

# Immune Boosting Meals

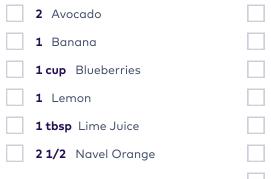
Give your immune system a helping hand with these immunity-boosting recipes that are packed with vitamins and minerals to help you stay healthy.



# CREATED BY LEAGUE MARKETPLACE

# **Grocery List**

# FRUITS



# BREAKFAST

1/2 cup Maple Syrup

# **SEEDS, NUTS & SPICES**

3/4 tsp Black Pepper
1/2 tsp Cardamom
<b>1 cup</b> Cashews
1/4 tsp Cayenne Pepper
2 tbsps Chia Seeds
2 1/4 tsps Cinnamon
1/3 cup Ground Flax Seed
1/2 cup Pumpkin Seeds
<b>1 1/16 tbsps</b> Sea Salt
0 Sea Salt & Black Pepper
<b>1 cup</b> Slivered Almonds
<b>1 1/2 tsps</b> Tumeric
<b>1 cup</b> Walnuts

3	cups Baby Spinach
1	<b>/2 cup</b> Basil Leaves
4	Beet
2	Carrot
1	<b>/2 cup</b> Cherry Tomatoes
1	<b>/4 cup</b> Fresh Dill
6	Garlic
2	2 1/2 tsps Ginger
1	. Green Bell Pepper
1	<b>./4 oz</b> Lemongrass
1	<b>/2 cup</b> Mint Leaves
2	cups Mushrooms
1	<b>.cup</b> Parsley
1	<b>/4 cup</b> Radishes
3	Red Bell Pepper
1	. 1/2 cups Shitake Mushrooms
2	Sweet Potato
1	<b>/4 cup</b> Thai Basil
3	3 Tomato
1	Yellow Bell Pepper
2	<b>1/8</b> Yellow Onion
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**VEGETABLES** 

# 3 cups Chickpeas 3 cups Organic Chicken Broth 1 cup Organic Coconut Milk 1 1/2 cups Quinoa



# BREAD, FISH, MEAT AND CHEESE

<b>1 1/8 lbs</b>	Chicken Breast
1/4 cup	Goat Cheese

# **CONDIMENTS & OILS**

<b>1 tbsp</b> Apple Cider Vinegar
<b>1 tbsp</b> Coconut Aminos
1/2 cup Coconut Oll
<b>1 tsp</b> Dijon Mustard
<b>1/2 cup</b> Extra Virgin Olive Oil
1/3 cup Sauerkraut
<b>1/4 cup</b> Tahini

# COLD

<b>1</b> Egg	
2 1/3 cups	Unsweetened Almond
	Milk

# OTHER

1 tbsp	Bee	e Pollen
3 1/3 c	ups	Water

# BAKING

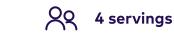
2 tbsps Almond Flour
4 3/4 cups Oats
1/3 cup Organic Raisins
3/4 tsp Pumpkin Pie Spice
11/3 cups Pureed Pumpkin
3 tbsps Raw Honey

# **Blueberry Overnight Oats**



8 ingredients





DIRECTIONS

- Combine oats, almond milk, chia seeds, maple syrup, cinnamon and water together in a large tupperware container. Stir well to mix. Seal and place in the fridge overnight (or for at least 8 hours).
- 2. Remove oats from fridge. Use single-serving size mason jars and place a large spoonful of the oat mix in the bottom of each, then a layer of blueberries followed by a layer of slivered almonds. Repeat until all ingredients are used up. Store in the fridge until ready to eat. Enjoy hot or cold!

#### INGREDIENTS

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1 1/2 cups	Oats	
1 1/2 cups	Unsweetened Almond Milk	
2 tbsps	Chia Seeds	
2 tbsps	Maple Syrup	
1 tsp	Cinnamon	
1/2 cup	Water	
1 cup	Blueberries	
1 cup	Slivered Almonds	

NUTRITION		Amount per serving	
Calories	365	Cholesterol	0mg
Fat	19g	Sodium	74mg
Carbs	42g	Vitamin A	209IU
Fiber	9g	Vitamin C	4mg
Sugar	11g	Calcium	300mg
Protein	12g	Iron	3mg





9 ingredients ٩,





# DIRECTIONS

1. Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

# NOTES

**No Pureed Pumpkin** Use steamed sweet potato instead.

**More Protein** 

Add protein powder, hemp seeds or nut butter.

