



Sleep Support Program

Created by Eating Healthy 4 Life, LLC



Sleep Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kiwi & Walnut Overnight Oats	Kiwi & Walnut Overnight Oats	Banana Walnut Cottage Cheese Oatmeal	Banana Walnut Cottage Cheese Oatmeal	Cherry & Walnut Chia Overnight Parfait	Cherry & Walnut Chia Overnight Parfait	Cherry & Walnut Chia Overnight Parfait
Snack 1	Citrus Avocado Smoothie	Cherries, Banana & Cottage Cheese	Tortilla & Bell Pepper Snack Plate	Greek Yogurt, Almonds & Cherries	Almond Butter Banana Wrap	Kiwi & Almonds	Citrus Avocado Smoothie
Lunch	Deconstructed Falafel	Roasted Chicken, Veggies & Quinoa with Tahini Sauce	Deconstructed Falafel	Smashed Chickpea Salad Wrap	Baked Chicken with Kiwi Avocado Salsa	Smashed Chickpea Salad Wrap	Salmon Quinoa Salad
					Brown Rice		
Snack 2	Cherries, Banana & Cottage Cheese	Tortilla & Bell Pepper Snack Plate	Banana Kiwi Yogurt Parfait	Kiwi & Almonds	Tart Cherry Mocktail	Banana with Almond Butter	Almond Butter Banana Wrap
Dinner	Roasted Chicken, Veggies & Quinoa with Tahini Sauce	Salmon with Rice & Greens	Salmon with Rice & Greens	Baked Chicken with Kiwi Avocado Salsa	Shawarma Spiced Chickpeas & Potatoes	Salmon Quinoa Salad	Shawarma Spiced Chickpeas & Potatoes
				Brown Rice			
Snack 3	Turmeric & Chamomile Tea Latte	Tart Cherry Mocktail	Turmeric & Chamomile Tea Latte	Tart Cherry Mocktail	Chamomile Tea Latte	Tart Cherry Mocktail	Chamomile Tea Latte

Sleep Support Program

51 items

Fruits

- ☐ 2 Avocado
- ☐ 7 Banana
- ☐ 2 1/16 cups Cherries
- ☐ 7 Kiwi
- ☐ 2/3 cup Lemon Juice
- ☐ 2 1/2 Lime

Breakfast

- ☐ 1/3 cup Almond Butter
- ☐ 4 cups Chamomile Tea
- ☐ 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/4 tsps Cinnamon
- ☐ 2 3/4 tsps Cumin
- ☐ 1/2 tsp Garlic Powder
- ☐ 1/2 tsp Oregano
- ☐ 2 1/2 tsps Paprika
- ☐ 2/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 3/4 tsp Shawarma Spice Blend
- ☐ 1 tsp Turmeric
- ☐ 1/3 cup Walnuts

Frozen

- ☐ 32 Ice Cubes

Vegetables

- ☐ 4 cups Cherry Tomatoes
- ☐ 1/3 cup Cilantro
- ☐ 1 1/8 Cucumber
- ☐ 3 Garlic
- ☐ 1 Orange Bell Pepper
- ☐ 1/2 cup Parsley
- ☐ 2 Red Bell Pepper
- ☐ 1 cup Red Onion
- ☐ 8 leaves Romaine
- ☐ 1 Russet Potato
- ☐ 1 1/2 cups Shallot
- ☐ 4 cups Swiss Chard

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 5 1/16 cups Chickpeas
- ☐ 1 3/4 cups Quick Oats
- ☐ 1 cup Quinoa

Baking

- ☐ 2 1/4 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 1 1/3 lbs Chicken Breast
- ☐ 1 1/2 lbs Salmon Fillet
- ☐ 6 Whole Wheat Tortilla

Condiments & Oils

- ☐ 2 tbsps Dijon Mustard
- ☐ 1/4 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Tahini

Cold

- ☐ 4 cups Cottage Cheese
- ☐ 3 3/4 cups Cow's Milk, Whole
- ☐ 2 1/4 cups Plain Greek Yogurt

Other

- ☐ 2 cups Sparkling Water
- ☐ 2 cups Tart Cherry Juice
- ☐ 1 1/2 cups Water

Kiwi & Walnut Overnight Oats

7 ingredients · 8 hours · 2 servings



Directions

1. In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
2. Divide the oat yogurt mixture, kiwis, and walnuts evenly between jars. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 1 1/4 cups.

