



## Tara's Immune Boosting Menu Plan

Created by Healthy Eating Active Living



# Tara's Immune Boosting Menu Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Breakfast</b>	Orange Immune Booster Smoothie	Tara's Blueberry Beet Chia Pudding	Raspberry Lemon Zinger Smoothie	Pineapple Spinach Turmeric Smoothie	Grab & Go: Eggs, Nuts & Seeds, Fruit & Veg	Lentil Porridge	Scrambled Eggs with Peppers, Squash and Kale
	Brazil Nuts						
<b>Lunch</b>	Beef & Bean Minestone	Chicken, Broccoli & Cashew Stir Fry	Roasted Tomato & Lentil Bowl	Sun Dried Tomato & Olive Chicken with Spinach	One Pan Salmon with Green Beans & Roasted Tomato	Curried Turkey Slow Cooker Stew	Ginger Steamed Cod Fillets
				Roasted Veggies			
<b>Dinner</b>	Chicken, Broccoli & Cashew Stir Fry	Roasted Tomato & Lentil Bowl	Sun Dried Tomato & Olive Chicken with Spinach	One Pan Salmon with Green Beans & Roasted Tomato	Curried Turkey Slow Cooker Stew	Ginger Steamed Cod Fillets	Beef & Bean Minestone
			Roasted Veggies				
<b>Snack 3</b>		Golden Turmeric Beverage			Golden Turmeric Beverage		

# Tara's Immune Boosting Menu Plan

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Calories</b> 1416	<b>Calories</b> 1587	<b>Calories</b> 1798	<b>Calories</b> 1582	<b>Calories</b> 1312	<b>Calories</b> 1534	<b>Calories</b> 1398
<b>Fat</b> 62g	<b>Fat</b> 77g	<b>Fat</b> 91g	<b>Fat</b> 96g	<b>Fat</b> 70g	<b>Fat</b> 78g	<b>Fat</b> 65g
<b>Carbs</b> 133g	<b>Carbs</b> 175g	<b>Carbs</b> 162g	<b>Carbs</b> 87g	<b>Carbs</b> 100g	<b>Carbs</b> 120g	<b>Carbs</b> 100g
Fiber 35g	Fiber 53g	Fiber 68g	Fiber 28g	Fiber 32g	Fiber 35g	Fiber 22g
Sugar 43g	Sugar 47g	Sugar 41g	Sugar 44g	Sugar 40g	Sugar 51g	Sugar 51g
<b>Protein</b> 96g	<b>Protein</b> 73g	<b>Protein</b> 109g	<b>Protein</b> 108g	<b>Protein</b> 82g	<b>Protein</b> 103g	<b>Protein</b> 110g
Cholesterol 108mg	Cholesterol 59mg	Cholesterol 117mg	Cholesterol 195mg	Cholesterol 493mg	Cholesterol 142mg	Cholesterol 706mg
Sodium 1529mg	Sodium 1211mg	Sodium 1281mg	Sodium 1340mg	Sodium 972mg	Sodium 1849mg	Sodium 2534mg
Vitamin A 31279IU	Vitamin A 18414IU	Vitamin A 29845IU	Vitamin A 22205IU	Vitamin A 25162IU	Vitamin A 15214IU	Vitamin A 24765IU
Vitamin C 427mg	Vitamin C 268mg	Vitamin C 376mg	Vitamin C 300mg	Vitamin C 81mg	Vitamin C 149mg	Vitamin C 221mg
Calcium 733mg	Calcium 1640mg	Calcium 1380mg	Calcium 1356mg	Calcium 1286mg	Calcium 625mg	Calcium 478mg
Iron 16mg	Iron 24mg	Iron 24mg	Iron 16mg	Iron 15mg	Iron 17mg	Iron 15mg

# Tara's Immune Boosting Menu Plan

92 items

## Fruits

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- 1/2 Apple
- 2 1/3 Avocado
- 1 Banana
- 2 cups Blueberries
- 2 Lemon
- 2 Navel Orange
- 1 cup Pineapple

## Breakfast

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- 2 tbsps All Natural Peanut Butter