#### No Maple Syrup

Sweeten with raw honey or soaked dates instead.

1 cup	Pureed Pumpkin	
1	Banana (frozen)	
1/2 tsp	Tumeric	
1/4 tsp	Cinnamon	
1 1/2 tsps	Ginger	
1 tbsp	Ground Flax Seed	
3/4 сир	Unsweetened Almond Milk	
2	Navel Orange (peeled and sectioned)	
1 tbsp	Maple Syrup	

NUTRITION		Amount per serving	
Calories	222	Cholestero	0mg
Fat	3g	Sodium	69mg
Carbs	50g	Vitamin A	19637IU
Fiber	10g	Vitamin C	93mg
Sugar	29g	Calcium	284mg
Protein	5g	Iron	3mg

# Savoury Oats with Fried Egg

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DIRECTIONS

- **1.** Heat half of the oil over medium-high heat in a small pot. Add onions and garlic to the pot and saute for 2 to 3 minutes or until the onions have softened. Stir in salt and pepper.
- **2.** Add the oats to the pot and stir to combine with the onions. Add water and reduce heat to medium-low. Simmer for about 10 to 12 minutes or until oats are tender. Stir occasionally to prevent oats from burning.
- 3. While oats are cooking, heat remaining oil in a frying pan with a lid over medium heat. Add the tomatoes then stir to coat with oil. Cover pan with the lid and cook for 4 to 5 minutes shaking the pan occasionally until tomatoes start to wrinkle. Remove the lid, add spinach and cook until wilted. Remove tomatoes and spinach from the pan and set aside.
- 4. Place the skillet back over medium heat and cook the egg to your liking.
- 5. To serve, transfer the oats to a bowl and top with veggies and egg. Season with additional salt and black pepper if needed. Enjoy immediately.

# NOTES

#### **No Spinach**

Use another leafy green like kale.

2 tbsps	Extra Virgin Olive Oil (divided)		
1/8	Yellow Onion (finely chopped)		
1	Garlic (clove, minced)		
1/4 tsp	Sea Salt		
1/4 tsp	Black Pepper		
1/3 cup	Oats (rolled)		
1 cup	Water		
1/2 cup	Cherry Tomatoes		
1 cup	Baby Spinach		
1	Egg		

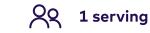
NUTRITION		Amount per serving	
Calories	446	Cholesterol	168mg
Fat	34g	Sodium	697mg
Carbs	25g	Vitamin A	3707IU
Fiber	5g	Vitamin C	21mg
Sugar	4g	Calcium	116mg
Protein	12g	Iron	3mg





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5 minutes



DIRECTIONS

**1.** Place avocado chunks into a bowl, drizzle with honey and top with bee pollen. Serve immediately and enjoy!

# NOTES

No Honey

Use maple syrup instead.

#### No Bee Pollen

Omit or use hemp seeds or sunflower seeds instead.

## INGREDIENTS

1	Avocado (peeled and cubed)
1 tbsp	Raw Honey
1 tbsp	Bee Pollen

#### NUTRITION

			-
Calories	422	Cholesterol	0mg
Fat	29g	Sodium	14mg
Carbs	41g	Vitamin A	293IU
Fiber	15g	Vitamin C	20mg
Sugar	21g	Calcium	24mg
Protein	6g	Iron	1mg

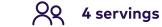


# **Chopped Bell Peppers**



3 ingredients





# DIRECTIONS

1. Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

# NOTES

#### Storage

Refrigerate in an airtight container up to 3 - 4 days.

