

IMMUNITY SUPPORT PACK

The main purpose of your immune system is to protect your body from viruses and bacteria. Learn more about your immunity and protection.



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What is the Immune System

The immune system is a complex organ system in the body comprised of white blood cells, skin, mucus and bacteria. Its central role is to seek, recruit, attack and destroy foreign invaders, such as bacteria and viruses that enter the body. There are two main levels of immunity.

1. Innate immunity system

The first level is called the innate immune system. This system provides a quick first line of defence and acts against a wide range of pathogens. The innate immunity system refers to nonspecific defence mechanisms that come into play immediately or within hours of an antigen's appearance in the body. These mechanisms include physical barriers such as skin, chemicals in the blood, and immune system cells that attack foreign cells in the body. The chemical properties of the antigen activate the innate immune response.

2. Adaptive Immune System

The second main level of immunity is called the adaptive immune system. This level refers to antigen-specific immune response. The adaptive immune response is more complicated than innate. The antigen first must be processed and recognized. Once an antigen is identified, the adaptive immune system creates an army of immune cells specifically designed to attack that antigen. Adaptive immunity also includes a "memory" that makes future responses against a specific antigen more efficient.

Keywords explained:

Antigen - Anything that causes an immune response is called an antigen. An antigen may be harmless, such as grass pollen, or harmful, such as the flu virus.

Pathogen - Disease-causing antigens are called pathogens. The immune system is designed to protect the body from pathogens.

How to Support Your Immune System

The immune system is precisely that – a system, not a single entity. For it to function well, it requires balance and harmony. Researchers are still exploring the effects of diet, exercise, age, psychological stress, and other factors on the immune response.

In general, a healthy lifestyle is the single best step you can take toward naturally keeping your immune system strong and healthy. Every system in your body, including the immune system, functions better when following balanced and healthy strategies such as these:

- Eating a whole food diet with plenty of fruit and vegetables
- Exercising regularly
- Staying hydrated
- Maintaining a healthy weight
- Getting enough sleep
- Reducing stress
- Drinking alcohol in moderation
- Not smoking





Diet & Your Immune System

There is some evidence that various micronutrient deficiencies (think vitamins and minerals) could alter immune responses. However, the impact of these immune system changes on health is less clear, and the effects are yet to be assessed.

So, if you suspect you may have micronutrient deficiencies, make sure you eat a varied diet with ample amounts of fruit and vegetables or support yourself with a good quality multivitamin.

(Read the information below to find out which are the best immunity boosting fruit and vegetables and how to incorporate them in your diet.)



Vitamins, Minerals & Antioxidants for Your Immune System



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Vitamin D:

Research shows that vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing the production of pro-inflammatory compounds in the body.

Supplementation:

The body produces vitamin D from cholesterol, provided there is an adequate amount of UV light from sun exposure.

For moderate supplementation, a 1,000-2,000IU dose of vitamin D3 is sufficient to meet the needs of most of the population. The safe upper limit in the United States and Canada is 4,000IU/day.

Vitamins C and E:

Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response.

Vitamin C Sources:

- red bell peppers
- oranges
- strawberries
- broccoli
- lemons

Vitamin E sources:

- almonds
- spinach
- avocado
- olives





Vitamin C Supplementation:

Vitamin C is often supplemented to reduce the symptoms of the common cold. Supplementing vitamin C can reduce the duration of a cold by 8-14% in any population, when it is taken as a daily preventative measure, or at the beginning of a cold.

The Recommended Daily Intake (RDI) of vitamin C is 100-200mg. This is easily attained through the diet, so supplementation of such low doses is usually unnecessary. Higher doses of vitamin C, up to 2,000mg, are used to support the immune system (for athletes) or reduce the duration of the common cold.

Vitamin E Supplementation:

Maintaining adequate levels of vitamin E in the body can be achieved through very low daily doses of 15mg (22.4 IU) or less. This dose of vitamin E can be acquired through the diet, making supplementation unnecessary in many cases. An older person supplementing vitamin E to improve immunity should take a 50-200mg dose.

Beta-Carotene:

Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

Sources:

- sweet potatoes
- carrots
- green leafy vegetables

Zinc:

Zinc is a mineral that can help boost white blood cells, which defend against invaders.

Sources:

- pumpkin seeds
- sesame seeds
- beans
- lentils

Supplementation:

Zinc has two standard dosages. The low dosage is 5-10mg, while the high dosage is 25-45mg. The low dose works well as a daily preventative, while the high dosage should be taken by anyone at risk for a zinc deficiency.