## Seeds, Nuts & Spices

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- 3 1/4 tbsps Almonds
- 1 Bay Leaf
- 1/4 tsp Black Pepper
- 1/4 cup Brazil Nuts
- 1/2 cup Cashews
- 3 tbsps Chia Seeds
- 1 1/8 tbsps Cinnamon
- 1 tsp Cumin
- 2 tbsps Curry Powder
- 2 tbsps Ground Flax Seed
- 2/3 cup Hemp Seeds
- 1 1/3 tbsps Italian Seasoning
- 1 tsp Oregano
- 1/2 cup Pumpkin Seeds
- 1/4 cup Raw Peanuts
- 1 2/3 tps Sea Salt
- 1/2 tsp Sea Salt & Black Pepper
- 0 Sea Salt & Black Pepper
- 1/2 cup Sunflower Seeds
- 3 1/8 tbsps Turmeric

## Frozen

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- 1 cup Frozen Berries
- 1 cup Frozen Cauliflower

## Vegetables

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- 11 cups Baby Spinach
- 6 Beet
- 4 cups Broccoli
- 1 cup Butternut Squash
- 5 Carrot
- 3 stalks Celery
- 6 cups Cherry Tomatoes
- 12 cups Collard Greens
- 1/4 cup Garlic
- 10 Garlic
- 2/3 cup Ginger
- 6 cups Green Beans
- 6 stalks Green Onion
- 10 cups Kale Leaves
- 2 cups Mushrooms
- 4 Portobello Mushroom Caps
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 2 cups Red Onion
- 1 1/2 Sweet Onion
- 2 Sweet Potato
- 1 Yellow Bell Pepper
- 1 Yellow Onion
- 5 Zucchini

## Boxed & Canned

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- 4 cups Beef Broth
- 2 cups Chickpeas
- 3 1/2 cups Diced Tomatoes
- 4 cups Green Lentils
- 1 cup Lentils
- 2 cups Mixed Beans
- 3/4 cup Organic Coconut Milk
- 2 cups Organic Vegetable Broth
- 3/4 cup Quinoa
- 1/4 cup Tomato Paste

## Baking

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## Bread, Fish, Meat & Cheese

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- 16 ozs Chicken Breast
- 2 Cod Fillet
- 1 lb Extra Lean Ground Beef
- 20 ozs Salmon Fillet
- 8 ozs Turkey Breast

## Condiments & Oils

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- 1/4 cup Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 tbsps Balsamic Vinegar
- 1/3 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 3/4 cup Pitted Kalamata Olives
- 1 tbsp Rice Vinegar
- 1/2 cup Sun Dried Tomatoes
- 1/4 cup Tamari

## Cold

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- 2 tbsps Butter
- 8 Egg
- 12 3/4 cups Unsweetened Almond Milk

## Other

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- 4 servings Progressive Vegessential
- 3 2/3 cups Water

- 1 cup** Frozen Edamame
- 1 cup** Frozen Mango
- 1/2 cup** Frozen Peas
- 1 cup** Frozen Raspberries

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- 1/4 cup** Cacao Powder
  - 1 cup** Pureed Pumpkin
  - 3 tbsps** Raw Honey
  - 2 tsps** Raw Honey
  - 1 tsp** Vanilla Extract

# Orange Immune Booster Smoothie

11 ingredients · 10 minutes · 2 servings



## Directions

1. Add 2 cups water to the blender. Add all ingredients into your blender and blend very well until creamy.

## Notes

### No Pureed Pumpkin

Use steamed sweet potato or butternut squash instead.

### More Protein

Add hemp seeds

## Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 2 Navel Orange (peeled and sectioned)
- 2 cups Baby Spinach
- 2 tsps Turmeric
- 1/2 tsp Cinnamon
- 1 tbsp Ginger
- 2 tsps Ground Flax Seed
- 1 cup Unsweetened Almond Milk
- 2 servings Progressive Veg Essential
- 2 tsps Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	478	Cholesterol	0mg
<b>Fat</b>	14g	Sodium	114mg
<b>Carbs</b>	57g	Vitamin A	25014IU
Fiber	19g	Vitamin C	227mg
Sugar	24g	Calcium	479mg
<b>Protein</b>	37g	Iron	6mg

