

# THE BETTER SLEEP GUIDE

From food to herbs to lifestyle factors, here's everything you need to know to fall asleep, stay asleep and wake up rested.

**Clean Eating**



# WHY NOW?

## UNIQUE FORMULAS

**Sleep Regimen 3-in-1** is uniquely formulated to relax the mind and promote restful sleep.\* This formula encourages relaxation with melatonin to support the regulation of the body's sleep/wake cycle and 5-HTP to support serotonin production, promoting a sense of calm.\* Altogether, this product can help you wind down at the end of the day and get a good night's sleep.\*

[nowfoods.com/sleep3in1](http://nowfoods.com/sleep3in1)

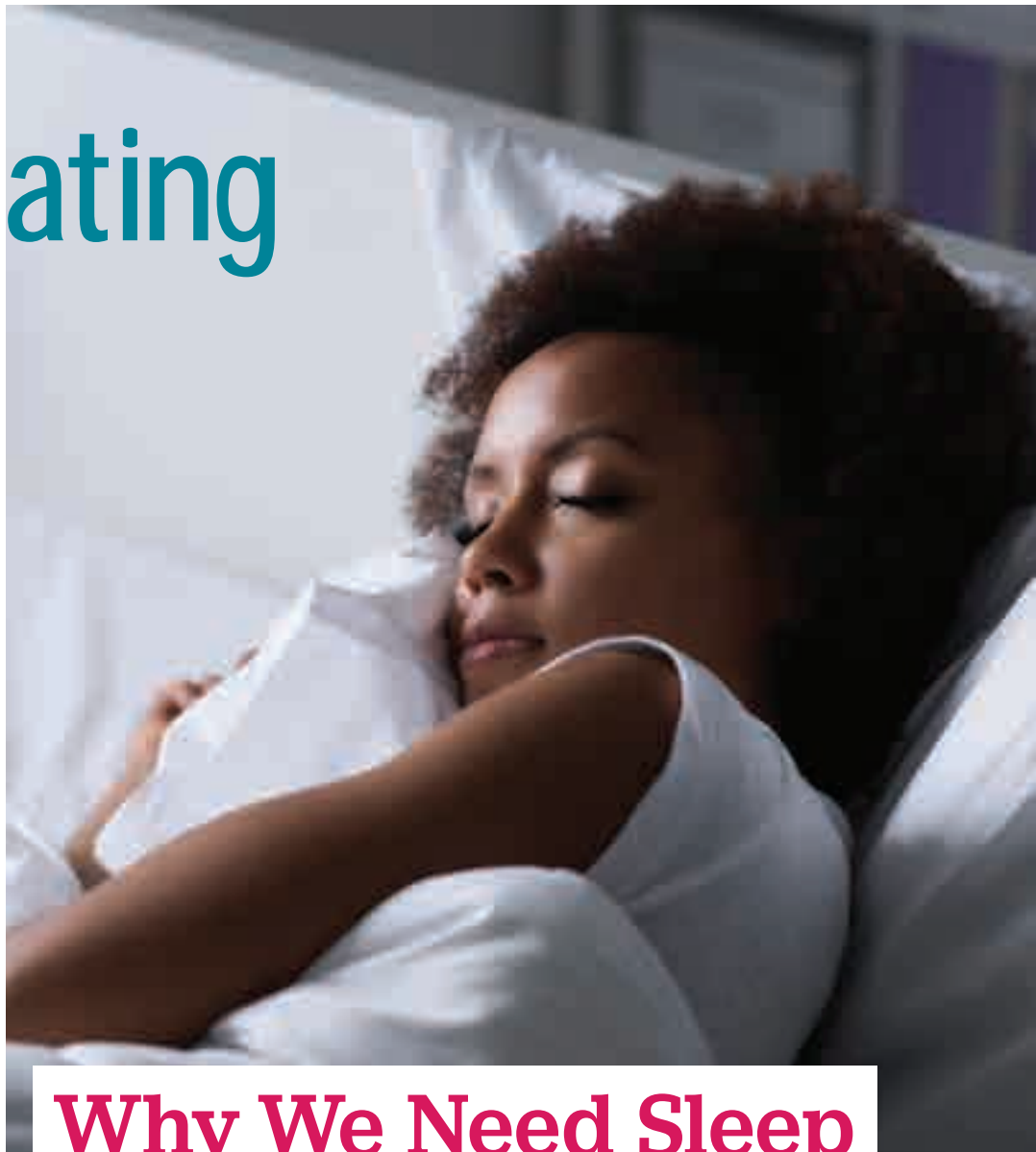
GET YOUR ZZZs



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

# Clean Eating

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## Why We Need Sleep

Can't sleep? You're not alone.

More than 70 million Americans suffer from chronic sleeplessness, and 35 percent of us regularly get less than seven hours of shut-eye. And a good night's rest is more than a luxury: chronic lack of sleep is linked with an increased risk of heart disease, stroke, diabetes, high blood pressure, cancer, mood disorders and other serious conditions.