# **INGREDIENTS**

1	Yellow Bell Pepper
1	Green Bell Pepper
1	Red Bell Pepper

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# NUTRITION

Calories

	0
Cholesterol	0mg

Fat	0g	Sodium	3mg
Carbs	6g	Vitamin A	1135IU
Fiber	2g	Vitamin C	147mg
Sugar	2g	Calcium	10mg
Protein	1g	Iron	0mg

# **Pumpkin Spice Granola**









40 minutes QQ 12 servings

# DIRECTIONS

- 1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2. Mix the oats, walnuts, pumpkin seeds, ground flax seed, sea salt, pumpkin pie spice and cinnamon together in a large bowl. Stir well to mix.
- 3. In a pot, combine the coconut oil, maple syrup and pureed pumpkin. Place over medium-low heat and whisk until all ingredients are well distributed and it is warmed through (about 2 to 5 minutes). Pour it over the dry ingredients and mix with a spatula. Spread across the baking sheet and bake for 25 to 30 minutes, or until golden brown. Rotate the pan at the halfway point. (Note: Don't stir as this will break up the clusters.)
- 4. Remove the granola from the oven and let cool completely. It may seem wet, but it will crisp up as it cools.
- 5. Divide into bowls or store sealed in a jar until ready to use. Enjoy!

# NOTES

#### Leftovers

Stores well in an airtight container up to a week. Freezes well for longer.

#### **No Walnuts**

Use pecans or slivered almonds instead.

#### Nut-Free

Skip the nuts and add extra pumpkin seeds.

#### Serve it With

Oatmeal, yogurt, almond milk and/or chopped apples with cinnamon.

3 cups	Oats (rolled)
1 cup	Walnuts (chopped)
1/2 cup	Pumpkin Seeds
1/4 cup	Ground Flax Seed
1/4 tsp	Sea Salt
3/4 tsp	Pumpkin Pie Spice
1/2 tsp	Cinnamon
1/4 cup	Coconut Oil
1/3 cup	Maple Syrup
1/3 cup	Pureed Pumpkin

NUTRITION		Amount per serving	
Calories	242	Cholesterol	0mg
Fat	15g	Sodium	53mg
Carbs	23g	Vitamin A	1062IU
Fiber	4g	Vitamin C	0mg
Sugar	6g	Calcium	39mg
Protein	6g	Iron	2mg



# **Mushroom Garlic Quinoa**







# DIRECTIONS

- 1. Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 2. While the quinoa cooks, heat olive oil in a saucepan over medium heat. Saute sliced mushrooms until soft. Add garlic and saute for another 1 to 2 more minutes.
- 3. In a bowl, combine mushrooms with guinoa and season with salt and pepper. Enjoy!

# **INGREDIENTS**

1 cup	Quinoa (uncooked)
1 3/4 cups	Water
1 1/2 tsps	Extra Virgin Olive Oil
2 cups	Mushrooms (thinly sliced)
2	Garlic (cloves, minced)
	Sea Salt & Black Pepper (to taste)

# NUTRITION

Calories	181	Cholesterol	0mg
Fat	4g	Sodium	7mg
Carbs	29g	Vitamin A	6IU
Fiber	Зg	Vitamin C	1mg
Sugar	1g	Calcium	34mg
Protein	7g	Iron	2mg

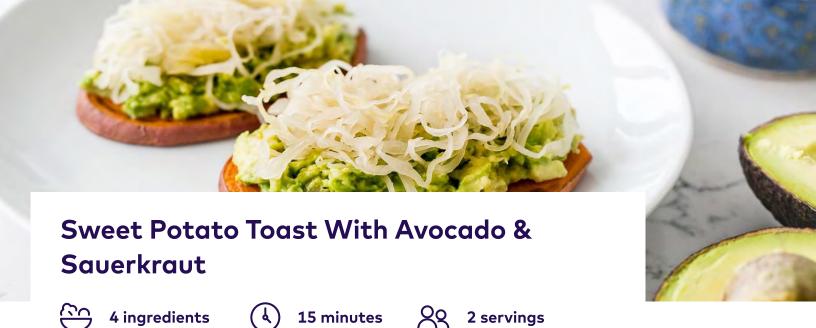
# NOTES

#### Leftovers

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

#### **Freezer Tip**

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.