Make it Vegan

Use plant-based milk and yogurt alternatives.

Ingredients

- 1 cup** Plain Greek Yogurt
- 1/2 cup** Cow's Milk, Whole
- 2 tsps** Maple Syrup
- 1 tsp** Vanilla Extract
- 1/2 cup** Quick Oats
- 2** Kiwi (peeled and sliced)
- 2 tbsps** Walnuts (chopped)

Banana Walnut Cottage Cheese Oatmeal

5 ingredients · 15 minutes · 2 servings



Directions

1. Cook the oats according to the package directions.
2. Add the cottage cheese to a bowl and stir in the oats, mixing well to combine. Top with the banana, walnuts, and cinnamon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 3/4 cups.

More Flavor

Add maple syrup, cacao powder, or flavored protein powder.

Additional Toppings

Hemp seeds and/or cacao nibs.

Ingredients

1/2 cup Quick Oats

2 cups Cottage Cheese

1 Banana (sliced)

2 tsps Walnuts (chopped)

1/2 tsp Cinnamon

Cherry & Walnut Chia Overnight Parfait

6 ingredients · 8 hours · 3 servings



Directions

1. In a large bowl, mix the milk, chia seeds, oats, and cinnamon. Divide the mixture between serving jars and refrigerate for at least eight hours or overnight.
2. Remove from the fridge and top with cherries and walnuts. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is about 1 1/4 cups.

Make it Vegan

Use milk alternatives.

Ingredients

2 1/4 cups Cow's Milk, Whole

1/3 cup Chia Seeds

3/4 cup Quick Oats

3/4 tsp Cinnamon

3/4 cup Cherries (pitted)

3 tbsps Walnuts (chopped)

Citrus Avocado Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Ingredients

- 1/2 Avocado
- 1/3 Cucumber (medium)
- 1 Lime (juiced, zested)
- 4 Ice Cubes
- Sea Salt & Black Pepper (to taste, optional)

Cherries, Banana & Cottage Cheese

3 ingredients · 5 minutes · 1 serving



Directions

1. Top the cottage cheese with banana slices and cherries. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan

Use oatmeal, coconut yogurt or vegan cheese instead of cottage cheese.

Additional Toppings

Hemp seeds, chia seeds, shredded coconut, crushed nuts, honey, maple syrup, or your sweetener of choice.

Ingredients

1 cup Cottage Cheese

1 Banana (medium, sliced)

1/2 cup Cherries (pitted, fresh or frozen)

Greek Yogurt, Almonds & Cherries

3 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a bowl and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Make it Vegan

Use a plant-based yogurt.

More Flavor

Add vanilla extract to the yogurt.

Ingredients

3/4 cup Plain Greek Yogurt

1/3 cup Cherries (pitted)

2 tbsps Almonds (chopped)

Almond Butter Banana Wrap

3 ingredients · 5 minutes · 1 serving



Directions

1. Spread the almond butter evenly onto one side of the tortilla.
2. Place the banana on one end of the tortilla. Tightly roll, slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one to two days.

Gluten-Free

Use teff or brown rice tortilla instead of whole wheat.

Nut-Free

Use sunflower seed or pumpkin seed butter instead of almond butter.

Additional Toppings

Hemp seeds, chia seeds, crushed nuts or sliced strawberries.

Serving Size

One serving is equal to one wrap.