If you're battling insomnia, there's hope—and help. First, get a checkup to rule out sleep apnea

and other medical conditions, and review your prescriptions: some antidepressants, heart and blood pressure medications, decongestants and over-the-counter pain relievers can disrupt shut-eye. Get enough exercise during the day, eat a balanced diet, and limit alcohol, caffeine and recreational drugs, all of which can impact the quality of your slumber. And read on for more natural ways to sleep soundly, all night long.

# Why You Can't Sleep

Causes of sleeplessness are varied and often perplexing, and can include everything from hormonal shifts to stress at work to that late-afternoon latte. Some of the most common:

## 1. Stress of everyday life.

Financial worries, job pressures, relationship troubles and other daily stresses make it harder to drift off, and more likely that you'll wake during the night. Ironically, worrying about not getting enough sleep makes sound slumber even less likely.

## 2. Blood sugar.

Waking up in the middle of the night may signal blood sugar issues. As your body becomes mildly hypoglycemic after a long period without food, stress hormones that raise blood sugar are released, causing sudden wakefulness.



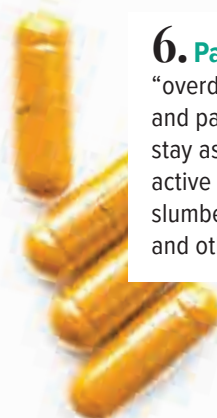
**3. Ambient light.** Melatonin, the hormone that regulates the sleep-wake cycle, is produced in total darkness, and ambient light from street lamps, LED alarm clocks or early morning sun can disrupt its production. Other environmental factors, like a lumpy mattress or a too-warm bedroom, can also impact shut-eye.

**4. Caffeine and alcohol.** Even reasonable amounts of caffeine—about what you'd get in a 16-ounce cup of coffee—can significantly decrease sleep and more than double the amount of night waking. And while a cocktail may help you doze off faster, it diminishes sleep quality, promotes snoring, and makes it more likely that you'll wake up in the middle of the night.

**5. Hormones.** Women are three times more likely than men to have disturbed sleep, partly because of hormonal shifts during pregnancy, menstrual cycles or menopause. Even worse: sleep deprivation further upsets hormones, creating a vicious cycle.



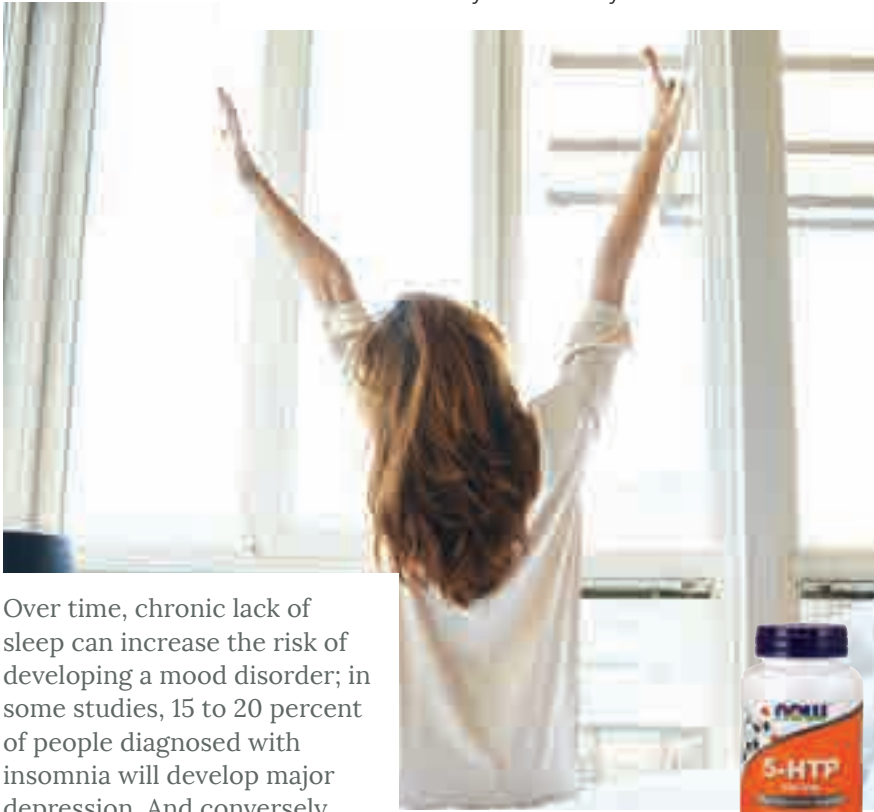
**6. Pain** of overexertion. Pain induced by “overdoing it” or other kinds of minor aches and pains make it harder to fall asleep and stay asleep. Studies show **curcumin**, the active compound in turmeric root, promotes slumber by easing the pain of overexertion and other kinds of minor pain.\*



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# THE MOOD AND SLEEP CONNECTION.

Sleep and mood are intimately connected. You know that lack of shut-eye, even for a night or two, can make you more irritable, nervous or moody—even if you don't have anxiety or depression.