# Brazil Nuts

1 ingredient · 5 minutes · 1 serving



## Directions

1. Divide into bowls and enjoy!

## Ingredients

1/4 cup Brazil Nuts

## Nutrition

Amount per serving

<b>Calories</b>	219	Cholesterol	0mg
<b>Fat</b>	22g	Sodium	1mg
<b>Carbs</b>	4g	Vitamin A	0IU
Fiber	3g	Vitamin C	0mg
Sugar	1g	Calcium	53mg
<b>Protein</b>	5g	Iron	1mg

# Tara's Blueberry Beet Chia Pudding

8 ingredients · 3 hours · 2 servings



## Directions

1. Use cooked beets for speed or if you have time place beet in a steamer for 10 minutes until soft
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, and cinnamon. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate overnight
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

## Notes

### Save Time

Buy canned beets. Make sure they are not pickled!

### Topping Ideas

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, almonds or bee pollen.

## Ingredients

- 2 Beet (medium)
- 2 cups Unsweetened Almond Milk
- 1/2 cup Organic Coconut Milk
- 2 cups Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Chia Seeds
- 1/4 cup Hemp Seeds
- 1 cup Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	431	<b>Cholesterol</b>	0mg
<b>Fat</b>	28g	<b>Sodium</b>	254mg
<b>Carbs</b>	40g	<b>Vitamin A</b>	2019IU
<b>Fiber</b>	12g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	21g	<b>Calcium</b>	584mg
<b>Protein</b>	13g	<b>Iron</b>	5mg

# Raspberry Lemon Zinger Smoothie

9 ingredients · 10 minutes · 1 serving



## Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## Notes

### No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

## Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 2** Lemon (squeezed)
- 1 tbsp** Chia Seeds
- 1 serving** Progressive Veg Essential (Or your favourite protein powder)
- 1 1/2 cups** Unsweetened Almond Milk
- 1 stalk** Celery
- 1/3** Avocado
- 2 tbsps** Ginger

## Nutrition

Amount per serving

<b>Calories</b>	553	Cholesterol	0mg
<b>Fat</b>	24g	Sodium	316mg
<b>Carbs</b>	56g	Vitamin A	3654IU
Fiber	28g	Vitamin C	252mg
Sugar	15g	Calcium	939mg
<b>Protein</b>	37g	Iron	4mg

# Pineapple Spinach Turmeric Smoothie

7 ingredients · 5 minutes · 1 serving



## Directions

1. Combine all ingredients together in a blender and blend very well until smooth. Pour into glasses and enjoy!

## Notes

### Storage

Refrigerate in a sealed jar overnight. Shake before drinking.

### No Pineapple

Use mango, peaches or banana instead.

## Ingredients

- 2 cups** Unsweetened Almond Milk
- 1 cup** Pineapple (diced into chunks)
- 1 tbsp** Ginger (peeled and grated)
- 1 serving** Progressive Veg Essential
- 1 tsp** Turmeric (powder)
- 2 tbsps** Coconut Oil
- 2 cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	601	Cholesterol	0mg
<b>Fat</b>	38g	Sodium	373mg
<b>Carbs</b>	38g	Vitamin A	9220IU
Fiber	13g	Vitamin C	221mg
Sugar	17g	Calcium	1088mg
<b>Protein</b>	32g	Iron	5mg

# Grab & Go: Eggs, Nuts & Seeds, Fruit & Veg

5 ingredients · 5 minutes · 1 serving



## Directions

1. No cook meal, just grab, go and eat

## Ingredients

- 2 Egg (hard boiled)
- 3 1/4 tbsps Almonds
- 3 1/4 tbsps Sunflower Seeds
- 1 Carrot
- 1/2 Apple

## Nutrition

Amount per serving

<b>Calories</b>	531	Cholesterol	372mg
<b>Fat</b>	37g	Sodium	186mg
<b>Carbs</b>	31g	Vitamin A	10783IU
Fiber	10g	Vitamin C	8mg
Sugar	15g	Calcium	177mg
<b>Protein</b>	24g	Iron	4mg

# Lentil Porridge

13 ingredients · 25 minutes · 3 servings



## Directions

1. Boil lentils in 2 cups of water for 15-20 minutes until cooked and soft. If any water remain drain it out. This can be done the night before too! Add 2 tbsp coconut oil and stir Add in coconut milk and stir Add seeds, cacao nibs, and spices and stir in. Portion out 1 cup of mixture and add berries and top with almond milk.
2. Make it the night before and you can enjoy in the morning with no work.

