

snoöze

Nutritional Support Planner



By



Snooze: Sleep Supportive Recipe Guide

Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

The recipes provided may contain ingredients that may cause allergic reactions in some individuals.

These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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Snooze: Sleep Supportive Recipe Guide

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Improve those Zzzz's with our Snooze Recipe book which includes a variety of recipes containing foods that have been shown to benefit quality of sleep and help you fall asleep faster!

Walnuts: a good source of healthy fats, particularly the anti-inflammatory omega 3 fatty acids, which may improve sleep by increasing serotonin. Walnuts are also a source of dietary magnesium and melatonin, needed for good-quality sleep.

Oatmeal: the complex carbs in oatmeal may help to induce drowsiness before bed by boosting tryptophan in the brain. Oats are also a source of melatonin making them a sleep-supporting bedtime snack.

Kiwi fruit : may help you to fall asleep faster due to its anti-inflammatory effects and its ability to increase serotonin, a sleep hormone that is related to our REM sleep. Low levels of serotonin can contribute to insomnia.

Turkey: we are all familiar with the post-turkey food coma! This drowsiness may occur partly because turkey contains tryptophan. Tryptophan is an amino acid that increases the production of serotonin, a hormone that relaxes us but also goes on to make melatonin.

Spinach: this leafy green is full of sleep-promoting nutrients. An easy way to incorporate spinach before bed is to blend it with a bit of almond milk and banana for a small, nutrient-dense nightcap.

Bananas: this versatile fruit is an excellent source of potassium and magnesium that helps put your body into a sleepy state by helping with muscle relaxation. Bananas also contain tryptophan, which helps create calming and sleep-regulating hormones.

Cherries: a naturally high source of melatonin, our sleep inducing hormone, cherries can be a great snack in the evening to help you fall asleep faster.

Almonds: a good source of melatonin and magnesium, both needed for optimal sleep and to help your muscles relax. Almonds also contain calcium, which helps the brain convert tryptophan into sleep-inducing melatonin.

Raw honey: it provides easy-to-access fuel for your brain throughout the night. And it restocks your liver's glycogen to help stabilize your blood sugar so you stay asleep.

Wild Salmon: a good source of protein but also a variety of nutrients that have been shown to promote a good night's sleep such as omega 3 fats, vitamin B6, and vitamin D.

Coconut oil: contains MCT which is a fuel source for the brain but can also help to keep your blood sugar more stable during the night. Coconut oil also contains high amounts of lauric acid, which has been linked with more restful sleep.

Sweet potato: provides gentle and easy to digest carbohydrates and the muscle-relaxing mineral, potassium.

Banana Baked Oatmeal

9 ingredients · 1 hour 10 minutes · 9 servings



Directions

1. Combine the oats, ground flax and 2/3 of the walnuts in a large mixing bowl.
2. In a second mixing bowl combine the mashed banana, maple syrup, almond milk, vanilla, salt and cinnamon, if using. Stir the banana mixture into the oat mixture until well combined. Let the batter rest for at least 20 minutes.
3. Preheat the oven to 350°F (176°C). Line a baking dish with parchment paper.
4. Transfer the batter to the prepared baking dish and top with the remaining walnuts. Bake for 30 to 35 minutes or until golden brown around the edges and just spongy to the touch.
5. Let cool slightly before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Baked oatmeal is easier to cut into squares when cooled fully.

Serve it With

Sliced banana, more walnuts, nut butter, shredded coconut, melted coconut butter or chia jam.

Baking Dish

A 9 x 9 inch ceramic baking dish was used to create the standard nine servings.

Banana

Four bananas are equal to approximately 1.5 cups of mashed banana.

Ingredients

- 2 1/2 cups Oats (rolled)
- 1/2 cup Ground Flax Seed
- 1 cup Walnuts (chopped, divided)
- 4 Banana (small, very ripe, mashed)
- 1/3 cup Maple Syrup
- 1 1/2 cups Unsweetened Almond Milk
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3/4 tsp Cinnamon (optional)

Cherries, Chocolate & Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Serve the cherries with walnuts and chocolate. Enjoy!

Notes

Leftovers

Store ingredients separately until ready to serve.

Nut-Free

Omit the walnuts and use pumpkin seeds or sunflower seeds instead.

Ingredients

1/2 cup Cherries

1/4 cup Walnuts

1 oz Dark Chocolate

Nut & Seed Keto Granola

8 ingredients · 10 minutes · 11 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
3. Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
4. Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is 1/3 cup.

Nut-Free

Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

More Flavor

Add two tbsps of cacao powder to the mixture before baking.

Ingredients

- 1 cup Almonds
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/3 cup Unsweetened Shredded Coconut
- 1/3 cup Hemp Seeds

Smoked Salmon Crackers

4 ingredients · 5 minutes · 2 servings



Directions

1. Spread the greek yogurt evenly onto each crispbread. Top with the smoked salmon slices and fresh dill. Enjoy!

Notes

Leftovers

Best enjoyed immediately as the crispbread will soften over time.

Serving Size

One serving is equal to two topped crispbreads.

Additional Toppings

Capers, red onion, or cucumber.

No Crispbread

Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

No Greek Yogurt

Use coconut butter, cottage cheese, or cream cheese instead.