Ingredients

- 2 **tbsps** Almond Butter
- 1 Whole Wheat Tortilla (large)
- 1 Banana (medium)

Kiwi & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Add the kiwi and almonds to a plate and enjoy!

Notes

Leftovers

Store kiwi and almonds separately until ready to serve.

Nut-Free

Use pumpkin seeds or sunflower seeds instead.

Ingredients

1 Kiwi (halved)

1/4 cup Almonds

Deconstructed Falafel

11 ingredients · 15 minutes · 2 servings



Directions

1. Heat the oil in a non-stick pan over medium heat. Add the onion and cook for three to five minutes until softened. Add the garlic, cumin, and salt and stir to combine.
2. Add the chickpeas, 1/3 of the lemon juice, and the parsley, and cook for three to four minutes or until the chickpeas are warmed through. Transfer to a bowl and roughly mash the chickpeas with a potato masher or fork. Season the chickpeas with additional salt if needed.
3. In a small bowl combine the tahini, water, and the remaining lemon juice. Stir until smooth. Season the dressing with salt or additional lemon juice if needed.
4. To serve, divide the lettuce between plates and top with the chickpeas. Drizzle with the tahini sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store components separately until ready to serve.

Serving Size

One serving equals approximately 3/4 cup of the chickpea mixture and two romaine leaves.

Additional Toppings

Serve with additional lemon wedges, chopped tomatoes, sliced onions, hot peppers, cucumbers, pickles, or hummus.

No Romaine Lettuce

Use baby spinach or mixed greens instead.

No Red Onion

Use yellow onion instead.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Red Onion (finely chopped)
- 2 **Garlic** (clove, minced)
- 2 **tsps** Cumin
- 1/4 **tsp** Sea Salt
- 1 1/2 **cups** Chickpeas (cooked, rinsed)
- 3 **tbsps** Lemon Juice (divided)
- 1/4 **cup** Parsley (finely chopped)
- 2 **tbsps** Tahini
- 2 **tbsps** Water
- 4 **leaves** Romaine (large, chopped)

Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 1 serving



Directions

1. Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
2. Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers

Store components separately in the fridge until ready to assemble and serve.

Gluten-Free

Use a gluten-free or brown rice tortilla.

Serving Size

One serving is equal to one wrap.

Ingredients

- 3/4 cup** Chickpeas
- 1 tbsp** Dijon Mustard
- 1 tbsp** Lemon Juice
- 1/16 tsp** Sea Salt
- 1 tbsp** Red Onion (finely chopped)
- 2 tbsps** Parsley (finely chopped)
- 1** Whole Wheat Tortilla (large)
- 2 leaves** Romaine (chopped)

Tortilla & Bell Pepper Snack Plate

5 ingredients · 5 minutes · 2 servings



Directions

1. Using the back of a fork, mash the chickpeas, olive oil, salt and black pepper in a bowl.
2. Serve the mashed chickpeas alongside the tortilla and red bell pepper slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Gluten-Free

Use gluten-free tortilla.

More Flavor

Add your choice of herbs and spices to the chickpeas.

Ingredients

- 1 cup** Chickpeas (cooked)
- 2 tsps** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2** Whole Wheat Tortilla (sliced)
- 2** Red Bell Pepper (medium, sliced)

Banana Kiwi Yogurt Parfait

5 ingredients · 10 minutes · 1 serving



Directions

1. Mash the banana in a bowl then mix in the yogurt and vanilla extract until well combined.
2. Layer the yogurt mixture, almonds, and kiwi in a jar. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate in an airtight container for up to two days.

Additional Toppings

Nut butter, hemp seeds, or chia seeds.

Ingredients

- 1 Banana (medium)
- 1/2 cup Plain Greek Yogurt
- 1/4 tsp Vanilla Extract
- 2 tbsps Almonds (finely chopped)
- 1 Kiwi (peeled, diced)

Tart Cherry Mocktail

4 ingredients · 5 minutes · 1 serving



Directions

1. In a glass, combine the tart cherry juice, maple syrup, and sparkling water.
2. Top with ice and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is about one cup.