Over time, chronic lack of sleep can increase the risk of developing a mood disorder; in some studies, 15 to 20 percent of people diagnosed with insomnia will develop major depression. And conversely, people with depression or anxiety are significantly more likely to have trouble falling asleep or staying asleep.

If you struggle with occasional low mood or tension, and it's impacting your sleep, safe supplements that work with the brain's chemistry and support neurotransmitters can support a relaxed look and positive outlook, and promote restful slumber. Three of the most important:

**5-HTP (5-hydroxytryptophan)**, a compound that's naturally produced by the body from tryptophan, promotes the production of serotonin—a neurotransmitter that's involved in regulation of sleep and mood.\* Research shows **5-HTP** can help to maintain a relaxed and calm mood and promote restful sleep.\* 5-HTP may be even more effective when taken with GABA supplements; in one study, the combination of GABA and 5-HTP reduced the time it took to fall asleep and increased duration and quality of sleep.\*

**SAMe (S-adenosyl-L-methionine)**, naturally produced by the body from the amino acid methionine, helps to support a healthy mood in part by affecting dopamine, serotonin and other neurotransmitters and their receptors. Check with your doctor before taking SAMe if you have bipolar disorder or are taking prescription antidepressants or antipsychotics; some studies also suggest SAMe shouldn't be combined with St. John's wort.

**GABA (gamma-aminobutyric acid)** is naturally produced in the body. It functions as an inhibitory neurotransmitter—meaning it reduces the activity of certain neurons and shifts the body and brain into a lower gear. As a result, GABA eases tension, promotes a more calm, balanced mood, and facilitates sleep. Research suggests GABA levels are decreased in people who are tense and irritable, so GABA supplements can help. In several studies, GABA supplements shortened the time it took to fall asleep, improved sleep quality and stabilized mood, without side effects. Other supplements, including L-theanine, valerian and passionflower, may also influence brain levels of GABA, promoting balanced mood and improving sleep.

PHOTO BY NEMAD AKSIC/SHUTTERSTOCK.COM

# SLEEP HYGIENE:

## *healthy habits for deeper sleep*

Healthy sleep habits—called “sleep hygiene”—can ease you into a night of restful slumber. Follow this simple bedtime routine to help you doze off faster and rest all night long.



### START TO SHIFT INTO SHUT-EYE MODE

Two hours before bedtime, disconnect from computers, tablets and other electronic devices; they emit blue light, which can interfere with circadian rhythms and disrupt sleep. Dim the lights and avoid heavy, spicy foods; they can cause reflux and indigestion, making it harder to doze off.

### Prep for bed

Spend the hour before bedtime in soothing activities like reading, knitting, doing yoga or listening to calming music. Avoid stressful conversations or exercise, which can stimulate the body and make sleep more elusive. Establish a simple ritual, like writing in a journal with a cup of chamomile tea, to signal your body that it's time for bed.

### Stabilize your schedule

Establishing a regular bed time helps regulate your body's clock so you can fall asleep faster—and stay asleep. Set a bedtime and stick to it, even on weekends and days off.

### MAKE YOUR BEDROOM A CAVE

Think cool, quiet and dark: total darkness affects pigments in the retina that impact the body's sleep/wake cycles. Use light-blocking shades, unplug electronics that emit LEDs and wear an eye mask. Lower the temperature to 65 to 70 degrees. Keep it quiet; if neighborhood noises or a snoring partner are interrupting your sleep, use ear plugs or invest in a white noise machine. And try a **NOW® Peaceful Sleep Oil Blend™**, an essential oil diffuser, with a blend of soothing, sleep-enhancing oils like lavender, chamomile, ylang ylang and sandalwood.

### Take a sleep-promoting supplement\*

To relax your body and mind, and ensure restful shut-eye, try a formula that includes a combination of snooze-supportive compounds.\* Two great choices: **NOW® True Calm™** combines amino acids and other nutrients that support the production and function of calming neurotransmitters in the brain.\* **NOW® Sleep** blends valerian, passionflower and other botanicals with GABA to reduce tension and promote calm.\*

### RELOCATE

If you can't fall sleep, or you wake up during the night, don't toss and turn in bed; you want to strengthen your brain's association between bed and sleep. Relocate to another room and do something relaxing; avoid electronics or catching up on work, and read a book, listen to music or meditate or until you feel drowsy.



Ginger apricot Chicken  
with Garlicky Greens  
See page 10 for recipe

# Eat for Sleep:

## Foods & nutrients to fight sleeplessness.

**Can't sleep?** It may be something you ate—or didn't. In general, studies show a varied diet with moderate protein and fat, and a focus on complex carbs (no sugar or refined carbs) leads to the most restful slumber. Additionally, fiber is important; studies show a low-fiber diet is linked with light, less restorative sleep and more night waking, and increasing fiber intake can improve restorative, slow-wave sleep. And certain nutrients are critical for the production of neurotransmitters that impact mood and shut-eye.

