

Serenity Dinner Menu

(Sample)



Puffed Salmon Skin

Dill Emulsion.

Vitamin B. Vitamin D (Omega-3).

Yellowfin Tuna

Avocado. Garden Kale.

Magnesium. Tryptophan. Vitamin B, Vitamin D (Omega-3).

Handmade Cavatelli

Brassicas. Monterey Jack Fonduta.

Tryptophan. Vitamin C, Vitamin D (Omega-3).

Mushroom Tisane

Garden Herbs.

Vitamin D (Omega-3).

Roasted Guinea Hen

Delicata Squash. Farro. Dried Apricots.

Tryptophan. Magnesium.

Black Sesame Mousse

Banana Variations.

Magnesium. Omega 3. Tryptophan. Vitamin B.

Banana + Chamomile Tea

Reishi Mushroom. Banana Pulp.

Magnesium. Calming.



Serenity Dinner Legend

Vitamin B

The body needs a variety of nutrients to produce melatonin, including adequate B complex vitamins. I would discourage people from taking a B complex and instead get it from food sources. Especially since taking one before bed can keep you awake.

Vitamin C

Vitamin C is an important nutrient with many important functions. It's essential for repair and wound healing. It helps to protect our cells from damage. We need it to make collagen, which is the protein structure that holds us together.

Vitamin D (Omega 3)

A study in the Journal of Clinical Sleep Medicine found the combination of omega-3s and vitamin D from fatty fish like salmon improved sleep in participants. Researchers think it's because of the effect of those nutrients on regulating serotonin. Flaxseed and chia seeds are other good sources of omega-3, while egg yolks, mushrooms and fortified dairy contain vitamin D.

Magnesium

Magnesium was the featured nutrient in a study published in the Journal of Research of Medical Science, which found that adding a supplement in elderly participants improved the symptoms of insomnia and sleep quality.

Tryptophan

Several studies have shown that increasing tryptophan in the diet can improve sleep by increasing melatonin.