# DIRECTIONS

- Pop the sweet potato slices into the toaster and toast two to three times. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 to 6 minutes per side, or until golden brown.
- **2.** Top the sweet potato toasts with mashed avocado and sauerkraut. Season with sea salt. Enjoy!

# INGREDIENTS

2	Sweet Potato (small, ends trimmed, sliced lengthwise)
1	Avocado (peeled and mashed)
1/3 cup	Sauerkraut
1/4 tsp	Sea Salt

Amount per serving

# NOTES

#### Add Greens

Add a layer of baby spinach before you spread on the avocado.

#### **Guacomole Lover**

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

#### No Sweet Potato

Use bread, crackers, crispbread, pita or tortillas instead.

#### Storage

Best enjoyed immediately but can be refrigerated in an airtight container up to 3 days.

#### NUTRITION

Calories	278	Cholesterol Omg
Fat	15g	Sodium 531mg
Carbs	36g	Vitamin A 18594IU
Fiber	11g	Vitamin C 17mg
Sugar	7g	Calcium 58mg
Protein	4g	Iron 2mg

# **Citrus Beet Salad**

**13 ingredients** 

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# DIRECTIONS

- 1. Preheat the oven to 375°F (190°C). Wrap the beets in foil and bake for 35 to 45 minutes, or until tender when pierced with a fork.
- 2. Remove the beets from the oven and once they have cooled, rinse them under cold water and peel them. Once they are peeled, thinly slice them.
- 3. Cook your quinoa on the stove according to package directions, and set aside.
- 4. Make the dressing by combining the olive oil, orange juice, apple cider vinegar, dijon, salt and pepper in a jar. Mix well.
- 5. Add the baby spinach to a bowl and top with beets, quinoa, radishes, carrots, chickpeas, goat cheese, and mint. Drizzle dressing over top and enjoy!

# NOTES

#### **Prep Ahead and Save Time**

The beets and quinoa can be prepped in advance to make assembling this salad much faster.

#### **Dairy-Free**

Omit the goat cheese.

#### No Chickpeas

Use another protein instead such as tofu or cooked, diced chicken breast.

#### No Quinoa

Use rice instead.

#### Leftovers

Store in an airtight container in the fridge up to 3-4 days and enjoy cold.

# INGREDIENTS

4	Beet (medium, cut in quarters)
1/2 cup	Quinoa (uncooked, dry)
2 tbsps	Extra Virgin Olive Oll
1/2	Navel Orange (juiced)
1 tbsp	Apple Cider Vinegar
1 tsp	Dijon Mustard
	Sea Salt & Black Pepper (to taste)
2 cups	Baby Spinach
1/4 сир	Radishes (finely sliced)
2	Carrot (medium, peeled into ribbons)
1 cup	Navel Orange (juiced)
1/4 сир	Goat Cheese (crumbled)
1/2 сир	Mint Leaves (chopped)

# NUTRITION

Calories	288	Cholesterol	3mg
Fat	11g	Sodium	151mg
Carbs	40g	Vitamin A	6723IU
Fiber	9g	Vitamin C	23mg
Sugar	11g	Calcium	90mg
Protein	10g	Iron	4mg

# **Moroccan Chicken Stew**









# DIRECTIONS

- 1. Heat coconut oil over medium heat in a large pot or saucepan. Add chicken, onion, turmeric, cinnamon, cardamom, cayenne and salt. Cook for 15 minutes, stirring occasionally.
- 2. Stir in tomatoes, half the parsley, honey and raisins. Cover and cook for another 15 minutes, until chicken is cooked through and sauce is thick.
- 3. Uncover and serve immediately. Garnish with remaining parsley. Enjoy!

# NOTES

#### Serve it With

Crusty bread, brown or white rice, quinoa, brown rice tortillas, roasted squash, or sweet potato.

#### Storage

Refrigerate in an airtight container up to 3 days, or freeze if longer.

#### Make it Vegan or Vegetarian

Use chickpeas instead of chicken and maple syrup instead of honey.