Allicin:

Allicin is the principal bioactive compound present in the aqueous extract of garlic. When garlic is chopped or crushed, the alliinase enzyme is activated, and allicin is produced. When cooking with garlic, it is recommended to crush or chop it and leave for 10 mins for the enzyme to be activated.

The benefits of garlic to health has been proclaimed for centuries; however, only recently, it's been proposed as a promising candidate for maintaining a healthy immune system.

Most studies on garlic use a dosage range of 600-1,200mg a day, usually divided into multiple doses. The minimum effective dose for raw garlic is a single segment of a garlic bulb (called a clove), eaten with meals two or three times a day.

Astragalus:

Astragalus membranaceus is an important herb in traditional Chinese medicine. It has been used in a wide variety of herbal blends and 'natural' remedies. This Chinese herb has been researched for its cardioprotective, anti-inflammatory, and longevity effects.

Supplementation:

Astragalus membranaceus and Angelicae Sinensis are highly synergistic, meaning they are more powerful when taken together. This combination is traditionally called Dang-gui buxue tang.

The starting point for the preparation of Dang-gui buxue tang in traditional Chinese medicine is 30g of Astragalus membranaceus root paired with 6g of Angelicae Sinensis. This is a 5:1 ratio, which is ideal for extracting the bioactive ingredients of the plants.

The main bioactive compound in Astragalus membranaceus is astragaloside IV, which can be supplemented by itself. The standard dose for astragaloside IV is 5-10mg.



Recipes

Here are some recipes to support your immune system.



The image shows six individual egg, broccoli, and ham muffins, each baked in a red, fluted metal tin. The muffins are arranged on a light-colored, checkered tablecloth. Each muffin is topped with a generous amount of melted yellow cheese, fresh green broccoli florets, and pieces of cooked ham. A single fresh basil leaf is placed on top of each muffin as a garnish. The background is softly blurred, showing more of the tablecloth and a few scattered basil leaves.

**EGG BROCCOLI &
HAM MUFFINS**

EGG BROCCOLI & HAM MUFFINS



Makes: 6
Prep: 5 mins
Cook: 15 mins



Garlic:

Garlic should be crushed or sliced, prior to cooking, in order to ensure maximum allicin production, since allicin is responsible for many of garlic's beneficial effects.

- ½ broccoli
- **1 clove garlic, minced**
- 5 eggs
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

Preheat the oven to 360F (180C).

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 mins, or until eggs have set.

Vegetarian option: replace the ham with feta cheese, Goats cheese or your favourite vegetables.



**SUPERFOOD BREAKFAST
WITH FRIED EGG**

SUPERFOOD BREAKFAST WITH FRIED EGG



Serves: 2
Prep: 5 mins
Cook: 15 mins



Broccoli:

Broccoli is high in many vitamins and minerals, including folate, potassium, manganese, iron, and vitamins C and K1.

- **2 cups (300g) broccoli**
- 1 garlic clove, minced
- 2 tbsp. (20g) pumpkin seeds
- lemon juice
- 2 tbsp. coconut oil
- 1/4 onion, chopped
- 1 tbsp. (20g) dried cranberry
- 4 eggs

Spices:

- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.

Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.

Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If you need, add a little water to avoid burring. At the end of cooking drizzle with lemon juice.

In a separate frying pan heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.



**SWEET POTATO &
ZUCCHINI HASH**

SWEET POTATO & ZUCCHINI HASH



Serves: 4

Prep: 5 mins

Cook: 15 mins



Sweet Potato:

Sweet potatoes are an excellent source of beta-carotene, which can be converted to vitamin A and help support your immune system and gut health.

- **16 oz. (450g) sweet potato, peeled, cut into cubes**
- 2 glove garlic, chopped
- 1 ½ tbsp. coconut oil
- 2 medium zucchini, diced
- 1 onion, diced
- 8 eggs
- handful parsley, chopped
- cayenne pepper, to taste

Cook the sweet potato for 3-4 mins in a pot of boiling water, then drain.

Heat the ½ tbsp. of the oil in a pan, over medium heat. Add the sweet potato, zucchini, onion and garlic, sauté for about 5 mins, until cooked and browned. Season to taste with salt & pepper, and set aside.

Heat the remaining oil in the pan and fry the eggs to your liking.

Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley. Season with cayenne pepper, salt & pepper, to taste and serve.

A top-down view of a white speckled oval plate featuring two halves of a toast. Each half is topped with a layer of tapenade, sliced avocado, a slice of hard-boiled egg, fresh cilantro, and purple microgreens. The plate is garnished with a pile of bean sprouts on the left and a pile of green microgreens on the right. A cup of coffee is partially visible in the top left corner.

