



SLEEP TIME **« FOODS**





Welcome to the SnoreLessNow Sleep Time Foods Ebook! Are you struggling to get a good night's rest? Do you want to learn how to sleep better naturally? You've come to the right place.

This Ebook is full of recipes that will help you promote better sleep and feel rested and refreshed in the morning. From tart cherry elixir to curried chicken and quinoa bowl, we have a variety of delicious and healthy recipes that are easy to prepare and will help you get the rest you need.

Each recipe contains ingredients that have been shown to promote relaxation, reduce stress, and improve sleep quality. So, let's get started and learn how to sleep better tonight!

Tart Cherry Elixir >>

Tart cherries are a natural source of melatonin, a hormone that helps regulate the sleep-wake cycle. Additionally, they also contain anti-inflammatory compounds that can help reduce pain and discomfort, which can also affect sleep quality.

Here's a recipe for a delicious and healthy tart cherry and almond energy ball snack:

Ingredients

- 1 cup pitted dates
- 1/2 cup dried tart cherries
- 1/2 cup almond flour
- 1/2 cup rolled oats
- 1/2 cup almond butter
- 1/4 cup honey
- 1/4 cup unsweetened shredded coconut
- 1/4 cup chopped almonds
- 1/4 teaspoon almond extract

These tart cherry and almond energy balls are a great snack option that can help promote better sleep and provide a boost of energy throughout the day.



Instructions

1. In a food processor, blend together the pitted dates and dried tart cherries until they form a paste-like consistency.
2. In a separate mixing bowl, combine the almond flour, rolled oats, almond butter, honey, shredded coconut, chopped almonds, and almond extract.
3. Add the date and cherry mixture to the mixing bowl and stir until well combined.
4. Use your hands to form the mixture into small balls, about 1-2 inches in diameter.
5. Place the energy balls onto a lined baking sheet and refrigerate for at least 30 minutes to set.
6. Once set, transfer the energy balls to an airtight container and store in the refrigerator for up to one week.

Breakfast for Dinner >>

Flax/seed can be a great addition to many different types of baked goods, such as muffins, bread, and pancakes. Here's a recipe for healthy and delicious flaxseed pancakes that can help improve sleep:

Ingredients

- 1 cup whole wheat flour
- 1/2 cup ground flaxseed
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon sugar (optional)
- 1 egg, beaten
- 1 cup unsweetened almond milk
- 2 tablespoons melted coconut oil
- 1 teaspoon vanilla extract



Instructions

1. In a large mixing bowl, whisk together the whole wheat flour, ground flaxseed, baking powder, baking soda, salt, and sugar (if using).
2. In a separate bowl, whisk together the egg, almond milk, melted coconut oil, and vanilla extract.
3. Pour the wet ingredients into the dry ingredients and stir until well combined.
4. Heat a non-stick pan over medium heat.
5. Use a 1/4 cup measuring cup to scoop the batter onto the pan.
6. Cook until the edges start to dry and bubbles form on top of the pancake, then flip and cook for another minute or until golden brown.
7. Repeat with the remaining batter.
8. Serve hot with your favorite toppings, such as fresh fruit, honey, or maple syrup.

These flaxseed pancakes are a delicious and healthy way to start your day and promote better sleep.

Overnight Oats >>

Oatmeal is a healthy and satisfying option that can also help improve sleep quality. Oatmeal is rich in complex carbohydrates, which can increase the production of serotonin, a neurotransmitter that promotes relaxation and sleepiness. Additionally, oatmeal is also a good source of magnesium, which has been shown to improve sleep quality.

Here's a recipe for a warm and comforting oatmeal bowl that can help you sleep better:

Ingredients

- 1 cup old-fashioned rolled oats
- 2 cups water
- 1/4 cup almond milk (or any milk of your choice)
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon ground cinnamon
- 1 ripe banana, sliced
- 1 tablespoon honey
- 1 tablespoon chopped almonds (optional)

This warm and comforting oatmeal bowl is a perfect breakfast option that could promote a better night's sleep. Give it a try and see if it works for you



Instructions

1. In a medium saucepan, bring the water to a boil.
2. Add the oats and reduce the heat to low.
3. Stir occasionally and simmer for about 5 minutes or until the oats are cooked and the mixture is creamy.
4. Add the almond milk, vanilla extract, and ground cinnamon to the oatmeal and stir well.
5. Divide the oatmeal into two bowls and top each bowl with sliced banana, honey, and chopped almonds (if using).
6. Serve warm and enjoy!

