



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



65 ingredients

FRUITS

- 2 Avocado
- 1 Banana
- 1 cup Blueberries
- 1 Lemon
- 1 tbsp Lime Juice
- 2 1/2 Navel Orange

BREAKFAST

- 1/2 cup Maple Syrup

SEEDS, NUTS & SPICES

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

VEGETABLES

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

BOXED & CANNED

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

BREAD, FISH, MEAT AND CHEESE

- 1 1/8 lbs Chicken Breast
- 1/4 cup Goat Cheese

CONDIMENTS & OILS

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

COLD

- 1 Egg
- 2 1/3 cups Unsweetened Almond Milk

OTHER

- 1 tbsp Bee Pollen
- 3 1/3 cups Water

BAKING

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



Blueberry Overnight Oats



8 ingredients



8 hours



4 servings

DIRECTIONS

1. 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

- 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



Orange Immunity Booster Smoothie



9 ingredients



10 minutes



2 servings

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.

INGREDIENTS

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

NUTRITION

Amount per serving

Calories	222	Cholesterol	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



10 ingredients



20 minutes



1 serving

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.

INGREDIENTS

- 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



Avocado with Honey & Bee Pollen



3 ingredients



5 minutes



1 serving

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

Amount per serving

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



5 minutes



4 servings

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

NUTRITION

Amount per serving

Calories	26	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



10 ingredients



40 minutes



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.

INGREDIENTS

- 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



6 ingredients



20 minutes



4 servings

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 quinoa and season with salt and pepper. Enjoy!

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.

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

Amount per serving

Calories	181	Cholesterol	0mg
Fat	4g	Sodium	7mg
Carbs	29g	Vitamin A	6IU
Fiber	3g	Vitamin C	1mg
Sugar	1g	Calcium	34mg
Protein	7g	Iron	2mg



Sweet Potato Toast With Avocado & Sauerkraut



4 ingredients



15 minutes



2 servings

DIRECTIONS

1. 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!

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.

INGREDIENTS

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

NUTRITION

Amount per serving

Calories	278	Cholesterol	0mg
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



1 hour



4 servings

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 Oil
- 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 cup Radishes (finely sliced)
- 2 Carrot (medium, peeled into ribbons)
- 1 cup Navel Orange (juiced)
- 1/4 cup Goat Cheese (crumbled)
- 1/2 cup Mint Leaves (chopped)

NUTRITION

Amount per serving

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



12 ingredients



30 minutes



4 servings

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 chunks)
- 2 Yellow Onion (medium, diced)
- 1 tsp Turmeric
- 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

Amount per serving

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



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!

INGREDIENTS

- 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 Oil
- 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

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



Thai Chicken & Mushroom Soup



11 ingredients



40 minutes



2 servings

DIRECTIONS

1. 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.
2. 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 **cup** Thai Basil (chopped)

NUTRITION

Amount per serving

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