



REAL RELIEF FOR SLEEP

# FOOD PLANNER

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# OPTMISE YOUR FOOD TO OPTIMISE YOUR SLEEP

## FOOD AND SLEEP

Studies show us that our food choices impact our sleep and our mood. A healthy diet rich in fish and vegetables lead to better sleep quality. On the contrary people that eat less protein, more unhealthy fats, and less fruit and vegetables have worse sleep. It's not just about what we're eating, it's how we're eating also that impacts our sleep. Those that snack on low-quality and high fat foods, miss main meals and eat out more regularly, sleep less too.

This fact really shouldn't surprise us, as our brains and chemicals that control our sleep are made out of what we eat. Good quality food can help improve sleep by providing amino acids and calming minerals for neurotransmitter production. A healthy diet can balance blood sugars, reduce stimulatory caffeine and food chemicals and lower inflammation. If we eat good quality food, then our brain and sleep is going to be better.

## HOW TO USE THIS FOOD PLANNER

Inside this food planner you'll learn about the 5 dietary keys to improve your sleep and following these guidelines will help you lower anxiety and strengthen your resilience too. You'll find a helpful "what should I eat?" guide and a "plan your plate" document. To get your imagination going, we've provided 24 breakfast, lunch, dinner, dessert and snack ideas that follow this "plan your plate" template. Finally we have some helpful information about protein, and a list of protein rich foods. This approach is simple, but equally powerful. If you follow these guidelines I'm sure that you'll feel better for it, building resilience, lowering anxiety, enhancing energy and most of all encouraging a refreshing solid night's sleep.



## 5 WAYS A QUALITY DIET CAN IMPROVE SLEEP



Provides amino acids for NT



Provides relaxing minerals



Balances blood sugars



Reduces stimulatory caffeine & food chemicals



Lowers inflammation

# 5 DIETARY KEYS TO IMPROVE YOUR SLEEP

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What does the research say about the most important factors for optimising your diet for a good nights sleep? It can be summarised into 5 essential keys.

- 1 Stop all caffeine
- 2 Eat adequate protein
- 3 Eat healthy fats
- 4 Balance blood sugars
- 5 Remove food chemicals

## CAFFEINE FREE

Caffeine can sabotage your mental health and sleep. It can lead to increased cortisol levels and therefore higher anxiety and poor sleep. Avoid it at all costs. If you're sleeping poorly, don't even have 1 cup of coffee or tea per day. Dark chocolate and cocoa is also rich in caffeine, so don't overlook this small detail. If you're someone that doesn't process caffeine quickly, just the one cup could be why you're feeling wired!

## ADEQUATE PROTEIN

Protein is essential for sleep. It provides amino acids which are the building blocks of brain chemicals (neurotransmitters), such as serotonin and melatonin. By including protein in all meals you'll not only boost melatonin production, you'll also help stabilise your blood sugars. This one trick alone could stop your early morning waking or night panic attacks.

## GOOD FATS

Fat is important for the brain structurally, and makes up the cell membranes of every cell in our body (including nerve cells). Fats are not the enemy, you just need to ensure that you're eating good quality fats. By including healthy fats in your diet, you'll help balance blood sugars, help fill you up and you'll lower inflammation in the brain and body.

## BALANCE BLOOD SUGARS

Your brain needs fuel in the form of glucose to function. If our blood glucose levels drop, then it puts the body into emergency mode and adrenaline is released. This adrenaline can give rise to anxiety and panic attacks in those sensitive to low blood sugar levels. Low blood sugars throughout the night or early in the morning can give rise to night waking and night panic attacks too. By including protein, good fats, healthy carbs and lots of vegetables at every meal, your blood sugars will be balanced more easily. Avoid snacking on nutrient lacking foods, skipping meals and following low carb diet choices, because low blood sugars are one of the most important factors in anxiety and insomnia.

## REMOVE OVERLOOKED FOOD CHEMICAL INTOLERANCES

An overlooked cause of poor sleep and anxiety are food chemical intolerances. Although these intolerances don't affect everyone, there are some people that are heavily affected by these chemicals. They can include histamine, glutamate, salicylates, additives and preservatives. First clean up your diet and eat lots of protein, good fats and vegetables. If this doesn't improve your sleep then consider food chemical intolerances.



# WHAT SHOULD I EAT?

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## WHAT SHOULD I EAT?

It may feel like there are a lot of factors to consider when planning your meals for better mental health. But really it can be quite simple, using our healthy plate planner (see page 4).