**AVOCADO, TAPENADE
& EGG TOAST**

AVOCADO, TAPENADE & EGG TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Avocado:
Avocados are very nutritious and contain a wide variety of nutrients, including 20 different vitamins and minerals.

- **1 ripe avocado**
- 2 eggs, boiled
- 2 slices favourite bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

Boil the egg for 7 mins. Toast the bread.

Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).



**PROTEIN ORANGE
& YOGURT PANCAKES**

PROTEIN ORANGE & YOGURT PANCAKES



Serves: 2
Prep: 5 mins
Cook: 10 mins



Oranges:
Oranges are a healthy source of fiber, vitamin C, thiamine, folate, and antioxidants. They have multiple health benefits.

- 2 tsp. orange peel
- orange slices, to serve
- 2 eggs
- 8 tbsp. (160g) natural yogurt
- 2 tsp. coconut sugar
- 2 tsp. vanilla extract
- 8 tbsp. (120g) spelt flour
- 1 tsp. baking powder
- 1 tsp. coconut oil, melted

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

PRO TIP:

- If avoiding dairy, swap natural yogurt for soy or coconut yogurt.
- Spice up your pancakes with cinnamon or cardamom for a fiery kick



VEGETABLE CURRY SOUP

VEGETABLE CURRY SOUP



Serves: 3
Prep: 15 mins
Cook: 20 mins



Carrots:
Carrots are very high in beta carotene. The absorption is better (up to 6.5-fold) if the carrots are cooked.

- 2 garlic cloves, minced
- **1 carrot, peeled, grated**
- 1 red bell pepper, chopped
- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- 1 tomato, chopped
- 1/3 cup (80ml) plant-based cream (or normal)

In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2-3 more minutes.

Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.

Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.

Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.

A top-down view of a bowl of mushroom soup. The bowl is dark blue with a speckled texture. The soup is a light beige color. In the center, there is a swirl of white cream, several sautéed mushroom slices, and a fresh cilantro leaf. A copper spoon is visible in the bottom right corner. The background is a white marble surface with grey veins. A small portion of a brown paper bag is visible in the bottom left corner.

MUSHROOM SOUP

MUSHROOM SOUP



Serves: 4
Prep: 10 mins
Cook: 35 mins



Carrots:
Carrots are an excellent source of vitamin A in the form of beta carotene. They are also a good source of several B vitamins, as well as vitamin K and potassium.

- **1 small carrot, chopped**
- 2 tbsp. coconut oil
- 1 onion, sliced
- 1/2 leek, chopped
- 5 1/3 cups (500g) mushrooms, sliced
- 1 small parsnip, chopped
- 1 small potato, peeled, cubed
- 2 1/2 cups (600ml) vegetable stock
- scant 1/2 cup (100ml) cream fraiche

In a large pot heat the oil, and sauté the chopped onion and sliced leek for about 3 mins.

Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then. Add the carrot, parsnip and potato. Mix well and cook for 3-4 mins. Season with salt and pepper.

Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 mins. until the vegetables are soft.

Mix with a hand blender until smooth, add cream at the end and serve.



**CHICKEN, ORANGE
AND WALNUT SALAD**

CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Oranges:
Oranges are a rich source of several plant compounds that are responsible for many of their health benefits.

Dressing:

- **2 tbsp. orange juice**
- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1/3 tsp. cinnamon

Salad:

- **1 orange**
- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan – grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.



**LOW CARB
TURKEY SALAD**

LOW CARB TURKEY SALAD



Serves: 5
Prep: 25 mins
Cook: 0 mins



Sesame seeds:
Sesame seeds are a good source of several nutrients crucial for your immune system, including zinc, selenium, copper, iron, vitamin B6, and vitamin E.

Keep in mind that even mild to moderate zinc deficiency can impair immune system activity.

For the salad:

- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- **3 tbsp. toasted sesame seeds**
- 1lb. (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 1/3 cup (30g) almonds, chopped

For the dressing:

- ¼ cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1 tbsp. honey

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.



**ROASTED ROOT VEG
SALAD WITH FETA**

ROASTED ROOT VEG SALAD WITH FETA



Serves: 4
Prep: 10 mins
Cook: 30 mins



Pumpkin seeds:
Pumpkin seeds are full of antioxidants that may help protect against disease and reduce inflammation.

- 2 medium carrots, peeled
- ¼ cup (30g) pumpkin seeds
- 2 medium parsnips, peeled
- 1 lb. (450g) pumpkin, peeled
- 2 tbsp. olive oil
- 4 oz. (120g) rocket
- 2 oz. (50g) feta

Pre-heat the oven to 400F (200C).

Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.

Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 mins (depending on the thickness of the vegetables).

Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.

Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

Protein Boost Tip:

- Serve with grilled chicken breast or thighs



KALE & BROCCOLI SALAD

KALE & BROCCOLI SALAD



Serves: 2
Prep: 5 mins
Cook: 20 mins



Broccoli:
One of broccoli's biggest advantages is its nutrient content. It's loaded with a wide array of vitamins, minerals, fiber and other bioactive compounds.

For the salad:

- ½ head broccoli
- 1 tbsp. olive oil
- 1 ¼ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

For the dressing:

- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

Preheat oven to 400F (200C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.



DETOX SALAD

DETOX SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Avocado:
Avocados are an excellent food, loaded with nutrients, many of which are lacking in the modern diet.

- **1 avocado, peeled, stone removed, cut into cubes**
- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



**TUNA & BROCCOLI SALAD
WITH HONEY VINAIGRETTE**

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Broccoli:
One cup (91 grams) of raw broccoli packs:
Fiber: 2.4 grams
Vitamin C: 135% of the RDI
Vitamin A: 11% of the RDI
Vitamin K: 116% of the RDI
Vitamin B9 (Folate): 14% of the RDI
Potassium: 8% of the RDI

For the salad:

- 100g broccoli
- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



VEGAN SPINACH STEW

VEGAN SPINACH STEW



Serves: 4
Prep: 5 mins
Cook: 20 mins



Spinach:

Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, and calcium.

Lentils:
they're packed with B vitamins, magnesium, zinc and potassium.

- **14 oz. (400g) spinach, fresh**
- **2 cups (400g) lentils, can, drained**
- 2 cloves garlic, chopped
- 2 tbsp. tahini
- 1 tbsp. coconut oil
- 1 ½ cup (300g) chickpeas, can, drained
- ½ cup (15g) parsley, chopped
- ½ cup (15g) basil, chopped
- 1 onion, chopped
- 1 tsp. ground coriander
- 1 tsp. ground cumin
- 2 cups (500ml) vegetable stock

Heat a large pot over medium heat, add the spinach with a splash of water and cook until wilted. Remove from pan and allow to cool.

In the same pot heat the coconut and cook the onion and garlic until frequent and soft.

Add the cumin and coriander powder and mix well, fry together with the onion for another 2 minutes.

Next, add the lentils and pour in the stock. Bring to a boil, reduce the heat and simmer for 10 minutes covered.

Put the spinach together with the parsley and basil in a high-speed blender or food processor and mix until smooth. Stir in the tahini and season with salt and pepper.

Add the spinach mixture and chickpeas to the lentils and warm through to serve.



**SWEET POTATO
PANCAKES**

SWEET POTATO PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10-15 mins



Sweet potato:
Sweet potatoes are starchy root vegetables that are rich in fiber, vitamins, and minerals. They're also high in antioxidants that protect your body from free radical damage and chronic disease.

- **2 cups (300g) sweet potato, grated**
- 1/2 small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- 1/2 tsp. sweet paprika

Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.

Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.

Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion



**EGG & TURKEY
STUFFED PEPPERS**

EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



Red Bell Peppers:

One medium-sized red bell pepper provides 169% of the Reference Daily Intake (RDI) for vitamin C, making it one of the richest dietary sources of this essential nutrient.

- 2 cups (60g) spinach, chopped
- **4 red medium bell peppers**
- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.



CHICKEN ORANGE STIR FRY

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Orange:
Oranges are an excellent source of vitamin C. One large orange provides over 100% of the RDI.

For the Sauce:

- **1 orange, juice only**
- 1/3 cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. siracha (or as needed)
- 1 tbsp. buckwheat flour

For the Stir Fry:

- 1 tbsp. garlic, minced
- 1 red bell pepper, chopped
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- **1 tsp. orange zest**
- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 3 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 3 cups (450g) cooked brown rice

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.



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pure linen.

**TURKEY & BROCCOLI
STIR FRY**

TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Sesame oil:
Sesame oil contains sesamol and sesaminol, two antioxidants that may have powerful effects on your health. Antioxidants are substances that help reduce cell damage caused by free radicals. An accumulation of free radicals in your cells may lead to inflammation and disease

- **2 tsp. sesame oil**
- 100g black rice noodles
- 200g turkey fillet, chopped
- 500g broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2 - 3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



**CHICKPEA, SWEET POTATO
& SPINACH CURRY**

CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Spinach:
Spinach boasts many plant compounds that can improve health, such as lutein, kaempferol, nitrates, quercetin, and zeaxanthin.