## Ingredients

- 1 cup Lentils
- 1/4 cup Sunflower Seeds
- 1/4 cup Pumpkin Seeds
- 2 tbsps Coconut Oil
- 1/4 cup Organic Coconut Milk
- 1/4 cup Cacao Powder (Cacao nibs work great too!)
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 1/2 tsp Turmeric
- 1/4 cup Unsweetened Almond Milk
- 1 cup Frozen Berries
- 2 cups Water
- 1/4 cup Hemp Seeds

## Nutrition

Amount per serving

<b>Calories</b>	462	<b>Cholesterol</b>	0mg
<b>Fat</b>	32g	<b>Sodium</b>	28mg
<b>Carbs</b>	30g	<b>Vitamin A</b>	52IU
<b>Fiber</b>	13g	<b>Vitamin C</b>	15mg
<b>Sugar</b>	7g	<b>Calcium</b>	122mg
<b>Protein</b>	17g	<b>Iron</b>	7mg

# Scrambled Eggs with Peppers, Squash and Kale

6 ingredients · 15 minutes · 2 servings



## Directions

1. Heat the olive oil in a skillet over medium heat. Add the red bell pepper and squash and kale leaves and saute until softened, about 5 to 7 minutes.
2. While the veggies are cooking, crack the eggs into a bowl and season with salt and pepper. Beat gently with a fork until well combined.
3. Push the veggies to one side of the pan, and pour the beaten eggs into the empty side. Use a spatula to scramble, slowly incorporating the veggies once the eggs are no longer very wet.
4. Divide between plates and enjoy!

## Notes

### More Carbs

Serve with roasted potatoes, or sweet potatoes.

### Egg-Free

Use mashed tofu instead of eggs

## Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1 Red Bell Pepper (sliced)
- 2 **cups** Kale Leaves (chopped)
- 6 Egg
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Butternut Squash (buy frozen cubbed squash)

## Nutrition

Amount per serving

<b>Calories</b>	328	<b>Cholesterol</b>	558mg
<b>Fat</b>	18g	<b>Sodium</b>	274mg
<b>Carbs</b>	19g	<b>Vitamin A</b>	16614IU
<b>Fiber</b>	5g	<b>Vitamin C</b>	100mg
<b>Sugar</b>	5g	<b>Calcium</b>	202mg
<b>Protein</b>	22g	<b>Iron</b>	5mg

# Chicken, Broccoli & Cashew Stir Fry

15 ingredients · 45 minutes · 4 servings



## Directions

1. Preheat oven to 350. Sprinkle the chicken with your clean spices of choice (I like salt and pepper). Place on cookie sheet and bake for 30 minutes. Once done, remove from oven and dice into pieces or strips.
2. Meanwhile, add quinoa and water to a medium sized pot. Heat on high until it reaches a boil. Once boiling, cover and reduce to a simmer for 12 to 15 minutes. Once all liquid is absorbed, remove the cooked quinoa from heat, fluff with a fork and set aside.
3. Combine the tamari, honey and vinegar in a bowl and stir until mixed. Set aside.
4. Steam broccoli until bright green (~5 minutes). Do not overcook as this reduces the nutritional value.
5. Heat oil in the skillet. Add the yellow pepper and cook while stirring occasionally for 1 minute. Add the ginger, sweet onion and garlic and cook for another minute. Stir in the broccoli, chicken and tamari mixture. Stir until heated through or until tamari mixture is absorbed.
6. Serve stir fry over a layer of quinoa and garnish with cashews and green onion. Season with sea salt and pepper to taste. Enjoy!