If you're tossing and turning all night, check your diet and be sure you're getting enough of these snooze-inducing nutrients. If not, focus on supplements to fill in the gaps.



### Rest and recharge, with these critical nutrients:

**TRYPTOPHAN** an amino acid found primarily in meat, dairy, seafood and legumes, is a precursor to serotonin. In the body, tryptophan is converted to 5-HTP, which is then converted to serotonin; it's also key in melatonin production. A number of studies show tryptophan reduces sleep onset, increases sleep duration and improves occasional sleeplessness without causing daytime drowsiness. Food sources may be even more effective than supplements, especially when combined with complex carbs.

**Eat this to sleep:** turkey, cheddar cheese, chicken, shrimp, tuna, eggs, pumpkin seeds, soybeans, sesame seeds, peanut butter

*Continued on next page.*



**MAGNESIUM** a key mineral in many physiological processes, also has a calming effect on the nervous system. It's thought to influence circadian rhythms and lower the release of cortisol, and magnesium may also regulate melatonin production and impact levels of GABA in the brain. Low levels of magnesium have been linked to sleep disturbances, and studies show taking magnesium before bed can shorten the time it takes to doze off, reduce night waking and increase sleep duration; some studies also suggest magnesium can relieve occasional leg cramps.

**Eat this to sleep:** Swiss chard, spinach, kale, beet greens, almonds, Brazil nuts, cashews, black beans, chickpeas.

**B VITAMINS** are critical for neurotransmitter production and a healthy nervous system, and low levels are linked with mood states that can affect sleep. Vitamins B6 and B12 are especially important for a healthy stress response and restfulness and, when combined with magnesium and calcium, help maintain a calm nervous system. Inositol, also known as vitamin B8, works with the brain's neurotransmitters to ease tension and promote peaceful sleep.

**Eat this to sleep:** whole grains, turkey, chicken, lentils, pinto beans, walnuts, eggs, cheese, oranges, bell peppers.

**CALCIUM** is not only beneficial for bones, it's also critical for deeper slumber. Calcium helps the brain use tryptophan to manufacture melatonin, and calcium deficiencies can make it harder to doze off. Studies show adequate calcium improves overall sleep quality, and it's especially important for the deepest, most restorative phases of sleep. Foods that combine calcium and tryptophan are the most effective for promoting deeper rest.

**Eat this to sleep:** cottage cheese, tofu, Parmesan cheese, collard greens, tahini, bone-in sardines, white beans, Greek yogurt.

**POTASSIUM** a mineral that's essential for healthy nerve and muscle function, can improve snooze quality by easing muscle contractions and spasms that disrupt rest. It may be especially helpful if you doze off easily, but wake up during the night. Studies have linked low potassium levels with poor sleep quality, and in one study, potassium supplements improved overall sleep and significantly decreased night waking.

**Eat this to sleep:** potatoes, sweet potatoes, beet greens, spinach, broccoli, apricots, prunes, lima beans, avocados.



## Insomnia Inducers: 5 foods that destroy sleep

You know caffeine kills sound slumber—but these five foods may be keeping you up as well:

**Brownies.** Chocolate contains a fair amount of caffeine, as well as a compound called theobromine, an alkaloid with stimulating effects. And the high concentration of sugar and refined flour disrupts sleep.

**Chinese food.** It usually contains monosodium glutamate (MSG), considered an excitotoxin—a class of chemicals that overstimulate neurons, interrupt sleep and promote disordered breathing and snoring.

**Red wine.** Besides the sleep-disrupting effects of alcohol, red wine also contains tyramine, an amino acid that promotes the release of norepinephrine, a brain stimulant.

**Pepperoni pizza.** It's high in fat and spices, keeping your digestive system working longer, upsetting sleep, and making heartburn and acid reflux more likely. Plus, nitrates in pepperoni and other processed meats have been linked to insomnia. And like red wine, pepperoni contains tyramine.

**Diet sodas.** They're usually sweetened with aspartame (NutraSweet), an artificial sweetener that's broken down into phenylalanine and aspartic acid, compounds that interfere with neurotransmitter production and act as excitotoxins, like MSG.



# Stress Less

## 6 Supplements that Ease Tension & Promote Sleep.\*

### 1 / PASSIONFLOWER

a flowering vine that's been used in herbal medicine for hundreds of years, is a powerful solution for stress and tension. It's thought to work by increasing the brain's GABA levels.



If you've spent even one restless night tossing and turning after a stressful day, you already know how powerfully tension can impact sleep.

Six supplements that safely relieve the stress of everyday life, tension and support restful slumber:\*

### 4 / VALERIAN

used for hundreds of years in herbal medicine, effectively treats tension and stress. The active compounds, called valerianic acids and valepotriates, are thought to influence GABA and serotonin, promoting calm and encouraging rest. Studies show valerian extract taken before bed can shorten the time it takes to fall asleep, reduce night waking, increase sleep duration and improve sleep quality.