Lemon Garlic Salmon >>

Salmon is a great source of omega-3 fatty acids, which have been shown to reduce inflammation, lower stress hormones, and improve sleep quality. Additionally, salmon also contains vitamin B6, which is needed to produce melatonin, a hormone that regulates the sleep-wake cycle.

Here's a recipe for a delicious and healthy salmon dish that can help you sleep better:

Ingredients

- 4 salmon fillets
- Salt and pepper
- 2 tablespoons olive oil
- 1/4 cup chopped fresh parsley
- 2 garlic cloves, minced
- 1 lemon, sliced



Instructions

1. Preheat the oven to 400°F (200°C).
2. Season the salmon fillets with salt and pepper on both sides.
3. In a small bowl, mix together the olive oil, chopped parsley, and minced garlic.
4. Brush the mixture onto the salmon fillets.
5. Place the salmon fillets on a baking sheet lined with parchment paper.
6. Add lemon slices on top of the fillets.
7. Bake for 12-15 minutes or until the salmon is cooked through.
8. Serve hot and enjoy!

This salmon recipe is not only delicious but also packed with nutrients that can help you sleep better.

Curried Chicken and Quinoa Bowl »

Tryptophan is an essential amino acid that helps the body produce serotonin, which is a neurotransmitter that regulates mood and sleep. Foods that are high in tryptophan include turkey, chicken, nuts, seeds, and tofu. Here's a recipe that combines some of these ingredients to create a delicious and nutritious meal:

Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 1 tablespoon olive oil
- 1 pound boneless, skinless chicken breasts, diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup raisins
- 1/4 cup slivered almonds
- 1/4 cup chopped fresh parsley

This curried chicken and quinoa bowl is a delicious and filling meal that's rich in tryptophan. The combination of spices and sweet raisins creates a flavorful and satisfying dish that's perfect for lunch or dinner. Give it a try and see how it helps you feel calm and relaxed.



Instructions

1. In a medium saucepan, combine the quinoa and water. Bring to a boil, then reduce the heat and simmer for 15-20 minutes, or until the quinoa is tender and the water has been absorbed.
2. While the quinoa is cooking, heat the olive oil in a large skillet over medium-high heat. Add the chicken and cook for 5-7 minutes, or until browned on all sides.
3. Add the onion and garlic to the skillet and cook for 2-3 minutes, or until the onion is soft and translucent.
4. Stir in the curry powder, turmeric, ginger, cinnamon, salt, and black pepper. Cook for 1-2 minutes, or until fragrant.
5. Add the raisins and slivered almonds to the skillet and stir to combine. Cook for 1-2 minutes, or until the raisins are plump and the almonds are toasted.
6. To serve, divide the cooked quinoa among four bowls. Top each bowl with the curried chicken mixture and sprinkle with chopped fresh parsley.

Roasted Almond and Cherry Quinoa Salad >>

Melatonin is a hormone that helps regulate sleep and wake cycles, and is found naturally in foods like almonds and cherries. The combination of quinoa, roasted almonds, and dried cherries creates a flavorful and filling salad that's perfect for a light lunch or dinner.

Ingredients

- 1 cup quinoa, rinsed
- 2 cups water
- 1/2 cup slivered almonds
- 1/2 cup dried cherries
- 2 tablespoons olive oil
- 1 tablespoon balsamic vinegar
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh parsley



Instructions

1. Preheat the oven to 350°F.
2. In a medium saucepan, combine the quinoa and water. Bring to a boil, then reduce the heat and simmer for 15-20 minutes, or until the quinoa is tender and the water has been absorbed.
3. While the quinoa is cooking, spread the slivered almonds on a baking sheet and roast in the oven for 8-10 minutes, or until lightly browned and fragrant.
4. In a small mixing bowl, whisk together the olive oil, balsamic vinegar, honey, salt, and black pepper.
5. Once the quinoa is cooked, transfer it to a large mixing bowl. Add the roasted almonds and dried cherries, then pour the dressing over the top. Stir to combine.
6. Sprinkle chopped fresh parsley over the top of the salad and serve.

This roasted almond and cherry quinoa salad is a delicious and nutritious way to incorporate melatonin-rich foods into your diet. The almonds and cherries add a sweet and nutty flavor to the quinoa, while the balsamic vinaigrette adds a tangy kick. Give it a try and see how it helps you sleep better at night!



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