## Ingredients

- 8 ozs Chicken Breast
- 3/4 cup Quinoa
- 1 1/2 cups Water
- 2 tbsps Tamari
- 1 tbsp Raw Honey
- 1 tbsp Apple Cider Vinegar
- 4 cups Broccoli (cut into florets)
- 1 tbsp Coconut Oil
- 1 Yellow Bell Pepper (diced)
- 1/2 Sweet Onion (chopped)
- 1 tbsp Ginger (grated)
- 3 Garlic (cloves, minced)
- 1/2 cup Cashews
- 3 stalks Green Onion (chopped)
- Sea Salt & Black Pepper (to taste)

## Nutrition

Amount per serving

Calories	416	Cholesterol	59mg
Fat	16g	Sodium	574mg
Carbs	45g	Vitamin A	1043IU
Fiber	6g	Vitamin C	170mg
Sugar	9g	Calcium	101mg
Protein	29g	Iron	4mg



# Roasted Tomato & Lentil Bowl

10 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat oven to 425. Line a baking sheet with parchment paper.
2. In a large mixing bowl, combine diced red onion, cherry tomatoes and zucchini. Toss with extra virgin olive oil and season with sea salt and black pepper to taste. Spread vegetables across your baking sheet and place in the oven for 20 minutes. After 20 minutes, change the settings on your oven to broil and broil for 7 to 8 minutes or until tomatoes are slightly blackened.
3. Meanwhile, add kale to the mixing bowl and drizzle with a splash of extra virgin olive oil. Massage the oil into the kale. Heat a large skillet over medium heat and saute the kale until it is wilted. Remove from heat and set aside.
4. Remove roasted veggies from the oven. In a large mixing bowl, toss the veggies with lentils.
5. Divide the kale between bowls. Top with lentil mix, pumpkin seeds and avocado slices. Enjoy!

## Notes

### Storage

Store in the fridge covered for up to 2 days.

### Prep Ahead

Prepare your red onion, cherry tomatoes, green pepper, and kale ahead of time. When ready to eat, roast vegetables, sautee kale, slice avocado and assemble the bowls.

## Ingredients

- 2 cups Red Onion (diced)
- 4 cups Cherry Tomatoes
- 2 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 8 cups Kale Leaves (chopped)
- 4 cups Green Lentils (cooked, drained and rinsed)
- 2 Avocado (sliced)
- 1/4 cup Garlic
- 2 Zucchini
- 1/4 cup Pumpkin Seeds

## Nutrition

Amount per serving

<b>Calories</b>	634	<b>Cholesterol</b>	0mg
<b>Fat</b>	26g	<b>Sodium</b>	140mg
<b>Carbs</b>	81g	<b>Vitamin A</b>	14601IU
<b>Fiber</b>	32g	<b>Vitamin C</b>	75mg
<b>Sugar</b>	14g	<b>Calcium</b>	264mg
<b>Protein</b>	29g	<b>Iron</b>	12mg

# Sun Dried Tomato & Olive Chicken with Spinach

6 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat your oven to 350F and line a baking dish with parchment. Place the chicken in the center of the dish.
2. Place the garlic, kalamata olives, sun dried tomatoes, and olive oil into a small blender or food processor. Process until mostly smooth.
3. Spoon the sun-dried tomato mixture over the chicken breasts and bake for 30 minutes, or until the chicken is cooked through.
4. In the last 10 minutes of cooking, place spinach in a large skillet with 1 to 2 tablespoons of water. Steam over medium heat until wilted.
5. To serve, divide the chicken and spinach between places. Enjoy!

## Notes

### Add Carbs

Serve with pasta, potatoes, rice, or quinoa.

### Leftovers

Keeps well for 2 to 3 days in the fridge.