### 2 / ASHWAGANDHA

an adaptogen used in traditional Ayurvedic medicine, balances and normalizes the body's own systems to ease the effects of stress.\* The active compounds, called withanolides, help regulate chemical signaling in the nervous system.\* Studies show **ashwagandha** extract may alleviate stress by supporting normal levels of cortisol, the body's main stress hormone, and may be more effective at relieving feelings of restlessness than a placebo.\*

### 3 / L-THEANINE

an amino acid found in green and black tea, is thought to elevate level of GABA, serotonin and dopamine to ease stress and tension and promote relaxation.



### 5 / KAVA KAVA

from a Pacific Island plant used in traditional medicine, can help tame tension and occasional sleeplessness, possibly by interacting with the body's GABA system. Studies show kava lessens feelings of stress and restlessness, shortens the time it takes to fall asleep, and enhances sleep quality. While some earlier reports suggested heavy kava use may cause liver toxicity, several more recent studies have refuted that finding.



### 6 / LEMON BALM

also known as Melissa, is a member of the mint family traditionally used to treat restlessness. It possesses a variety of active compounds that impact GABA and other neurotransmitters, promoting a calming effect and encouraging restful sleep. A number of studies show lemon balm helps ease nervous tension and promote a relaxed mood. It may work even better with valerian; in studies, a combination of the two herbs significantly improved quality of sleep.



# The Role of Melatonin

Deep in the brain lies a tiny structure called the pineal gland, responsible for producing **melatonin**—a naturally occurring hormone that's critical to the body's sleep-wake cycle.\* As the retina detects a lowering of light—traditionally, when night falls—it signals the pineal gland to produce melatonin, and the brain gets the message that it's time to snooze. As darkness falls, melatonin levels continue to increase, usually peaking in the middle of the night. When dawn begins to break, melatonin levels drop and the body begins to awaken.

**The problem:** in our modern society, exposure to electric lights can suppress production of melatonin and reduce sleep quality. And as we age, melatonin levels naturally begin to decrease—one reason why older people have trouble sleeping. Because it's tied to the body's natural internal clock, taking melatonin also helps regulate sleep in people who work night shifts, have circadian rhythm disruptions or are experiencing jet lag from travel.\* Some studies also suggest melatonin improves occasional sleeplessness—even in people who normally sleep well.\*

# Not-Quite-Midnight Snacks:

The best pre-bed munchies.



Herbed Parmesan Popcorn with Brazil Nuts  
See page 13 for recipe

Excellent news for bedtime snackers: a light, well-planned nibble before bed can stabilize blood sugar, reduce night waking and improve overall quality and duration of sleep. It's especially important if you fall asleep easily, only to wake up in the middle of the night: the right pre-bed snack can stabilize blood-sugar levels and promote the release of serotonin.

Focus on pre-bedtime bites rich in sleep-inducing nutrients like magnesium, tryptophan and B-vitamins, with the right balance of protein, carbohydrates, fiber and fat. Keep servings small, and consider specific foods that have been shown to promote slumber: cherries are high in melatonin and can increase duration and quality of sleep, and kiwi fruit may decrease sleep onset and improve quality of sleep.

## Try these bedtime snacks for sounder sleep:

- Hummus with whole-grain crackers
- A Greek yogurt, kale and cherry smoothie
- Turkey slices rolled around chopped spinach
- Popcorn with nutritional yeast and grated Parmesan cheese
- A baked sweet potato with a little coconut oil
- Apple slices with almond butter
- Tart cherry juice
- Sliced kiwi and raw cashews
- Cottage cheese with raspberries



PHOTO BY DARREN KEMPER

## Quiz

# What's your sleep score?

You may think you get plenty of shut-eye—but is your slumber efficient, restful and deeply restorative? Take this quiz, and find out how well you really sleep.

**1. I have trouble falling asleep:**

- a. Never—I'm out like a light
- b. A few times a month
- c. Several times a week
- d. Always, every single night

**2. I sleep soundly, without waking in the night:**

- a. Always—you could drive a truck through my bedroom.
- b. Usually, unless I have to pee.
- c. About half the time or less.
- d. Never—I'm tossing and turning all night.

**3. It usually takes me \_\_\_\_\_ to fall asleep:**

- a. 20 minutes or less.
- b. About half an hour.
- c. 45 minutes to an hour.
- d. I'm still awake from last night.

**4. Most nights, I get \_\_\_\_\_ hours of sleep:**

- a. Seven or eight.
- b. Six or seven, more on weekends.
- c. Around five.
- d. Four, if I'm really lucky.

**5. I wake up feeling refreshed:**

- a. Every day—I jump out of bed, ready to go.
- b. Most of the time, after I've had my coffee.
- c. About four days a week, if I'm lucky.
- d. Refreshed? What's that?

**6. I feel drowsy or sleepy during the day:**

- a. Never—I'm awake and alert till bedtime.
- b. Every once in a while.
- c. About half the time.
- d. I'm always ready for a nap.

**7. During the day, I'm likely to doze off:**

- a. Never, unless I'm on vacation and lying on the beach.
- b. Rarely, and only if it's late in the day and I didn't sleep well.
- c. During a movie, watching TV or on a long car trip.
- d. Standing in line for coffee.

