 tablespoon honey (optional)
- 1 tablespoon chopped fresh mint (optional, for garnish)

*TIP

Remember, this cottage cheese and pineapple recipe is quite versatile, and you can adjust the quantities of cottage cheese and pineapple according to your taste preferences. Enjoy your delicious and nutritious treat!



07

CHAPTER

Sipping Tranquility: Beverages to Enhance Sleep Quality

07

CHAPTER

07

Drinks that Help You Sleep Better



When incorporating herbal teas into your routine, keep in mind that individual responses can vary, and it's always a good idea to consult with a healthcare professional, especially if you have any underlying health conditions or are taking medications.

01

Soothing Herbal Teas and Their Benefits

Chamomile Tea:

Benefits: Known for its calming properties, chamomile tea can help alleviate stress, anxiety, and promote better sleep. It may also aid digestion and soothe stomach discomfort.

Lavender Tea:

Benefits: Lavender tea is often used to promote relaxation and reduce anxiety. It can also help with sleep problems and has potential anti-inflammatory properties.

Peppermint Tea:

Benefits: Peppermint tea is great for soothing an upset stomach, relieving indigestion, and reducing bloating. It may also provide relief from headaches and sinus congestion.

Lemon Balm Tea:

Benefits: Lemon balm tea is known for its calming effects, helping to reduce stress and anxiety. It may also support better sleep and improve mood.



01

Soothing Herbal Teas and Their Benefits

Valerian Root Tea:

Benefits: Valerian root tea is often used as a natural remedy for insomnia and sleep disorders. It may help promote relaxation and improve sleep quality.

Passionflower Tea:

Benefits: Passionflower tea is known for its potential to reduce anxiety and insomnia. It might have a calming effect on the nervous system.

Ginger Tea:

Benefits: Ginger tea is soothing for the digestive system, helping with nausea, bloating, and indigestion. It also has anti-inflammatory and antioxidant properties.

Hibiscus Tea:

Benefits: Hibiscus tea is rich in antioxidants and may help lower blood pressure. It has a refreshing tart flavour and can be enjoyed hot or cold.



01

Soothing Herbal Teas and Their Benefits

Lemon Verbena Tea:

Benefits: Lemon verbena tea is often used for digestive support and relaxation. It has a citrusy flavour and can aid in digestion.

Echinacea Tea:

Benefits: Echinacea tea is believed to support the immune system and help prevent or alleviate cold symptoms. It might also have anti-inflammatory properties.

Nettle Tea:

Benefits: Nettle tea is known for its potential diuretic and anti-inflammatory effects. It may also provide relief from allergies and support joint health.

Rosehip Tea:

Benefits: Rosehip tea is rich in vitamin C and antioxidants. It may support immune health, skin health, and overall well-being.



02

Golden Milk (Turmeric) Latte

INGREDIENTS

- 2 cups almond milk
- ¼ teaspoon ground turmeric
- ½ inch fresh ginger, grated, or ⅛ teaspoon ground ginger
- pinch of ground cinnamon
- pinch of black pepper
- 1 teaspoon honey, optional

How to make it?

- In a small saucepan, whisk milk, turmeric, cinnamon, ginger, and black pepper. Bring to a boil.
- Lower the heat and simmer the mixture for 5 minutes. Turn off the heat and add sweetener, if using.
- Using a strainer, divide the turmeric milk into two cups.



03

Cherry and Almond Smoothie

INGREDIENTS

- 1 ripe banana, preferably frozen
- 1 cup frozen cherries (or a cherry and berry mix is great!)
- 2 cups organic spinach (note that this will change the color of the smoothie, but not the flavor)
- 1 tablespoon almond butter
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 1/2 cup almond milk (or dairy free milk of choice)

Optional add-ins:

- 1 scoop your favorite protein powder
- 1 tablespoon cocoa or cacao powder

How to make it?

Add all ingredients to a high powered blender and blend until smooth and creamy. Add more milk if necessary. Serves 1. Feel free to double the recipe to serve 2!



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CHAPTER

Cultivating Better Sleep Habits for a Restful Night

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08

How about some Healthy Sleep Routine Habits



Creating a relaxing bedtime routine can greatly improve your sleep quality and overall well-being.