## Ingredients

- 1 Garlic (clove, peeled)
- 3/4 cup Pitted Kalamata Olives
- 1/2 cup Sun Dried Tomatoes (oil packed or rehydrated)
- 1/4 cup Extra Virgin Olive Oil
- 8 ozs Chicken Breast
- 4 cups Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	521	<b>Cholesterol</b>	117mg
<b>Fat</b>	37g	<b>Sodium</b>	494mg
<b>Carbs</b>	13g	<b>Vitamin A</b>	5948IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	23mg
<b>Sugar</b>	5g	<b>Calcium</b>	125mg
<b>Protein</b>	39g	<b>Iron</b>	7mg

# Roasted Veggies

9 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 375 F and line a baking sheet with parchment paper.
2. Arrange the chopped veggies on the baking sheet. Drizzle with oil, vinegar, oregano, salt and pepper. Toss until everything is well coated.
3. Roast in the oven for 25 to 30 minutes, or until very tender, stirring once about halfway through.
4. Remove from oven and transfer to a bowl. Enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days. Reheat in a skillet or the oven.

### No Mushrooms

Swap in bell peppers or broccoli instead.

### Even Cooking

Chop your vegetables to be approximately the same size to ensure even cooking.

## Ingredients

- 2 Carrot (medium, chopped)
- 2 Zucchini (medium, chopped)
- 2 cups Mushrooms (chopped)
- 2 cups Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil
- 2 tbsps Balsamic Vinegar
- 1 tsp Oregano (dried)
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	90	<b>Cholesterol</b>	0mg
<b>Fat</b>	4g	<b>Sodium</b>	331mg
<b>Carbs</b>	12g	<b>Vitamin A</b>	5642IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	26mg
<b>Sugar</b>	7g	<b>Calcium</b>	52mg
<b>Protein</b>	4g	<b>Iron</b>	1mg

# One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



## Directions

1. Preheat oven to 510. Line a baking sheet with parchment paper.
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

## Notes

### No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

### Vegan

Use roasted chickpeas instead of salmon.

### More Carbs

Serve with quinoa or rice.

### Added Touch

Toss the green beans in balsamic vinegar before serving.

## Ingredients

**4 cups** Green Beans (washed and trimmed)

**2 cups** Cherry Tomatoes

**1 tbsp** Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

**20 ozs** Salmon Fillet

## Nutrition

Amount per serving

<b>Calories</b>	276	<b>Cholesterol</b>	78mg
<b>Fat</b>	13g	<b>Sodium</b>	71mg
<b>Carbs</b>	10g	<b>Vitamin A</b>	1367IU
<b>Fiber</b>	4g	<b>Vitamin C</b>	22mg
<b>Sugar</b>	5g	<b>Calcium</b>	61mg
<b>Protein</b>	31g	<b>Iron</b>	2mg

# Beets & Onions

5 ingredients · 15 minutes · 4 servings



## Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft. Set aside.
2. Prepare avocado oil in a pan over medium heat. Add onion and cook until soft, stirring occasionally.
3. Season the onion with salt and pepper. Add apple cider vinegar and the cooked beet slices. Stir until combined and serve.

## Notes

### Serve it With

Our Portobello Veggie Burgers with Goat Cheese, Orange Beef Stir Fry, or as a side to any main dish.

### Turn it into a Salad

Toss with spinach, goat cheese and sunflower seeds.

### No Avocado Oil

Use olive oil, coconut oil or butter instead.

## Ingredients

4 Beet (peeled and sliced into 1/2 inch pieces)

1 **tbsp** Avocado Oil

1 Sweet Onion (thinly sliced)

Sea Salt & Black Pepper (to taste)

1 **tbsp** Apple Cider Vinegar

## Nutrition

Amount per serving

<b>Calories</b>	94	Cholesterol	0mg
<b>Fat</b>	4g	Sodium	71mg
<b>Carbs</b>	14g	Vitamin A	28IU
Fiber	3g	Vitamin C	8mg
Sugar	10g	Calcium	30mg
<b>Protein</b>	2g	Iron	1mg

# Curried Turkey Slow Cooker Stew

10 ingredients · 6 hours · 6 servings



## Directions

1. Add all ingredients except turkey breasts to the slow cooker and stir well to mix. Then lay turkey on top and season them generously with sea salt and pepper. Cover with lid and cook on low setting overnight or for 6 to 8 hours.
2. After 6 to 8 hours, remove the lid and lift the turkey out onto a plate. Use a fork to shred the turkey breasts and add them back to the slow cooker. Stir well to mix and let sit for 15 minutes.
3. Serve the stew with additional veggies Enjoy!