**8. I snore:**

- a. Rarely or never.
- b. Sometimes, but very lightly.
- c. At least three nights a week.
- d. Like a lumberjack, every night.

**9. During the night, I wake up sweating or gasping for breath, my heart pounds or beats irregularly, and I have headaches in the morning:**

- a. Never—I sleep like a baby.
- b. Just a few times in my life.
- c. Sometimes, but only if I'm really stressed.
- d. Most of the time.

**10. Racing thoughts, worries, anxiety or fear keep me from falling asleep.**

- a. Almost never.
- b. Every once in a while, after a really stressful day.
- c. Sometimes, maybe once a week.
- d. Most of the time—I can't turn my brain off.

**11. I sleep more than 12 hours a night.**

- a. Never—seven or eight hours is perfect for me.
- b. Only if I'm sick or super-tired.
- c. Two to three nights a week.
- d. Frequently—I just can't seem to get out of bed.



### ANSWERS

Count which letter you marked most frequently to find out your true sleep score:

**A.** Congratulations! You're a champion sleeper. Keep doing what you're doing. If you have an occasional sleepless night from travel or stress, cut back on caffeine and try melatonin or a supplement to ease tension.

**B.** You're generally a good sleeper and usually feel refreshed, but you may have occasional trouble falling asleep. Try a combination sleep formula before bed after a stressful day, to help you snooze more soundly.

**C.** You struggle with disrupted sleep most nights, and may have an undiagnosed sleep condition or mood disorder, especially if you answered C to questions 8 through 11. Check with your doctor.

**D.** You have severely disordered sleep, and may be at higher risk for several serious health conditions. You could have obstructive sleep apnea, especially if you answered D to questions 8 or 9. If you answered D to questions 10 or 11, you may also have a mood disorder that's interfering with your sleep. Check with your doctor.

*Sleep-Better Foods:*

- Chicken
- Sesame Seeds
- Kale
- Apricots



**GINGER APRICOT CHICKEN** *with Garlicky Greens*

SERVES **6**. HANDS-ON TIME: **20 MINUTES**. TOTAL TIME: **5 HOURS, 20 MINUTES**.\*

\*PLUS THAWING TIME.

This Asian-inspired recipe uses boneless chicken breasts, but boneless chicken thighs work just as well. If you want to give the dish a spicy spin, add one serrano hot pepper to the mixture before freezing; cook the pepper in the sauce then remove and discard it before serving.

**CHICKEN**

- 1 cup** no-sugar-added apricot preserves
- 1 small** red onion, chopped
- ¼ cup** peeled and roughly chopped ginger
- ¼ cup** **Ellyndale® Organics Extra Virgin Olive Oil**
- 2 tbsp** reduced-sodium tamari or soy sauce
- 4 large** cloves garlic
- 2 lb** boneless, skinless chicken breasts, cut into ½-inch-thick slices
- sea salt and ground black pepper, optional
- 1 bunch** green onions (white and light green parts only), thinly sliced

**GREENS**

- 2 tbsp** extra-virgin olive oil
- 4 cloves** garlic, chopped
- 1 16-oz** bag baby spinach, kale or other greens
- 2 tbsp** **NOW Real Food® Organic Sesame Seeds**

**1.** Make chicken: In a blender or food processor, combine preserves, onion, ginger, oil, tamari and garlic. Purée until combined but not completely smooth; mixture should still have some small chunks. Pour into a large zip-top freezer bag or freezer-safe glass container. Add chicken, seal and shake to combine. Open bag, press out as much air as possible, seal and freeze for up to 2 months.

**2.** To cook chicken, remove bag from freezer and let stand in the refrigerator for 24 hours, or until fully thawed. Transfer to a slow cooker and cook on high for 5 to 6 hours or on low for 8 hours. Season with salt and pepper (if using).

**3.** Make greens: About 5 minutes before serving, in a large skillet, heat oil on medium. Add garlic and greens; cook, stirring, until garlic is fragrant and greens are wilted, 2 to 3 minutes. Sprinkle with sesame seeds.

**4.** To serve, divide greens among plates; divide chicken and sauce over top. Garnish with green onions.

**PER SERVING** (1/6 of recipe): Calories: 297, Total Fat: 15 g, Sat. Fat: 2 g, Monounsaturated Fat: 9 g, Polyunsaturated Fat: 2 g, Carbs: 16.5 g, Fiber: 6 g, Sugars: 1 g, Protein: 28 g, Sodium: 260 mg, Cholesterol: 83 mg

*Sleep-Better Foods:*

- Potatoes
- Tuna
- Eggs

## WARM POTATO SALAD NIÇOISE

SERVES 4.