For each meal (or plate) you eat each day just add a portion of:

- protein (the size of the palm of your hand)
- healthy carbs (the size of your fist)
- healthy fats (just a small serve, more details on page 4)
- and vegetables (fill up half of your plate).

By following this guide you will achieve your protein goals, balance your blood sugars, and easily get you eating 6 serves of vegetables per day.

For anyone with anxiety, depression or other mental health condition, we recommend gluten free carbohydrate choices. For anyone with just poor sleep, gluten free options are a preference, but not a requirement.

## WHAT PROTEIN SHOULD I EAT?

To ensure that you're eating protein at an optimal level we recommend that you eat 1-1.5g of protein per 1kg of bodyweight per day. That means for example, for a 60kg person 60-90g of protein per day, and for a 90kg person 90-135g of protein per day.

To balance your vitamin, mineral and essential fatty acid requirements be sure to eat a variety of protein sources.

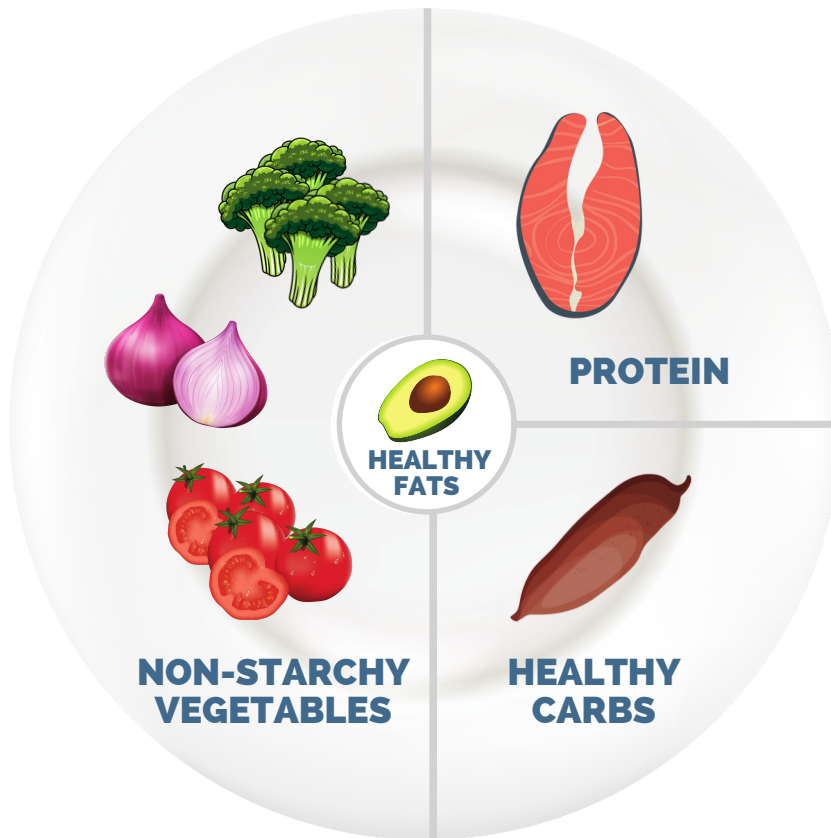
Each week aim to eat:

- red meat 3-4 times
- fish 2-3 times
- eggs 3 times
- and legumes 3-4 times.

Also eat chicken, greek yoghurt and protein or collagen powder to make up the rest of your meals.



# PLAN YOUR PLATE



## Protein

Protein builds and repairs your body. It helps make neurotransmitters and stabilises blood sugars. Protein should make up quarter of your plate. Use the diameter and thickness of the palm of your hand as a size guide.

Protein choices include:

- Beef, Chicken, Lamb, Pork (grass fed free range where possible)
- Salmon, fish (wild sources if possible)
- Tinned sardines or tuna (limit tuna to 1 serve per week)
- Eggs (2-3 per serve)
- Beans & Lentils (also high in carbs)
- Tofu
- Protein or collagen powder (approx 2 Tbsp)
- High fat greek yoghurt (unsweetened)

## Non-starchy Vegetables

Vegetables are high in antioxidants, are anti-inflammatory, and provide fibre for good gut health. Half of your plate should include non-starchy vegetables.

Non-starchy vegetable choices include:

- Asparagus
- Bean sprouts
- Brussels sprouts
- Broccoli
- Cabbage
- Capsicum
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Green beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Salad greens
- Silverbeet
- Spinach
- Tomato
- Zucchini

## Healthy Fats

To help stabilise your blood sugars, provide healthy fats for the brain, and keep you satisfied for longer, include 1 serving of healthy fats per meal.