## Notes

### More Carbs

Serve it over lentils or black beans

### Vegan and Budget-Friendly

Skip the chicken breast and add an extra can of chickpeas, lentils or beans instead.

### Turn it Into a Soup

Double up on the broth.

### More Green Veggies

Right before serving, stir in a few cups of baby spinach or chopped kale just until wilted.

## Ingredients

- 2 Sweet Potato (large, diced)
- 2 cups Chickpeas (cooked, drained and rinsed)
- 1/2 cup Frozen Peas
- 1 tbsps Cumin (ground)
- 2 tbsps Curry Powder
- 2 Garlic (cloves, minced)
- 2 cups Organic Vegetable Broth (or any type of broth)
- 4 Portobello Mushroom Caps (chop)
- 8 ozs Turkey Breast
- 1/2 tsp Sea Salt & Black Pepper

## Nutrition

Amount per serving

<b>Calories</b>	218	<b>Cholesterol</b>	27mg
<b>Fat</b>	3g	<b>Sodium</b>	308mg
<b>Carbs</b>	30g	<b>Vitamin A</b>	6634IU
<b>Fiber</b>	8g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	6g	<b>Calcium</b>	73mg
<b>Protein</b>	20g	<b>Iron</b>	4mg

# Sauteed Collard Greens

3 ingredients · 15 minutes · 4 servings



## Directions

1. Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
2. Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

## Notes

### No Butter

Use olive oil, coconut oil, avocado oil, sesame oil or ghee instead.

### Serve Them With

Crispy Smashed Potatoes and Slow Cooker Rotisserie Chicken.

## Ingredients

**12 cups** Collard Greens (sliced into 1 inch pieces)

**2 tbsps** Butter

**1/8 tsp** Sea Salt (or to taste)

## Nutrition

Amount per serving

<b>Calories</b>	87	<b>Cholesterol</b>	16mg
<b>Fat</b>	6g	<b>Sodium</b>	93mg
<b>Carbs</b>	6g	<b>Vitamin A</b>	5599IU
Fiber	4g	<b>Vitamin C</b>	38mg
Sugar	1g	<b>Calcium</b>	254mg
<b>Protein</b>	3g	<b>Iron</b>	1mg

# Ginger Steamed Cod Fillets

7 ingredients · 15 minutes · 2 servings



## Directions

1. In a large skillet, add tamari, apple cider vinegar, water and grated ginger and stir until combined. Season cod fillets with salt and pepper each side, and place in skillet.
2. Bring to a boil then reduce heat to simmer. Cover for 8 minutes or until fish is mostly opaque.
3. Meanwhile, thinly slice green onions diagonally or into 3-inch lengths. Spread over fish and cook for additional 2 minutes or until fish is completely cooked through.
4. Divide fish and broth into bowls. Enjoy!

## Notes

### Serve it With

Brown rice, quinoa, couscous or cauliflower rice.

### Storage

Refrigerate in an airtight container up to 3 days.

## Ingredients

- 2 **tbsps** Tamari
- 2 **tbsps** Apple Cider Vinegar
- 2 **tbsps** Water
- 1 **tbsp** Ginger (grated)
- 2 Cod Fillet
- Sea Salt & Black Pepper (to taste)
- 3 **stalks** Green Onion

## Nutrition

Amount per serving

<b>Calories</b>	213	<b>Cholesterol</b>	99mg
<b>Fat</b>	2g	<b>Sodium</b>	1133mg
<b>Carbs</b>	4g	<b>Vitamin A</b>	812IU
<b>Fiber</b>	0g	<b>Vitamin C</b>	5mg
<b>Sugar</b>	2g	<b>Calcium</b>	52mg
<b>Protein</b>	43g	<b>Iron</b>	1mg

# Mango, Edamame & Cabbage Salad with Peanut Sauce

9 ingredients · 15 minutes · 2 servings



## Directions

1. In a large salad bowl, whisk together the peanut butter, olive oil, rice vinegar, tamari and honey until well combined.
2. Add remaining ingredients and toss until evenly coated. Enjoy immediately or let marinate overnight.

## Notes

### Nut-Free

Use tahini instead of peanut butter. Top with sesame seeds or hemp hearts instead of peanuts.