- 1½ lb** multicolored baby potatoes  
sea salt, to taste
- 1 7-oz** jar tuna or mackerel fillets  
packed in olive oil
- 1 small** shallot, minced
- 1 clove** garlic, minced
- 3 tbsp** whole-grain mustard
- 3 tbsp** red wine vinegar
- 2 tbsp** Ellyndale® Organics  
Extra Virgin Olive Oil
- 3 tbsp** chopped fresh dill
- 2 tbsp** chopped fresh chives  
ground black pepper,  
to taste
- 4 large** eggs
  - 8 oz** thin green beans, trimmed,  
halved crosswise
  - ¼** English cucumber, halved  
lengthwise, sliced
- 2 cups** mixed lettuce/chicory  
(such as raddichio,  
Little Gem, Boston or  
romaine lettuce), torn



**1.** Place potatoes in a pot and cover with cool water. Bring to a boil, add a generous pinch salt, then reduce heat and simmer, covered, until potatoes are tender, about 15 to 20 minutes. Drain.

**2.** Drain tuna, reserving oil. Place ¼ cup of reserved oil, shallot and garlic in a small skillet over low heat. Cook until mixture sizzles for 30 seconds, then transfer to a large bowl. Whisk in mustard, vinegar, olive oil, dill and chives. Season with salt and pepper.

**3.** Place eggs in a saucepan; cover with 1 inch water. Bring to a boil, then turn off heat, cover pan and let stand 8 minutes. Remove eggs and place in a bowl of ice water. When eggs

have cooled, peel and halve. Rinse pan, fill halfway with water and add a generous pinch salt. Bring to a boil. Add green beans and blanch until just crisp-tender, 1 to 2 minutes. Transfer green beans to a bowl of ice water. Once cool, drain and pat dry.

**4.** Quarter potatoes and place in bowl with dressing, green beans and cucumber; toss. Crumble tuna and add to vegetables; toss again. Divide lettuce among plates (or use a large serving platter); top with potato mixture and egg halves and season with pepper.

**PER SERVING** (¼ of recipe): Calories: 495, Total Fat: 28 g, Sat. Fat: 5 g, Monounsaturated Fat: 19 g, Polyunsaturated Fat: 3 g, Carbs: 39 g, Fiber: 5 g, Sugars: 4 g, Protein: 20 g, Sodium: 687 mg, Cholesterol: 199 mg

PHOTO BY OLIMPIA DAVIES

*Sleep-Better Foods:*

- Tahini
- Sesame Seeds
- Apricots
- Eggs
- Whole Grains
- Yogurt



**GRANOLA-TOPPED APRICOT & PLUM BOWL** *with Tahini Yogurt Dressing*

SERVES 4. HANDS-ON TIME: 15 MINUTES. TOTAL TIME: 30 MINUTES.

Inspired by the Middle Eastern tradition of mixing sweet fruits with savory foods like tahini, this summer bowl is ideal for serving at your next barbecue. Garnish with a little citrus zest for extra brightness.

GRANOLA

- ½ egg white (about 1 tbsp)
- 1 tsp raw honey
- 1 tsp **Ellyndale® Organics Extra Virgin Olive Oil**
- ¼ cup unsalted shelled pistachios, chopped
- 3 tbsp rolled oats
- 1 tbsp **NOW Real Food® Organic Sesame Seeds**
- ½ tsp ground coriander
- ¼ tsp sea salt
- Pinch ground cayenne pepper

BOWL

- 1½ tsp tahini paste
- 2 tbsp full-fat plain yogurt
- 2 tsp fresh lemon juice
- 2 apricots or peaches, pitted and cut into thin wedges
- 2 plums, pitted and cut into thin wedges

1. Prepare granola: Preheat oven to 350°F. Line an 8- or 9-inch pie plate with parchment paper. In a medium bowl, whisk egg white, honey and oil until combined. Add pistachios, oats, sesame seeds, coriander, salt and cayenne. Spread evenly on pie

plate and bake, stirring halfway, until golden brown, about 15 minutes. **(MAKE AHEAD:** Granola can be made up to 1 week ahead and stored in an airtight container.)

2. Meanwhile, prepare dressing: In a medium bowl, whisk together tahini and 4 tsp water until smooth. Add yogurt and lemon juice; whisk until smooth.

3. Divide apricots and plums among bowls. Drizzle with dressing and sprinkle with granola.

**PER SERVING** (¼ of recipe): Calories: 129, Total Fat: 8 g, Sat. Fat: 1 g, Monounsaturated Fat: 4 g, Polyunsaturated Fat: 2 g, Carbs: 13 g, Fiber: 2 g, Sugars: 1 g, Protein: 4 g, Sodium: 132 mg, Cholesterol: 1 mg

*Sleep-Better Foods:*

- **Parmesan cheese**
- **Brazil Nuts**

## HERBED PARMESAN POPCORN

*with Brazil Nuts*

MAKES **10 TO 12 CUPS.**

HANDS-ON **TIME: 20 MINUTES.**

TOTAL TIME: **20 MINUTES.**

Make your own seasoned popcorn for an anytime snack. Ours uses rosemary and garlic powder and, of course, Parmesan, for a salty, cheesy flair.