More Flavor

Add a splash of lime or orange juice.

Ingredients

1/2 cup Tart Cherry Juice

1 tsp Maple Syrup

1/2 cup Sparkling Water

6 Ice Cubes

Banana with Almond Butter

2 ingredients · 2 minutes · 1 serving



Directions

1. Slice the banana and dip it in almond butter. Enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Banana

2 tbsps Almond Butter

Roasted Chicken, Veggies & Quinoa with Tahini Sauce

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
2. Cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool.
3. Meanwhile, season the chicken with salt, pepper, and paprika. Place the chicken, bell pepper, and cherry tomatoes on the baking sheet. Bake in the oven for 22 to 25 minutes, or until the chicken is cooked through.
4. Make the dressing by whisking the tahini, water, lemon juice, salt, and pepper together.
5. Chop the cooked chicken. Divide the quinoa, chicken, cherry tomatoes, and bell peppers evenly between plates. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Drizzle with tahini dressing before serving.

Serving Size

One serving is equal to approximately two cups.

Make it Vegan

Use tofu instead of chicken.

More Flavor

Add broccoli and red onion to the roasted vegetables.

Additional Toppings

Top with fresh herbs such as dill or parsley.

Ingredients

1/2 cup Quinoa (dry)

12 ozs Chicken Breast (boneless, skinless)

Sea Salt & Black Pepper (to taste)

1 1/2 tsps Paprika

1 Orange Bell Pepper (medium, chopped)

1 cup Cherry Tomatoes

2 tbsps Tahini

2 tbsps Water

1 tbsp Lemon Juice

Salmon with Rice & Greens

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Cook the rice according to package directions.
3. In a small bowl combine the paprika, cumin, oregano, and salt. Generously coat all sides of the salmon with the spice blend. Place the salmon on the prepared baking sheet and bake for 16 to 18 minutes or until the salmon is cooked through.
4. Meanwhile, heat a pan over medium heat. Add the water and Swiss chard and cook for three to five minutes, or until the chard is wilted and tender.
5. To serve, divide the rice, salmon and greens between plates or meal prep containers. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add butter, ghee, or freshly squeezed lemon juice.

No Swiss Chard

Use spinach or kale instead.

No Brown Rice

Use white rice, quinoa, or cauliflower rice instead.

Ingredients

1/2 cup Brown Rice (uncooked)

1 tsp Paprika

3/4 tsp Cumin

1/2 tsp Oregano (dried)

1/4 tsp Sea Salt

12 ozs Salmon Fillet

2 tbsps Water

4 cups Swiss Chard (chopped)

Baked Chicken with Kiwi Avocado Salsa

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. Place the chicken in a baking dish and drizzle with 1/2 of the oil and season with 1/2 of the garlic powder and salt and pepper to taste. Bake for about 25 to 30 minutes, or until the chicken is cooked through. Let the chicken rest for five to 10 minutes before slicing.
3. Meanwhile, in a mixing bowl combine the kiwi, avocado, and red onion. Add the lime juice, cilantro, and the remaining oil and garlic powder. Season with salt and pepper and add more lime juice to taste if needed.
4. To serve, divide the chicken between plates and top with the kiwi avocado salsa. Enjoy!

Notes

Leftovers

Refrigerate the chicken in an airtight container for up to three days and the salsa up to one day.

Serving Size

One serving is approximately 5 oz chicken and 1/2 cup of salsa.

More Flavor

Add fresh garlic, jalapeno, or ground cumin to the salsa. Season the chicken with other dried herbs and spices.

No Red Onion

Use yellow onion or green onion instead.

No Chicken

Serve with fish, shrimp, or tofu.

Make it a Meal

Serve with quinoa, rice, cauliflower rice, salad or steam vegetables.