### No Cabbage

Use coleslaw mix, mixed greens, kale or spinach instead.

### No Rice Vinegar

Use apple cider vinegar instead.

### Extra Flavour

Add lime juice, red pepper flakes, minced garlic, grated ginger, sliced carrots and/or chopped cilantro.

### Leftovers

Refrigerate in an air-tight container up to 3 to 4 days.

## Ingredients

- 2 **tblsp** All Natural Peanut Butter
- 2 **tblsp** Extra Virgin Olive Oil
- 1 **tblsp** Rice Vinegar
- 1 **1/2 tsp** Tamari
- 2 **tblsp** Raw Honey
- 2 **cups** Purple Cabbage (finely sliced)
- 1 **cup** Frozen Edamame (thawed)
- 1 **cup** Frozen Mango (thawed)
- 1/4 **cup** Raw Peanuts (roughly chopped)

## Nutrition

Amount per serving

<b>Calories</b>	554	Cholesterol	0mg
<b>Fat</b>	35g	Sodium	287mg
<b>Carbs</b>	50g	Vitamin A	2117IU
Fiber	10g	Vitamin C	86mg
Sugar	35g	Calcium	124mg
<b>Protein</b>	20g	Iron	4mg

# Beef & Bean Minestone

15 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In a large pot, heat the oil over medium-high heat. Add ground beef to the pot. With a wooden spoon or spatula, break the beef into small pieces as it cooks. Stir until it is cooked through and no longer pink.
2. Add the onions, carrots, celery, garlic, Italian seasoning and salt. Cook until onions are just translucent, about 7 minutes. Add tomato paste and stir to incorporate.
3. Add the beef broth, diced tomatoes, mixed beans and bay leaf. Stir to incorporate then bring soup to a gentle boil.
4. Stir in the zucchini and the spinach. Reduce heat to a simmer and cook uncovered for about 40 minutes until vegetables are very tender and soup has reduced slightly.
5. Remove the bay leaf. Divide into bowls and enjoy!

## Notes

### Leftovers

Keeps well in the fridge up to 3 days. Store in the freezer for longer.

### No Ground Beef

Use ground turkey or ground chicken instead.

### More Carbs

Stir in cooked pasta or noodles before serving.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **lb** Extra Lean Ground Beef
- 1 Yellow Onion (medium, finely chopped)
- 2 Carrot (medium, chopped)
- 2 **stalks** Celery (finely chopped)
- 4 Garlic (cloves, minced)
- 1 **1/3 tbsps** Italian Seasoning
- 1 **tsp** Sea Salt
- 1/4 **cup** Tomato Paste
- 4 **cups** Beef Broth
- 3 **1/2 cups** Diced Tomatoes (from the can)
- 2 **cups** Mixed Beans (cooked)
- 1 Bay Leaf
- 1 Zucchini (medium, chopped)
- 2 **cups** Baby Spinach

## Nutrition

Amount per serving

<b>Calories</b>	303	Cholesterol	49mg
<b>Fat</b>	10g	Sodium	840mg
<b>Carbs</b>	27g	Vitamin A	5222IU
Fiber	7g	Vitamin C	30mg
Sugar	9g	Calcium	100mg
<b>Protein</b>	25g	Iron	5mg

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# Golden Turmeric Beverage

6 ingredients · 10 minutes · 2 servings



## Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## Notes

### Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### Vegan

Use maple syrup to sweeten instead of honey.

## Ingredients

- 2 **tbsps** Ginger (grated)
- 3 **cups** Unsweetened Almond Milk
- 1 **tbsp** Turmeric (powder)
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Coconut Oil
- 1 **tsp** Raw Honey (optional)

## Nutrition

Amount per serving

<b>Calories</b>	106	<b>Cholesterol</b>	0mg
<b>Fat</b>	7g	<b>Sodium</b>	243mg
<b>Carbs</b>	9g	<b>Vitamin A</b>	751IU
Fiber	3g	<b>Vitamin C</b>	0mg
Sugar	3g	<b>Calcium</b>	691mg
<b>Protein</b>	2g	<b>Iron</b>	3mg