Healthy fat choices include:

- 1-2 Tbs of olive oil, coconut oil, ghee or butter
- 1/4 cup of coconut cream
- 1/4-1/2 an avocado
- A small handful of nuts or seeds
- Salad dressings made from olive oil & apple cider vinegar

## Healthy Carbohydrates

Healthy carbohydrates help give you energy, stabilise blood sugars and fill you up. These foods should take up 1/4 of your plate or be the size of your fist.

Healthy carb choices include:

- Starchy vegetables: pumpkin, kumara, potatoes, beetroot, carrots, parsnips
- Grains (gluten-free preferred): rice, quinoa, buckwheat, millet, amaranth, oats
- Beans and lentils
- Fruit
- Whole grain and seeded bread (gluten free and paleo options preferred)



# BREAKFAST MEAL IDEAS

## *Breakfast or Lunch*



### EGGS, KUMARA HASH & VEGES

- 1** **PROTEIN**  
Eggs
- 2** **HEALTHY CARB**  
Sweet potato
- 3** **HEALTHY FAT**  
Coconut oil
- 4** **NON-STARCHY VEGE**  
Mushrooms, onion & tomatoes

### OMELETTE

- 1** **PROTEIN**  
Eggs
- 2** **HEALTHY CARB**  
Gluten free toast
- 3** **HEALTHY FAT**  
Avocado
- 4** **NON-STARCHY VEGE**  
Tomato, spinach & mushrooms

## *Breakfast or Lunch*



## *Breakfast or Snack*



### GREEN SMOOTHIE

- 1** **PROTEIN**  
Collagen powder
- 2** **HEALTHY CARB**  
Banana or mango
- 3** **HEALTHY FAT**  
Coconut milk
- 4** **NON-STARCHY VEGE**  
Spinach and kale

# BREAKFAST MEAL IDEAS

## Breakfast



### PROTEIN ENRICHED PORRIDGE

- 1 PROTEIN**  
Collagen powder
- 2 HEALTHY CARB**  
Oats
- 3 HEALTHY FAT**  
Linseed, sunflower & almonds (LSA)
- 4 NON-STARCHY VEGE**  
Berries

### BUCKWHEAT BIRCHER

- 1 PROTEIN**  
Greek Yoghurt
- 2 HEALTHY CARB**  
Buckwheat
- 3 HEALTHY FAT**  
Chia seeds & walnuts
- 4 NON-STARCHY VEGE**  
Berries or rhubarb

## Breakfast or Dessert



## Breakfast or Dessert

### GREEK YOGHURT & FRUIT

- 1 PROTEIN**  
Greek yoghurt
- 2 HEALTHY CARB**  
Kiwi fruit, grapes, berries, apple, or pear
- 3 HEALTHY FAT**  
Cashew nuts, linseeds
- 4 NON-STARCHY VEGE**





# LUNCH MEAL IDEAS

## Lunch



## CHICKPEA & QUINOA SALAD

- 1 PROTEIN**  
Chickpeas
- 2 HEALTHY CARB**  
Quinoa
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Tomato, spinach, red onion & capsicum

## SALMON SALAD & A BANANA

- 1 PROTEIN**  
Salmon
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Salad greens, tomato & capsicum

## Lunch



## Lunch



## CHICKEN WRAP

- 1 PROTEIN**  
Shredded Chicken
- 2 HEALTHY CARB**  
Gluten free wrap
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Lettuce, cucumber, bean sprouts & carrot



# LUNCH MEAL IDEAS

## Lunch



## FRITTATA

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Sweet potato
- 3 HEALTHY FAT**  
Coconut oil
- 4 NON-STARCHY VEGE**  
Zucchini, carrot & spinach