Ingredients

10 ozs Chicken Breast
1 tbsp Extra Virgin Olive Oil
1/2 tsp Garlic Powder (divided)
Sea Salt & Black Pepper (to taste)
2 Kiwi (peeled and chopped)
1 Avocado (chopped)
1/4 cup Red Onion
1/2 Lime (large, juiced)
3 tbsps Cilantro (chopped)

Brown Rice

2 ingredients · 45 minutes · 2 servings



Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

1/2 cup Brown Rice (uncooked)
1 cup Water

Shawarma Spiced Chickpeas & Potatoes

10 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
2. Place the potato wedges on the baking sheet and drizzle with 1/3 of the oil. Season with salt and pepper. Arrange evenly on the baking sheet, spacing the wedges out. Transfer to the oven for 10 minutes.
3. In a bowl, toss the chickpeas and shallot with half of the remaining oil, shawarma spice, salt, and pepper. Transfer to the baking sheet and spread them out evenly. Bake for 20 minutes, flipping the wedges halfway through.
4. In the same bowl, toss the tomatoes with the remaining oil, salt, and pepper. Transfer to the baking sheet and bake for 10 to 12 minutes, until the tomatoes have burst and the chickpeas and wedges are browned and crispy.
5. Meanwhile, in a small bowl, combine the tahini, water, and garlic and whisk well until smooth and creamy.
6. Divide the wedges, chickpeas, and veggies between plates and drizzle with the tahini sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Chopped parsley, mint, and/or cilantro.

Ingredients

- 1 Russet Potato (large, cut into wedges)
- 1 1/2 **tbps** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Chickpeas (cooked)
- 1 1/2 **cups** Shallot (halved)
- 3/4 **tsp** Shawarma Spice Blend
- 1 **cup** Cherry Tomatoes
- 3 **tbps** Tahini
- 3 **tbps** Water
- 1 Garlic (clove, small, finely grated)

Salmon Quinoa Salad

8 ingredients · 30 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions.
2. Preheat the oven to 375°F (190°C). Line a small baking dish with parchment paper.
3. Place the salmon in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
4. Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and cilantro to the quinoa and mix. Add salt and pepper to taste.
5. Divide the quinoa salad between servings and top with the salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for two days.

Serving Size

One serving is approximately one cup of quinoa salad and 6 oz of salmon.

More Flavor

Spread dijon mustard and olive oil on the salmon. Add shaved parmesan or goat cheese to the quinoa salad.

Additional Toppings

Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.

Ingredients

1/2 cup Quinoa (dry)
12 ozs Salmon Fillet
1/4 cup Red Onion (sliced)
1/4 cup Lemon Juice (fresh, divided)
2 cups Cherry Tomatoes (halved)
1/2 Cucumber (chopped)
2 tbsps Cilantro (minced)
Sea Salt & Black Pepper (to taste)

Turmeric & Chamomile Tea Latte

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the maple syrup, turmeric, and steeped tea to a mug and stir.
2. Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy. Pour into the same mug as the tea and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is 1 1/4 cups.

Make it Vegan

Use a milk alternative.

Additional Toppings

Top with cinnamon.

Ingredients

1 tsp Maple Syrup

1/2 tsp Turmeric

1 cup Chamomile Tea (brewed)

1/4 cup Cow's Milk, Whole

Chamomile Tea Latte

3 ingredients · 5 minutes · 1 serving



Directions

1. Warm the milk in a small pot over low heat. Once warm, use a frother to create some foam. Alternatively, blend the warmed milk in a blender until frothy.
2. Add the vanilla extract to the chamomile tea and stir. Pour the warm milk into the cup and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/4 cups.

Make it Vegan

Use your preferred milk alternative.

Additional Toppings

Top with cinnamon.

Ingredients

1/4 cup Cow's Milk, Whole

1/2 tsp Vanilla Extract

1 cup Chamomile Tea (brewed)