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NUTRITION

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What to eat for better sleep

Cherry & Oat Smoothie

- Oats are a great source of complex carbs
- Tart cherries help boost melatonin production
- Bananas contain tryptophan & B6 for nervous system health + melatonin production

INGREDIENTS

- 2 tablespoons oats
- 1 tablespoon chia seeds
- 1 handful frozen cherries
- 1/2 a banana
- 250ml unsweetened almond milk
- 1 tablespoon nut butter of choice
(almond works well & provides extra magnesium)

HOW TO

1. Mix all ingredients in a blender
2. Enjoy as a healthy after dinner treat



Turmeric Latte

Turmeric can be used to aid sleep quality whilst also lowering anxiety levels, improving mood, and promoting relaxation.

INGREDIENTS

- 350ml almond milk
- 1 tsp ground turmeric
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- A little ground black pepper (aids absorption)
- Honey to taste (optional)

HOW TO

1. Put all the ingredients in a saucepan and whisk constantly over a gentle heat, ideally with a milk frother if you have one. Once hot, pour into mugs and sprinkle with a little more cinnamon to serve.



Salmon & avocado rice bowl

INGREDIENTS (2 servings)

- 1/2 a cup brown rice
- 1 tsp tamari
- 2 tsp extra virgin olive oil
- 225 gram salmon fillet
- 1/2 avocado
- a handful fresh parsley
- 1/3 a lime
- Salt & pepper to taste

HOW TO

1. Cook the rice according to packet instructions, pour over tamari and set aside.
2. Meanwhile, heat half the oil in a cast iron pan over medium heat. Pat the salmon dry with a paper towel and season both sides with salt and pepper. Add the salmon to the pan and cook for four to six minutes per side until cooked through.
3. Finely chop the parsley and cube the avocado, then stir together with the remaining olive oil and salt & pepper
4. Serve salmon and rice topped with the avocado and parsley mix and the lime.

This is a great one for blood sugar balance and has the perfect combination of protein, healthy fats and carbs.

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Supplements

There is no magic pill and no supplement can replace a healthy, balanced diet but some can help you see results more quickly.

- **The Nue Co SLEEP+**
5 HTP, Valerian, Lemon Balm, Hops, GABA - Best if you wake up frequently at night or in the early hours (use code HEALTHUTA or this [link](#) for 30% off)
- **Nutri Advanced Mega Mag Night Formula** - Magnesium, Hops, L-Tryptophan, Lactium, L-Theanine - Ideal if you struggle to fall asleep (use code UTAB10 at [The Natural Dispensary](#) for 10% off)
- **Bare Biology Life & Soul or Rise & Shine** - Omega-3 fatty acids, specifically EPA and DHA, are great for brain health and may help reduce symptoms of anxiety and depression. www.barebiology.com



If you have a diagnosed medical condition or are taking medication you must always check with your GP before taking any supplements.





NEXT STEPS

- 1** Follow me on social media for even more tips, recipes and inspiration.
IG: [@cannelle_nutrition](https://www.instagram.com/cannelle_nutrition)
- 2** Download my FREE Nutrition for Mental Health Guide on my website
www.cannelle.co.uk.
- 3** Ready to optimise your health and feel your best so you can live life to the full? An in-depth review of your health and lifestyle and a fully bespoke plan can be transformational. Book in for a **free 15 minute discovery call** to find out how I can best support you.

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