01

3 tips to help you establish an effective bedtime routine

1.CONSISTENT SCHEDULE

Set a regular sleep schedule by going to bed and waking up at the same times each day, even on weekends. This helps regulate your body's internal clock, making it easier to fall asleep and wake up naturally. Consistency reinforces your body's natural sleep-wake cycle, allowing you to feel more refreshed in the morning and more prepared for sleep at night.

2.SCREEN-FREE WIND-DOWN

About an hour before bedtime, start winding down by reducing exposure to screens, such as phones, tablets, computers, and TVs. The blue light emitted by screens can interfere with the production of melatonin, a hormone that regulates sleep. Instead, engage in calming activities like reading a physical book, practicing gentle stretching or relaxation exercises, or listening to soothing music or a podcast. These activities can signal to your body that it's time to relax and prepare for sleep.

2.CREATE A RELAXING RITUAL

Incorporate calming rituals into your pre-sleep routine. This might include activities that promote relaxation, such as taking a warm bath, practicing deep breathing or meditation, or sipping on a caffeine-free herbal tea like chamomile or lavender. Avoid stimulating activities or discussions that can activate your mind and increase stress levels close to bedtime. Engaging in a relaxing ritual can help you transition from the day's activities to a state of restfulness.

*Tip

Remember, the goal is to signal to your body that it's time to wind down and prepare for sleep. Experiment but stay consistent. Consistency and making your routine enjoyable are key factors in its effectiveness.

Mind and Body: Relaxation Techniques for Improved Sleep



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02

Mind and Body: Relaxation Techniques for Improved Sleep

BREATHING EXERCISES TO CALM THE MIND

1. **Box Breathing (Square Breathing)**

- Inhale slowly and deeply through your nose for a count of 4.
- Hold your breath for a count of 4.
- Exhale slowly and completely through your mouth for a count of 4.
- Pause and hold your breath for a count of 4.
- Repeat this cycle for a few minutes or until you feel more relaxed.

2. 4-7-8 Breathing

- Inhale quietly through your nose for a count of 4.
- Hold your breath for a count of 7.
- Exhale completely and audibly through your mouth for a count of 8.
- Repeat this cycle for a few rounds, gradually increasing the count if comfortable.

3. Deep Belly Breathing

- Find a comfortable seated or lying-down position.
- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose, allowing your belly to rise as you fill your lungs.
- Exhale slowly through your mouth, letting your belly fall.
- Focus on the rise and fall of your belly as you continue to breathe deeply.



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Mind and Body: Relaxation Techniques for Improved Sleep

GENTLE YOGA POSES FOR RELAXATION

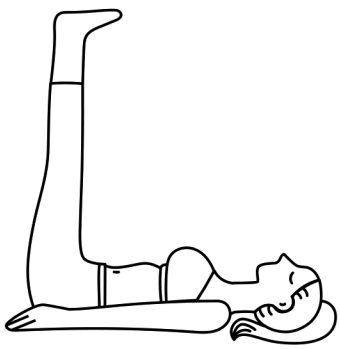
CHILD'S POSE (BALASANA)



SEATED FORWARD FOLD (PASCHIMOTTANASANA)



LEGS-UP-THE-WALL POSE (VIPARITA KARANI)



*Tip

Remember, the key to these poses is to focus on your breath and allow your body to relax. Hold each pose for several deep breaths or as long as it feels comfortable.

These gentle yoga poses can be done individually or combined as a short sequence whenever you need a moment of tranquility and calmness.

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Conclusion

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How about some Healthy Sleep Routine Habits



In conclusion, the benefits of healthy eating for better sleep are undeniable.

By making *mindful choices* about the foods you consume, you have the power **to regulate hormones**, **stabilise blood sugar levels**, **reduce inflammation,** e**nhance digestion, and manage weight**—all of which are key factors in promoting a restful night's sleep.

Embark on the journey of embracing a balanced diet, and watch as your sleep quality improves, paving the way for a more energised, productive, and fulfilling life.

Your body is a reflection of your lifestyle. You are what you eat, so choose wisely and nourish yourself with goodness.

Eat Well, Sleep Better: Beginner-Friendly Recipes and Sleep Tips

by Lina Cook

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