



ALL JOURNEYS START WITH A SINGLE STEP

WHOLISTIC HEALTH & HAPPINESS EVENING SERENITY BOWL

A PROTEIN-RICH DESSERT TO SATISFY SWEET CRAVINGS & SUPPORT YOUR EVENING ROUTINE

A creamy, nutrient-dense bowl combining protein, healthy fats, fiber and antioxidant-rich berries to help support steady energy, blood sugar balance and a relaxing bedtime routine.



SATISFYING
& DELICIOUS



BLOOD SUGAR
BALANCE



HIGH IN
PROTEIN



SLEEP &
RELAXATION
SUPPORT



RICH IN
FIBER



OVERALL
WELL-BEING

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INGREDIENTS



PLAIN GREEK YOGURT (2%)

High-quality protein to support satiety and overnight muscle recovery.



WH&H THREE SEED MIX (Chia, Ground Flax & Hemp Hearts)

Provides fiber, plant-based omega-3 fats, magnesium, lignans and complete plant protein.



FROZEN WILD BLUEBERRIES

Rich in anthocyanins and antioxidants that help protect against oxidative stress.



FROZEN TART CHERRIES

Contain naturally occurring plant compounds and have been studied for their potential role in supporting healthy sleep.



CHOPPED ALMONDS

Excellent source of magnesium, vitamin E, healthy fats and satisfying crunch.



CEYLON CINNAMON

Adds warmth and flavor while supporting healthy blood sugar management.



PURE VANILLA EXTRACT

Creates a naturally sweet, dessert-like flavor without added sugar.

HOW TO USE

Enjoy one serving 60–90 minutes before bedtime. Pairs well with reading, journaling, breathwork, meditation or screen-free relaxation.



RECIPE (MAKES 6 SERVINGS)



SERVING
SUGGESTION

- 32 oz plain 2% Greek yogurt
- 6 Tbsp WH&H Three Seed Mix
- 1½ cups frozen wild blueberries
- 1½ cups frozen tart cherries
- 1½ tsp Ceylon cinnamon
- 2 tsp pure vanilla extract
- Pinch of sea salt

- 1 Combine all ingredients in a large mixing bowl. Stir well.
- 2 Divide into six glass containers.
- 3 Refrigerate overnight.
- 4 Just before serving, top each bowl with 1 Tbsp chopped almonds.
- 5 Enjoy chilled!

POWERED BY THE WH&H THREE SEED MIX



CHIA SEEDS
Fiber, omega-3s
& minerals



HEMP HEARTS
Complete plant
protein & healthy fats



GROUND FLAXSEED
Omega-3s, lignans
& digestive support

NUTRITION INFORMATION

Serving Size: 1 Bowl (1/6 Recipe)

Amount Per Serving		% Daily Value*
Calories	255	
Total Fat	11 g	14%
Saturated Fat	2 g	10%
Trans Fat	0 g	
Cholesterol	10 mg	3%
Sodium	110 mg	5%
Total Carbohydrate	22 g	8%
Dietary Fiber	5 g	18%
Total Sugars	11 g	
Includes 0 g Added Sugars		0%
Protein	19 g	38%
Calcium	220 mg	18%
Iron	1.5 mg	8%
Magnesium	60 mg	15%
Potassium	330 mg	8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may vary depending on your calorie needs.



HIGH
PROTEIN



GLUTEN
FREE



NO ADDED
SUGARS



NATURAL
INGREDIENTS



MEAL PREP
FRIENDLY

KEY BENEFITS



HIGH-PROTEIN EVENING SNACK

Protein helps increase fullness, supports overnight muscle maintenance and may help reduce evening snacking.



BLOOD SUGAR FRIENDLY

Protein, fiber and healthy fats work together to promote slower digestion and a steadier rise in blood sugar.



ANTIOXIDANT RICH

Blueberries and tart cherries provide colorful polyphenols that help protect against oxidative stress.



MAGNESIUM SUPPORT

Almonds, chia, hemp hearts and flax contribute magnesium, an essential mineral involved in normal muscle and nerve function.



NATURALLY SWEET & DELICIOUS

Vanilla, cinnamon and berries provide dessert-like flavor without refined sugar.



HABIT FRIENDLY

Meal prep once and enjoy all week. Healthy habits become easier when nutritious choices are already prepared.



PAUL'S TIP

A great evening routine starts before your head hits the pillow. Enjoy your Evening Serenity Bowl, dim the lights, put away your screens, and spend a few minutes reading, stretching or practicing slow breathing. Small nightly habits often create the biggest long-term results.



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