

Dinner Recipes

To unwind and digest peacefully

Welcome to your evening reset

Dinner is more than just the last meal of the day. It's a moment to pause, breathe, and begin the gentle transition from doing to being. As the sun sets, your body craves grounding, your mind longs for quiet, and your nervous system prepares for rest. The food you choose can help ease that shift.

In *Evening Calm*, you'll find dinner recipes crafted with purpose: to nourish, calm, and restore. Each dish combines ingredients known to support digestion, regulate mood, and prepare the body for deep rest like magnesium-rich leafy greens, gut-loving fibers, and omega-3s from whole, real foods.

Whether you've had a hectic day or a slow one, these meals invite you to wind down intentionally. They're light yet satisfying, calming yet comforting, and always easy to prepare.

Let this guide be your daily ritual, a way to end your day on a peaceful, nourishing note.

These recipes are:

- Easy to digest
- Calming and nourishing
- Rich in magnesium, healthy fats, and gut-friendly ingredients
- Designed to help the body transition into rest, recovery, and sleep

Prepared by:
Nyamuiru Mburu
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These recipes are magnesium-rich and anti-inflammatory, helping your muscles and mind relax.

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Slow-digesting carbs and clean proteins that help stabilize your system before sleep.

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1. Pumpkin & Spinach Coconut Curry

A creamy, comforting dish that nourishes your body and calms your mind.

Magnesium + fiber for gut ease, healthy fats for sustained calm, and anti-inflammatory spices to help you rest and digest.

Key ingredients: pumpkin, coconut milk, spinach



Ingredients:

- 1 cup pumpkin (cubed or canned)
- 1 cup spinach
- ½ onion, chopped
- ½ tsp turmeric, 1/2 tsp cumin
- ½ cup coconut milk
- Salt and pepper

Instructions:

1. Sauté onion and spices, add pumpkin and coconut milk.
2. Simmer until tender. Stir in spinach at the end.

2. Garlic Mushroom & Quinoa Bowl

A grounding, mineral-packed meal that brings calm and comfort to your evening.

The magnesium + zinc combo supports muscle relaxation and nervous system calm, while fiber and plant protein promote steady blood sugar and restful sleep.

Key ingredients: mushrooms, garlic, quinoa



Ingredients:

- 1 cup mushrooms (sliced)
- ½ cup cooked quinoa
- 1 clove garlic, minced
- Olive oil, parsley, sea salt

Instructions:

1. Sauté mushrooms in olive oil with garlic until golden.
2. Serve over warm quinoa with herbs.

3. Carrot-Ginger Soup with Coconut Milk

A warm blend that soothes your digestion and calms your senses.

Ginger calms the digestive tract, while coconut milk and beta-carotene-rich carrots support nervous system relaxation and overnight repair.

Key ingredients: carrots, ginger, coconut milk



Ingredients:

- 3 carrots, peeled and chopped
- ½ inch fresh ginger
- 1/4 onion
- ½ cup coconut milk
- 1 cup vegetable broth

Instructions:

1. Boil all ingredients until soft. Blend until smooth.
2. Return to pot and warm through.

4. Baked Sweet Potato with Tahini & Hemp Seeds

A simple yet deeply satisfying dish that calms, grounds, and gently nourishes.

Complex carbs for serotonin, magnesium + calcium for muscle relaxation, and tryptophan to ease into sleep.

Key ingredients: sweet potato, tahini, hemp seeds



Ingredients:

- 1 medium sweet potato (baked)
- 1 tbsp tahini
- 1 tsp hemp seeds
- Cinnamon, pinch of sea salt

Instructions:

1. Bake sweet potato at 400°F (200°C) for 45 min.
2. Top with tahini, hemp seeds, and a dash of cinnamon.

5. White Bean & Kale Stew

A cozy, mineral-rich stew with grounding greens and gentle legumes.

Complex carbs + magnesium = a steady calm. This stew gently supports digestion, balances energy, and helps your body transition into rest.

Key ingredients: white beans, kale, onion



Ingredients:

- 1 can white beans
- 1 cup chopped kale
- 1/2 onion, chopped
- 1 garlic clove
- 2 cups vegetable broth

Instructions:

1. Sauté onion and garlic, add beans and broth.
2. Simmer and add kale last 5 min. Season and serve.

6. Zucchini Noodles with Avocado-Basil Sauce

A light, refreshing dinner that soothes the gut and calms the mind.

Light on the stomach, rich in calming fats and herbs. This dinner supports both gut ease and mental clarity for a peaceful transition into rest.

Key ingredients: zucchini, avocado, basil



Ingredients:

- 2 zucchinis (spiralized)
- 1 ripe avocado
- Handful fresh basil
- 1 tbsp lemon juice
- 1 garlic clove

Instructions:

1. Blend avocado, basil, lemon, garlic, and a splash of water to make sauce.
2. Toss with raw or lightly sautéed zucchini noodles.

7. Sautéed Cabbage & Tempeh Stir-Fry

A fiber-packed, gut-loving stir-fry to support digestion and hormonal harmony.

Gut-friendly fermented food + cruciferous fiber = improved digestion, hormonal support, and nervous system calm.

Key ingredients: tempeh, cabbage, sesame oil



Ingredients:

- 1/2 block tempeh, cubed
- 1 cup cabbage, shredded
- Tamari or soy sauce
- Sesame oil
- Green onions

Instructions:

1. Sauté tempeh until browned. Add cabbage and sauce.
2. Stir-fry until soft. Garnish with green onions.

8. Lentil & Walnut Lettuce Wraps

Light, crunchy, and calming perfect for a soothing evening bite.

Easy to digest, high in magnesium, fiber, and healthy fats. This meal supports a calm mind and a balanced gut before bed.

Key ingredients: lentils, walnuts, butter lettuce



Ingredients:

- 1/2 cup cooked lentils
- 2 tbsp finely chopped walnuts
- 1 tbsp olive oil
- 1 tsp tamari
- Butter lettuce leaves

Instructions:

1. Mix lentils, walnuts, oil, and tamari.
2. Spoon into lettuce leaves and fold like tacos.

9. Salmon with Roasted Asparagus & Brown Rice

A nourishing, balanced dinner that supports hormonal balance, reduces inflammation, and promotes restful sleep.

Omega-3s calm the brain and reduce inflammation, brown rice boosts natural melatonin, and asparagus supports nervous system relaxation.

Key ingredients: salmon, brown rice, asparagus



Ingredients:

- 1 salmon fillet
- 1/2 cup brown rice (cooked)
- 1 cup asparagus, trimmed
- Olive oil, lemon, garlic, salt, pepper

Instructions:

1. Bake salmon at 375°F (190°C) with olive oil, garlic, and lemon slices (15–20 min).
2. Toss asparagus in olive oil and roast for 12–15 min.
3. Serve with warm brown rice.

10. Roasted Beet & Lentil Salad with Tahini

An earthy, grounding salad that gently supports digestion and overnight restoration.

Fiber and iron-rich lentils promote calm digestion and steady energy, while tahini and beets support gut health and gentle overnight repair.

Key ingredients: beets, lentils, tahini



Ingredients:

- 1 cup roasted beets (cubed)
- 1/2 cup cooked lentils
- 2 tbsp tahini
- 1 tbsp lemon juice
- Baby greens or arugula

Instructions:

1. Mix tahini and lemon to make a dressing.
2. Toss lentils, beets, and greens in the dressing. Serve warm or cold.