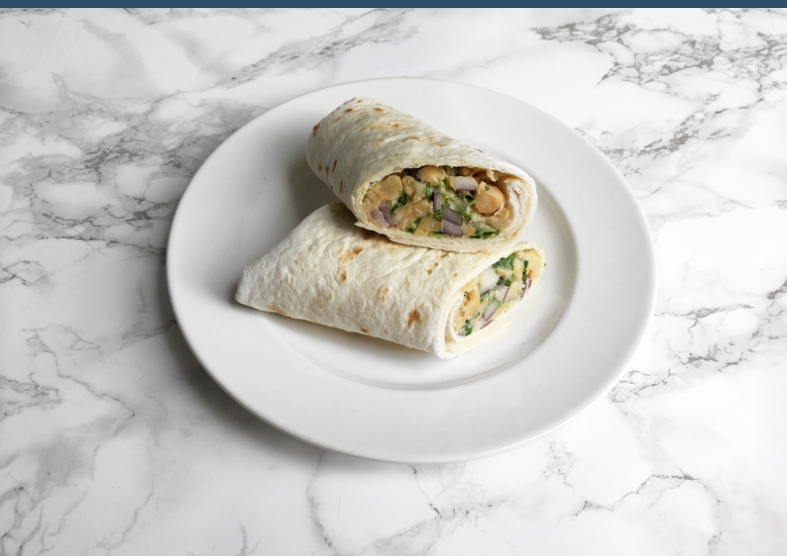
## EGG SALAD WITH GF TOAST

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Gluten free paleo toast
- 3 HEALTHY FAT**  
Olive oil & apple cider vinegar
- 4 NON-STARCHY VEGE**  
Lettuce, capsicum, tomato, carrot & herbs

## Lunch



## Lunch



## CHICKPEA WRAP

- 1 PROTEIN**  
Chickpeas
- 2 HEALTHY CARB**  
Gluten free wrap
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Salad greens, celery & red onion



# DINNER MEAL IDEAS

## Dinner



## LAMB & VEGE

- 1 PROTEIN**  
Lamb
- 2 HEALTHY CARB**  
Sweet Potato
- 3 HEALTHY FAT**  
Coconut oil
- 4 NON-STARCHY VEGE**  
Broccoli, cauliflower & carrot

## ROAST CHICKEN, POTATOES & BEANS

- 1 PROTEIN**  
Chicken
- 2 HEALTHY CARB**  
Potatoes
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Capsicum, onions & tomatoes

## Dinner



## TOFU STIRFRY WITH RICE

- 1 PROTEIN**  
Tofu
- 2 HEALTHY CARB**  
Rice
- 3 HEALTHY FAT**  
Olive oil
- 4 NON-STARCHY VEGE**  
Asparagus & bok choy

## Dinner





# DINNER MEAL IDEAS

## Dinner



### COCONUT FISH WITH RICE

- 1 PROTEIN**  
White fish
- 2 HEALTHY CARB**  
Rice
- 3 HEALTHY FAT**  
Coconut milk
- 4 NON-STARCHY VEGE**  
Beans & broccoli

### SALMON, POTATO & SPINACH

- 1 PROTEIN**  
Salmon
- 2 HEALTHY CARB**  
Potato
- 3 HEALTHY FAT**  
Butter
- 4 NON-STARCHY VEGE**  
Spinach & tomatoes

## Dinner



### MINCE TORTILLAS

- 1 PROTEIN**  
Mince & beans
- 2 HEALTHY CARB**  
Gluten free wraps
- 3 HEALTHY FAT**  
Avocado
- 4 NON-STARCHY VEGE**  
Onion, zucchini, carrots & tomatoes

## Dinner





# DESSERT & SNACK IDEAS

## *Dessert or Snack*



## CHIA PUDDING

- 1 PROTEIN**  
Chia seeds
- 2 HEALTHY CARB**  
Mango
- 3 HEALTHY FAT**  
Coconut milk
- 4 NON-STARCHY VEGE**

## DATEBALLS

- 1 PROTEIN**  
Walnuts or cashews
- 2 HEALTHY CARB**  
Dates
- 3 HEALTHY FAT**  
Shredded coconut
- 4 NON-STARCHY VEGE**  
Gogi berries

## *Dessert or Snack*



## *Dessert or Snack*



## BANANA & NUTBUTTER DELIGHT

- 1 PROTEIN**  
Nut butter
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**  
Linseed, sunflower & almonds (LSA) & chia seeds
- 4 NON-STARCHY VEGE**

# DESSERT & SNACK IDEAS

## Snack



## HUMMUS & VEGES

- 1 PROTEIN**  
Hummus (chickpeas)
- 2 HEALTHY CARB**  
Hummus (chickpeas)
- 3 HEALTHY FAT**  
Hummus (olive oil)
- 4 NON-STARCHY VEGE**  
Capsicum, cucumber & carrot

## APPLE & ALMOND BUTTER

- 1 PROTEIN**  
Almond butter
- 2 HEALTHY CARB**  
Apple
- 3 HEALTHY FAT**  
Almond butter
- 4 NON-STARCHY VEGE**



## Snack

## Snack

## BOILED EGG & FRUIT

- 1 PROTEIN**  
Eggs
- 2 HEALTHY CARB**  
Banana
- 3 HEALTHY FAT**
- 4 NON-STARCHY VEGE**





# PROTEIN

The main role of protein in the body is growth and repair. It helps in the formation of muscles, hair, nails, skin and organs (eg heart, kidneys and liver). It is also important for mental health, as amino acids from protein are the building blocks of brain chemicals (neurotransmitters).