- ½ cup** grated Parmesan or Pecorino cheese
- 1 tsp** fresh rosemary, minced
- 1 tsp** garlic powder
- ¼ tsp** sea salt
- 2 tbsp** **Ellyndale® Organics Coconut Infusions™**
- ½ cup** **NOW Real Food® Organic Popcorn**
- 1 cup** **NOW Organic Brazil Nuts**
- 1 tbsp** olive oil

1. In a small bowl, mix together cheese, rosemary, garlic powder and salt. Set aside.
2. In a heavy-bottomed medium pot, heat coconut oil on medium. To pot, add 2 to 3 kernels popcorn and cover with a lid. Once kernels pop, about 2½ to 3 minutes, add remaining popcorn in an even layer and cover, leaving it open about ½ inch to allow steam to escape.
3. Shake pot occasionally. If you can't shake it with the lid ajar, then cover



the pot, shake and open the lid again when you return the pot to the heat.

4. Once the popping slows down to several seconds in between each pop, remove lid and add Brazil nuts to pot. Transfer popcorn mixture to a serving bowl and drizzle with olive oil. Sprinkle with cheese mixture and toss to coat. In cool climates, store in an airtight plastic bag or container

for 3 to 4 days; in warm climates, refrigerate in an airtight container for 3 to 4 days. (**TIP:** If you don't have a lid for your pot, cover the pot with foil and poke a bunch of holes in it with a toothpick to allow the steam to escape.)

**PER SERVING** (⅓ of recipe): Calories: 294, Total Fat: 24 g, Sat. Fat: 9 g, Monounsaturated Fat: 8 g, Polyunsaturated Fat: 6 g, Carbs: 15 g, Fiber: 4 g, Sugars: 1 g, Protein: 7 g, Sodium: 204 mg, Cholesterol: 6 mg

*Sleep-Better Foods:*

- Oranges
- Bell peppers
- Avocado

## ADOBO TOFU & PORTOBELLO TACOS

*with Chunky Guacamole*

SERVES 4. HANDS-ON TIME: 30 MINUTES. TOTAL TIME: 55 MINUTES.

Tofu is given a spicy-sweet flair with a wet rub that combines adobo chile, orange juice and honey. Combined with grilled vegetables including meaty portobello mushrooms and a classic spicy jalapeño guacamole, this taco is a hearty choice for a meatless Monday.

- 1 14-oz** pkg organic extra-firm tofu, drained
- 1½ tbsp** finely chopped canned chipotle chiles in adobo
- 1 tsp** fresh orange juice
- 2 tsp** raw honey
- 8** 6-inch corn tortillas
- 1 large** red bell pepper, cut into ¼-inch strips
- 1 large** portobello mushroom, stem discarded, cut into ½-inch-thick slices
- ¼** sweet onion, cut into ¼-inch slices
- 2 tsp** safflower oil
- ¼** tsp sea salt
- ½ tsp** ground black pepper

**2.** Meanwhile, prepare guacamole: On a cutting board, mash onion, cilantro and jalapeño with a fork until onion is mashed. In a small bowl, combine onion mixture with avocado, lime juice and ¼ tsp salt. Cover and set aside.

**3.** In a small bowl, combine chipotle chiles, orange juice and honey. Remove cans and top baking sheet from tofu and discard paper towels. Rub mixture on all sides of tofu and set aside on baking sheet.

**4.** Heat a grill pan or grill on medium-high. Add tortillas and grill until warm and pliable, about 1 minute per side. Stack tortillas and wrap in foil; set aside.

**5.** Mist grill pan with cooking spray or grease grill grate (still on medium-

high). In a single layer, add tofu and grill until browned and heated through, 3 minutes per side. Transfer to a cutting board, then cut tofu into 2-inch strips, cover with foil and set aside.

**6.** In a large bowl, toss bell pepper, mushroom and onion slices with oil, ¼ tsp salt and black pepper. Add to grill pan or a grill basket (for outdoor grill) and cook on medium-high, tossing occasionally, until mushrooms are soft and peppers and onions are crisp-tender, about 5 minutes. Divide tofu and vegetables among tortillas and top with dollops of guacamole.

**PER SERVING** (2 tacos with toppings):  
 Calories: 329, Total Fat: 14 g, Sat. Fat: 1 g,  
 Monounsaturated Fat: 6 g, Polyunsaturated  
 Fat: 6 g, Carbs: 38 g, Fiber: 8 g, Sugars: 9 g,  
 Protein: 15 g, Sodium: 309 mg, Cholesterol: 0 mg

### GUACAMOLE

- 3 tbsp** finely chopped sweet onion
- 2 tbsp** chopped fresh cilantro
- ½** jalapeño chile pepper, finely chopped (about 1 tbsp)
- 1 small** avocado, peeled, pitted and diced
- 1 tsp** fresh lime juice
- ¼** tsp sea salt

**1.** Cut tofu block into 4 slabs. Arrange on a paper towel-lined baking sheet, cover with more paper towels and top with another baking sheet. Using cans, weigh the baking sheet down and set aside at room temperature for 30 minutes to drain.



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