

*BEST FOODS TO STOCK
UP ON FOR SLEEP*

GROCERY SHOPPING GUIDE

DAIRY-RICH FOODS

CONTAINS TRYPTOPHAN, VITAMIN D & CALCIUM, WHICH HELP TO PRODUCE MELATONIN

MILK
YOGURT
CHEESE
COTTAGE CHEESE

PROTEIN-RICH FOODS

GREAT SOURCE OF TRYPTOPHAN TO PRODUCE SEROTONIN AND MELATONIN

TURKEY BEAN DIPS
EGGS TOFU
CHICK PEAS EDAMAME
HUMMUS

FATTY FISH

CONTAINS OMEGA-3S & VITAMIN D THAT HELP REDUCE INFLAMMATION & WHILE BOOSTING SEROTONIN

SALMON (fillets, canned, packets)
TUNA (fillets, canned, packets)
TROUT

NUTS & SEEDS

CONTAINS HIGH LEVELS OF MELATONIN AND TRYPTOPHAN

WALNUTS CHIA SEEDS
ALMONDS PUMPKIN SEEDS
FLAXSEEDS

FRUITS

CONTAINS HIGH LEVELS OF MELATONIN, TRYPTOPHAN & MAGNESIUM, WHICH CAUSES MUSCLES TO RELAX & INFLAMMATION BUSTING ANTIOXIDANTS

KIWI ORANGE
BANANAS TART CHERRY JUICE
PINEAPPLE

LEAFY GREENS

CONTAINS TRYPTOPHAN, MELATONIN & SEDATIVE PROPERTIES WHILE ALSO FIGHTING INFLAMMATION

MIXED GREENS
LETTUCE
KALE
SPINACH

STARCHY CARBS

HIGH-GLYCEMIC CARBS HELP UNLOCK TRYPTOPHAN AND BRING ON SLEEPINESS QUICKER

WHITE RICE BREAD
OATMEAL CRACKERS
RICE OR CORN BASED CEREAL
(avoid high sugar)

PANTRY STAPLES

KEEPING THESE ITEMS ON HAND CAN HELP INDUCE SLEEP

CHAMOMILE TEA
(relaxes nerves and mild sedative)
HONEY
(helps unlock tryptophan to produce sleep hormones)