## NUTRIENT DEFICIENCY SYMPTOMS INCLUDE:

- Muscle loss
- Thinning hair, brittle nails, and skin problems
- Easily fractured or broken bones
- Impaired immune function
- Poor sleep
- Oedema
- Depression
- Weakness & Fatigue
- Slow-healing injuries

## PROTEIN RICH FOODS (Aim for 1g of protein per kilogram of body weight)



**Skinless Chicken**  
28mg per 85g



**Beef Steak**  
26mg per 85g



**Lamb**  
23mg per 85g



**Salmon**  
22mg per 85g



**Greek Yoghurt**  
18mg per 170g



**Cottage Cheese**  
14mg per 113g



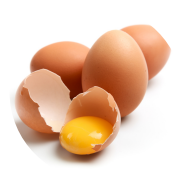
**Pumpkin Seeds**  
9mg per 28g



**Blackbeans**  
8mg per 1/2 cup



**Chickpeas**  
7mg per 1/2 cup



**Egg**  
6mg per 1 egg

# PROTEIN CONTENT OF FOODS

## MEAT, POULTRY, EGGS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
CHICKEN, SKINLESS	85g (3 oz)	141	28
STEAK	85g (3 oz)	158	26
TURKEY, ROASTED	85g (3 oz)	135	25
LAMB	85g (3 oz)	172	23
PORK	85g (3 oz)	122	22
HAM	85g (3 oz)	139	14
EGG, LARGE	1 EGG	71	6

## SEAFOOD

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
SALMON	85g (3 oz)	155	22
TUNA	85g (3 oz)	99	22
SHRIMP	85g (3 oz)	101	20
LOBSTER	85g (3 oz)	76	16
SCALLOPS	85g (3 oz)	75	14



# PROTEIN CONTENT OF FOODS

## LEGUMES, GRAINS, VEGETABLES

FOOD (COOKED)	SERVING SIZE(CUP)	CALORIES	PROTEIN (g)
PINTO BEANS	1/2	197	11
TOFU	1/2	94	10
ADZUKI BEANS	1/2	147	9
LENTILS	1/2	101	9
EDAMAME	1/2	95	9
BLACK BEANS	1/2	114	8
RED KIDNEY BEANS	1/2	112	8
CHICKPEAS	1/2	134	7
BLACK-EYED PEAS	1/2	100	7
FAVA BEANS	1/2	94	7
WHEAT BERRIES	1/2	151	6
KAMUT	1/2	126	6
LIMA BEANS	1/2	105	6
OATS	1	166	5
QUINOA	1/2	111	4
PEAS, GREEN	1/2	59	4
SPINACH, COOKED	1/2	41	3

# PROTEIN CONTENT OF FOODS

## NUTS AND SEEDS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
SOY NUTS	28g (1 oz)	120	12
PUMPKIN SEEDS	28g (1 oz)	159	9
PEANUTS	28g (1 oz)	166	7
PEANUT BUTTER	1 Tbsp	188	7
ALMONDS	28g (1 oz)	163	6
PISTACHIOS	28g (1 oz)	161	6
FLAX SEEDS	28g (1 oz)	140	6
SUNFLOWER SEEDS	28g (1 oz)	140	6
CHIA SEEDS	28g (1 oz)	138	5
WALNUTS	28g (1 oz)	185	4
CASHEWS	28g (1 oz)	162	4

## DAIRY PRODUCTS

FOOD (COOKED)	SERVING SIZE	CALORIES	PROTEIN (g)
GREEK YOGURT	170g (6 oz)	100	18
COTTAGE CHEESE (1% FAT)	113g (4 oz)	81	14
REGULAR YOGURT	1 cup	100	11
MILK, SKIM	1 cup	86	8
SOY MILK	1 cup	132	8
MOZZARELLA	28g (1 oz)	79	7
COLBY CHEESE	28g (1 oz)	112	7