## INGREDIENTS

1/4 cup	Coconut Oil	
10 ozs	Chicken Breast (skinless, boneless, diced into chuncks)	
2	Yellow Onion (medium, diced)	
1 tsp	Tumeric	
1/2 tsp	Cinnamon	
1/2 tsp	Cardamom	
1/4 tsp	Cayenne Pepper	
1 1/2 tsps	Sea Salt	
3	Tomato (large, diced)	
1/2 cup	Parsley (finely chopped and divided)	
2 tbsps	Raw Honey	
1/3 cup	Organic Raisins	

#### NUTRITION

Calories	341	Cholesterol	73mg
Fat	16g	Sodium	967mg
Carbs	29g	Vitamin A	1948IU
Fiber	4g	Vitamin C	30mg
Sugar	22g	Calcium	52mg
Protein	24g	Iron	2mg

# **Falafel Stuffed Peppers**

**15 ingredients** 



1 hour 10 minutes 2 4 servings



# DIRECTIONS

- 1. Preheat oven to 400°F (204°C).
- 2. Combine cashews, chickpeas, garlic, almond flour, basil, parsley, olive oil, sea salt and black pepper together in a food processor. Blend until you achieve a smooth consistency.
- 3. Slice bell peppers in half and carve out the seeds. Fill each half evenly with the falafel mixture. Place on a baking sheet lined with parchment paper. Bake in the oven for 50 minutes.
- 4. Meanwhile, create your tahini dill sauce by combining tahini, almond milk, lemon juice, dill and water in the food processor. Pulse until smooth. Transfer into a jar and set aside.
- 5. Remove peppers from the oven. Let cool for 5 minutes then drizzle with tahini dill sauce. Enjoy!

# NUTRITION

Amount per serving

Calories	365	Cholesterol	0mg
Fat	19g	Sodium	74mg
Carbs	42g	Vitamin A	209IU
Fiber	9g	Vitamin C	4mg
Sugar	11g	Calcium	300mg
Protein	12g	Iron	3mg

1 cup	Cashews
2 cups	Chickpeas (cooked, drained and rinsed)
2	Garlic (cloves, minced)
2 tbsps	Almond Flour
1/2 cup	Basil Leaves (chopped)
1/2 cup	Parsley (chopped)
3 tbsps	Extra Virgin Olive Oll
1 tsp	Sea Salt
1/2 tsp	Black Pepper
2	Red Bell Pepper
1/4 cup	Tahini
2 tbsps	Unsweetened Almond Milk
1	Lemon (juiced)
1/4 cup	Fresh Dill
2 tbsps	Water



## DIRECTIONS

- In a pot over medium heat, add the coconut oil, garlic and ginger. Sauté for 1 minute. Then add the broth, coconut aminos and lemongrass. Bring to a simmer, reduce heat to medium-low and cook for 15 to 20 minutes.
- Add the chicken and mushrooms and cook for 10 minutes or until the chicken is cooked through. Remove from heat. Remove the lemongrass stalks and discard. Add the coconut milk and lime juice. Stir to combine.
- 3. Divide into bowls and garnish with basil. Enjoy!

### NOTES

Leftovers Refrigerate in an airtight container for up to 3 days.

#### **Additional Toppings**

Add leafy greens such as spinach or kale.

#### **No Lemongrass**

Use extra lime juice instead.

No Coconut Aminos Use tamari or soy sauce instead.

#### No Thai Basil

Use regular basil, cilantro or mint instead.

#### INGREDIENTS

1 1/2 tsps	Coconut Oil
2 cups	Garlic (clove, minced)
1 tsp	Ginger (minced)
3 cups	Organic Chicken Broth
1 tbsp	Coconut Aminos
1/4 oz	Lemongrass (peeled, chopped into large pieces)
8 ozs	Chicken Breast (skinless, boneless, chopped into cubes)
1 1/2 cups	Shitake Mushrooms (sliced)
1 cup	Organic Coconut Milk (canned)
1 tbsp	Lime Juice
1/4 сир	Thai Basil (chopped)

#### NUTRITION

Calories	513	Cholesterol 125mg
Fat	29g	Sodium 1615mg
Carbs	42g	Vitamin A 327IU
Fiber	2g	Vitamin C 4mg
Sugar	9g	Calcium 42mg
Protein	41g	Iron 2mg