

Sleep Optimizing Snacks

What you eat (and what you don't eat) can have a direct impact on your quality of sleep--either by helping you to doze off, or keeping you wired until the early morning hours. By focusing on specific nutrients found in these foods, you can level up your evening routine to get a peaceful night's sleep.



Grocery List



30 ingredients

FRUITS

- 3 Banana
- 3/4 cup Cherries
- 2 Kiwi
- 2 Lemon

BREAKFAST

- 2 tbsps Almond Butter

SEEDS, NUTS & SPICES

- 1/3 cup Chia Seeds
- 2 tbsps Hemp Seeds
- 1/2 tsp Sea Salt
- 2 tpsps Sesame Seeds

VEGETABLES

- 2 1/2 cups Baby Spinach
- 1 tbsp Chives
- 2 Garlic
- 1 tsp Ginger
- 1 Golden Beet
- 2 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/2 cups Shitake Mushrooms

BOXED & CANNED

- 1 3/4 cups Chickpeas
- 1 cup Organic Vegetable Broth

BAKING

- 1 tbsp Unsweetened Shredded Coconut

BREAD, FISH, MEAT & CHEESE

- 6 ozs Tofu

CONDIMENTS & OILS

- 1 tbsp Extra Virgin Olive Oil
- 3 tbsps Miso Paste
- 2 tbsps Tahini
- 1 tbsp Tamari

COLD

- 1 cup Plain Coconut Milk

OTHER

- 1/4 cup Chocolate Protein Powder
- 4 Ice Cubes
- 1/2 cup Vanilla Protein Powder
- 5 1/3 cups Water



Banana Sushi



3 ingredients



5 minutes



2 servings

DIRECTIONS

1. Spread almond butter onto banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

INGREDIENTS

- 2 Banana (peeled)
- 2 tbsps Almond Butter
- 2 tbsps Hemp Seeds

NOTES

No Hemp Seeds

Use sunflower seeds instead.

NUTRITION

Amount per serving

Calories	256	Cholesterol	0mg
Fat	14g	Sodium	3mg
Carbs	31g	Vitamin A	77IU
Fiber	5g	Vitamin C	10mg
Sugar	15g	Calcium	67mg
Protein	8g	Iron	2mg



Kiwi Green Smoothie



7 ingredients



5 minutes



2 servings

DIRECTIONS

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

NOTES

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

INGREDIENTS

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

NUTRITION

Amount per serving

Calories	259	Cholesterol	4mg
Fat	5g	Sodium	75mg
Carbs	31g	Vitamin A	3614IU
Fiber	8g	Vitamin C	80mg
Sugar	14g	Calcium	268mg
Protein	23g	Iron	3mg



Mushroom Miso Soup



9 ingredients



25 minutes



2 servings

DIRECTIONS

1. Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
2. Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes.
3. In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
4. Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to 3 days.

Serving Size

One serving is approximately 2 cups.

More Flavor

Add sesame oil once finished cooking.

Additional Toppings

Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth

Use water instead and increase the amount of miso slightly for more flavour.

Miso Paste

This recipe was developed and tested using white miso.

INGREDIENTS

- 3 cups Water
- 1 cup Organic Vegetable Broth
- 1 1/2 cups Shitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

NUTRITION

		Amount per serving	
Calories	199	Cholesterol	0mg
Fat	7g	Sodium	2103mg
Carbs	26g	Vitamin A	1754IU
Fiber	6g	Vitamin C	22mg
Sugar	9g	Calcium	343mg
Protein	15g	Iron	3mg



Chocolate Cherry Chia Pudding



5 ingredients



30 minutes



2 servings

DIRECTIONS

1. In a large bowl, combine the chia seeds with the coconut milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. Top the chia pudding with cherries and the coconut. Serve and enjoy!

NOTES

Leftovers

Refrigerate in an airtight container for up to 5 days.

No Protein Powder

Use raw cacao powder instead of protein powder, using half the amount.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Additional Toppings

Add granola or cacao nibs on top for crunch.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

INGREDIENTS

- 1/4 cup** Chia Seeds
- 1 cup** Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup** Chocolate Protein Powder
- 1/3 cup** Cherries (pitted)
- 1 tbsp** Unsweetened Shredded Coconut

NUTRITION

		Amount per serving	
Calories	252	Cholesterol	2mg
Fat	12g	Sodium	38mg
Carbs	23g	Vitamin A	283IU
Fiber	8g	Vitamin C	4mg
Sugar	10g	Calcium	423mg
Protein	14g	Iron	3mg



Golden Beet Hummus



10 ingredients



50 minutes



4 servings

DIRECTIONS

1. Preheat the oven 400F (204°C). Wrap the beet in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beet from the oven, let it cool and then peel.
2. In a blender or food processor, add the chickpeas and blend until smooth. Next, add the beet and blend again. Add the lemon, sea salt, tahini and garlic and blend until mized together. Slowly drizzle in the water and keep blending until smooth and creamy.
3. Add to a serving dish and garnish with sesame seeds, chopped chives and extra virgin olive oil, if using. Enjoy!

INGREDIENTS

- 1 Golden Beet (skin on, washed)
- 1 3/4 cups Chickpeas (cooked, rinsed)
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Tahini
- 2 Garlic (cloves)
- 1/3 cup Water (ice cold)
- 2 tsps Sesame Seeds (optional)
- 1 tbsp Chives (chopped, optional)
- 1 tbsp Extra Virgin Olive Oil (optional)

NUTRITION

		Amount per serving	
Calories	215	Cholesterol	0mg
Fat	10g	Sodium	326mg
Carbs	25	Vitamin A	65IU
Fiber	7g	Vitamin C	7mg
Sugar	5g	Calcium	91mg
Protein	8g	Iron	3mg