- **3 cups (100g) spinach, chopped**
- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned

Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.

A photograph of two glass bottles filled with a bright yellow chicken broth. The bottles are placed on a white and grey striped cloth. In the foreground, there are several sprigs of fresh green herbs, likely thyme, with small leaves and thin stems. The background is slightly blurred, showing more of the striped cloth and the second bottle.

**IMMUNITY BOOSTER
CHICKEN BROTH**

IMMUNITY BOOSTER CHICKEN BROTH



Serves: 4
Prep: 20 mins
Cook: 2 hrs



Garlic:
Garlic is rich in
vitamin C,
vitamin B6 and
manganese.

- 4 garlic cloves
- 1 carrot
- 4.7 inch (12cm) ginger
- 1½ tsp. ground turmeric
- 1 onion
- 2 leeks
- 4 stalks of celery
- 2 stalks lemon grass
- 1 tsp. black peppercorns
- 1 tbsp. peanut oil
- 1 free-range chicken
- 3 litres of tap water
- 4 sprigs thyme
- 2 laurel leaves

Halve the onion and heat a dry non-stick frying pan. Cook the onion, cut side down for 8 minutes on medium heat (the bottom of the onion may become browned).

Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces. Crush the peppercorns with a spoon and peel the ginger and cut into slices.

Heat the oil in a large soup pot and fry the ground turmeric 30 sec. Place the chicken in the pot and pour in the water, then bring to the boil. Scoop off any foam with a spoon.

Next, add in all the vegetables, pepper, thyme, bay leaves and half of the lemongrass, and half of the ginger and gently simmer for 2 hours on low heat. Scrape off any foam with a spoon.

Take the chicken out of the broth and set aside and strain the broth. Allow the broth to cool to room temperature, and then place in the refrigerator so that the fat solidifies, and you can scoop it out with a spoon.

In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes, like pasta, salads or stews.

Put the pot with the broth back on the heat. At this point add the rest of the ginger and lemongrass and let it simmer for 45 minutes on low heat.

Remove the ginger and lemongrass, before serving or allow to cool to room temperature and freeze.



**EASY OAT &
CARROT COOKIES**

EASY OAT & CARROT COOKIES



Makes: 8
Prep: 15 mins
Cook: 15 mins



Carrots:
Carrots are about 10% carbs, consisting of starch, fiber, and simple sugars. They are extremely low in fat and protein.

- **1 medium carrot, grated**
- 1 cup (100g) instant oats
- 2/3 cup (100g) whole-grain flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

Preheat oven to 340F (170C). Mix the oats, flour, baking powder and cinnamon in a bowl.

In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.

Add in the finely grated carrot and mix again.

Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.

Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.

A top-down view of a glass bowl filled with a thick, pinkish-purple chia pudding. The pudding is densely packed with small, dark brown chia seeds. Two fresh strawberries, sliced in half lengthwise, are placed on top of the pudding. The bowl sits on a light-colored, textured surface, possibly a tablecloth. To the left of the bowl is a silver spoon resting on a white plate with a large, stylized leaf pattern. The overall lighting is bright and even.

**STRAWBERRY PROTEIN
CHIA PUDDING**

STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2
Prep: 0 mins
Cook: 10 mins



Strawberries:
Strawberries are an excellent source of vitamin C, an antioxidant necessary for immune and skin health

- **½ cup (100g) frozen strawberries**
- scant 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 cup (50g) chia seeds

Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

PRO TIP:

if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.

A close-up photograph of several strawberry protein muffins. The muffins are baked in paper liners, some white and some yellow. They are topped with fresh strawberries and chocolate chips. The background is a light-colored surface, possibly a table or countertop. The lighting is bright and even, highlighting the texture of the muffins and the freshness of the fruit.

**STRAWBERRY PROTEIN
MUFFINS**

STRAWBERRY PROTEIN MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Strawberries:
Strawberries contain high amounts of beneficial plant compounds and antioxidants, such as pelargonidin, ellagic acid, ellagitannins, and procyanidins.

- **½ cup (100g) strawberries, chopped into small pieces**
- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/4 cup (45g) 75% dark chocolate, chopped

Preheat oven to 350F (180C).

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

NOTE:

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.



**GREEN POWER
SMOOTHIE**

GREEN POWER SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Spinach:
Spinach has a host of benefits. It may reduce oxidative stress, promote eye health, fight cancer, and regulate blood pressure.

- **4 big handfuls spinach**
- 1 kiwi, peeled
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

Add all ingredients into a blender and blitz until smooth.

Serve immediately.

REFERENCES & FURTHER READING

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