Ingredients

1/2 cup Plain Greek Yogurt

4 slices Light Rye Crisp Bread

2 1/8 ozs Smoked Salmon (sliced)

1 1/3 tbsps Fresh Dill (chopped)

Turkey & Hummus Rollups

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the hummus on the turkey slices.
2. Place the spinach and bell pepper on top. Wrap tightly into a roll and secure with a toothpick. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to approximately three rolls.

More Flavor

Sprinkle with paprika or chili flakes and a squeeze of lemon juice. Add sliced cucumber and carrot to the roll.

No Spinach

Use arugula or lettuce instead.

Ingredients

- 1/3 cup Hummus
- 4 1/4 ozs Sliced Turkey Breast
- 1 cup Baby Spinach
- 1/3 Red Bell Pepper (medium, sliced)

Sweet Potato & Coconut Bites

4 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Add the sweet potatoes, oil, shredded coconut and cinnamon into a bowl. Toss together until combined.
3. Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. They will be brown and toasty on both sides. Remove from the oven and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to 1/2 cup of sweet potatoes.

Additional Toppings

Top with a nut butter or maple syrup.

Ingredients

2 Sweet Potato (large, cut into cubes)

2 tbsps Avocado Oil

1/2 cup Unsweetened Shredded Coconut

1 tbsps Cinnamon

Tamari Almonds

2 ingredients · 20 minutes · 4 servings



Directions

1. Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
3. When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
4. Remove from the oven and let the almonds cool completely. Enjoy!

Ingredients

1 cup Almonds
2 tbsps Tamari

Notes

Leftovers

Keep in an airtight container for up to a week.

Serving Size

One serving is about 1/4 cup almonds.

More Flavor

Add a pinch of cayenne pepper.

No Almonds

Use another nut.

Spinach, Feta & Olive Omelette

7 ingredients · 10 minutes · 1 serving



Directions

1. In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
3. Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Dairy-Free

Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives

Use sun dried tomatoes instead.

Additional Toppings

Top with additional feta cheese, pine nuts, or your favorite fresh herbs.

Ingredients

- 1 tsp Ghee (divided)
- 1 1/2 cups Baby Spinach
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Pitted Kalamata Olives
- 2 tbsps Feta Cheese (crumbled)
- 2 tbsps Parsley (optional, finely chopped, for topping)

Honey Yogurt Soaked Oatmeal Parfait

5 ingredients · 8 hours 15 minutes · 4 servings



Directions

1. In a pot, combine the oats, water and some of the coconut yogurt (one tablespoon for each serving). Cover and let sit at room temperature overnight.
2. In the morning, add coconut milk. Bring to a boil, then reduce heat to a simmer. Cook for 5 minutes covered, or until your desired consistency is reached.
3. Divide the oatmeal into bowls, top with the remaining coconut yogurt and drizzle honey overtop. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to six days.

Serving Size

One serving equals approximately one cup.

Additional Toppings

More milk, coconut, hemp seeds, crushed nuts or fresh fruit.

No Coconut Milk

Use water or any alternative milk.

No Coconut Yogurt

For soaking oatmeal, use lemon juice, apple cider vinegar, whey, yogurt or kefir instead. For topping, use Greek yogurt, sheep milk yogurt or whipped coconut cream instead.

Ingredients

2 cups Oats (rolled)

2 cups Water

1 1/4 cups Unsweetened Coconut Yogurt (divided)

2 cups Plain Coconut Milk

1/2 cup Raw Honey

Maple Almond Popcorn

4 ingredients · 15 minutes · 4 servings



Directions

1. Place almonds in a small frying pan over medium heat for about 4 minutes, stirring occasionally to toast. Turn heat down to low and add maple syrup and cinnamon. Stir for about 3 minutes to ensure almonds are well coated. Remove from heat and spread across a piece of wax paper and let cool. Break apart into single pieces.
2. Divide popcorn and maple almonds into bowls. Enjoy!

Ingredients

- 4 cups** Popcorn
- 1 cup** Almonds
- 1 tsp** Maple Syrup
- 2 tsp** Cinnamon

Strawberry Banana Chia Pudding

5 ingredients · 3 hours · 2 servings



Directions

1. Combine the milk, protein powder, and chia seeds in a bowl or container. Refrigerate for at least three hours or until chia seeds have set and pudding has chilled.
2. To serve, stir well and top with strawberries and banana. Top with extra milk if needed and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Cut fruit just before serving.

More Flavor

Add cinnamon or liquid sweetener of choice.

Additional Toppings

Add other fresh berries or chopped fruit.

More Protein

Top with a dollop of greek yogurt.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

- 1 cup** Plain Coconut Milk (unsweetened, from the carton)
- 1/4 cup** Vanilla Protein Powder
- 1/4 cup** Chia Seeds
- 1/2 cup** Strawberries (chopped)
- 1/2** Banana (sliced)

Golden Turmeric Latte

7 ingredients · 10 minutes · 2 servings



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 **tbsp** Ginger (grated)
- 1 **cup** Canned Coconut Milk
- 1 **cup** Water
- 1 **tsp** Turmeric (powder)
- 1 **tbsp** Raw Honey
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil

Kiwi Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass 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

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!

Notes

No Hemp Seeds

Use sunflower seeds instead.

Ingredients

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