IMMUNITY BOOSTER MEAL PLAN

Created by GINSEN-LONDON

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HELLO AND WELCOME!

Thank you for trusting us with your journey to better health and wellness. We are so excited to share this IMMUNITY BOOSTER MEAL PLAN with you and I hope you will love it.

The best thing you can do to maintain your immune system is to adopt healthy living strategies that will benefit the entire body, including your immune system. **These strategies might include:**

- Eating a diet rich in fruits and vegetables
- Drink plenty of water
- Exercising regularly
- Stop smoking
- Drinking alcohol only in moderation
- Getting enough sleep
- Avoiding infection through regular hand washing
- Reducing stress

Best foods to boost the immune system

A healthful, balanced diet plays a vital role in staying well. The following foods may help to boost the immune system:

1. Blueberries
2. Dark chocolate
3. Turmeric
4. Oily fish
5. Broccoli
6. Sweet potatoes
7. Spinach
8. Ginger
9. Garlic
10. Green tea
11. Almonds
12. Oranges or kiwifruit

LEFTOVERS

You will note some recipes are in a lighter font on the weekly meal plan – this indicates that it is a meal that repeats, and you should still have leftovers for the meal and don't have to prepare the meal fresh (depending on how many servings you have already used).

We cannot wait to see your dishes and here your feedback.

Please reach out if you have any questions.

Much love,
The Ginsen-London team

IMMUNITY BOOSTER MEAL PLAN

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Spinach, Feta & Olive Omelette	Banana Cinnamon Smoothie	Golden Smoothie Whey Protein Powder	Spinach, Feta & Olive Omelette	Banana Cinnamon Smoothie	Spinach, Feta & Olive Omelette	Golden Smoothie Whey Protein Powder
Snack 1	Crackers & Avocado	Vanilla Coconut Cups	Vanilla Coconut Cups	Crackers & Avocado	Vanilla Coconut Cups	Nectarine & Almonds	Nectarine & Almonds
Lunch	Turkey, Avocado & Hummus Wrap	Edamame, Cranberry & Feta Salad	Turkey, Avocado & Hummus Wrap	Cold Noodle Salad with Tahini Dressing	Edamame, Cranberry & Feta Salad	Turkey, Avocado & Hummus Wrap	Cold Noodle Salad with Tahini Dressing
Snack 2	Nectarine & Almonds	Orange & Dark Chocolate	Kiwi & Grapes	Orange & Dark Chocolate	Kiwi & Grapes Almonds	Crackers & Avocado	Orange & Dark Chocolate
Dinner	Honey Dijon Chicken with Cauliflower & Peas	Salmon with Herb Sauce Quinoa	Coconut Curried Shrimp with Broccoli Sweet Potato Flatbread	Salmon with Herb Sauce Quinoa	Coconut Curried Shrimp with Broccoli Sweet Potato Flatbread	Honey Dijon Chicken with Cauliflower & Peas	Salmon with Herb Sauce Quinoa
Snack 3	Green Tea	Iced Green Tea Lemonade	Green Tea	Iced Green Tea Lemonade	Green Tea	Iced Green Tea Lemonade	Green Tea

IMMUNITY BOOSTER MEAL PLAN

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	2019	**Calories**	2035	**Calories**	2007	**Calories**	2064	**Calories**	2087	**Calories**	2042	**Calories**	2161
Fat	121g	**Fat**	112g	**Fat**	108g	**Fat**	117g	**Fat**	115g	**Fat**	121g	**Fat**	115g
Carbs	142g	**Carbs**	168g	**Carbs**	171g	**Carbs**	177g	**Carbs**	170g	**Carbs**	148g	**Carbs**	197g
Fiber	30g	Fiber	38g	Fiber	35g	Fiber	26g	Fiber	43g	Fiber	30g	Fiber	34g
Protein	100g	**Protein**	104g	**Protein**	107g	**Protein**	77g	**Protein**	114g	**Protein**	100g	**Protein**	97g
Vitamin A	8097IU	Vitamin A	4149IU	Vitamin A	4312IU	Vitamin A	14065IU	Vitamin A	4758IU	Vitamin A	8098IU	Vitamin A	9255IU
Calcium	434mg	Calcium	786mg	Calcium	339mg	Calcium	561mg	Calcium	904mg	Calcium	435mg	Calcium	480mg
Iron	15mg	Iron	16mg	Iron	14mg	Iron	18mg	Iron	12mg	Iron	15mg	Iron	21mg
Vitamin B6	2.5mg	Vitamin B6	2.8mg	Vitamin B6	1.7mg	Vitamin B6	2.6mg	Vitamin B6	1.4mg	Vitamin B6	2.5mg	Vitamin B6	2.7mg
Vitamin B12	3.0µg	Vitamin B12	5.8µg	Vitamin B12	0.4µg	Vitamin B12	5.8µg	Vitamin B12	1.2µg	Vitamin B12	3.0µg	Vitamin B12	4.6µg
Zinc	10mg	Zinc	9mg	Zinc	6mg	Zinc	8mg	Zinc	10mg	Zinc	10mg	Zinc	7mg

IMMUNITY BOOSTER MEAL PLAN

72 items

Fruits

- [ ] **2 1/4** Avocado
- [ ] **3** Banana
- [ ] **111 grams** Blueberries
- [ ] **184 grams** Grapes
- [ ] **2** Kiwi
- [ ] **1 1/2** Lemon
- [ ] **33 milliliters** Lemon Juice
- [ ] **1 1/2** Lime
- [ ] **3** Navel Orange
- [ ] **3** Nectarine
- [ ] **92 grams** Raspberries

Breakfast

- [ ] **2.4 liters** Green Tea
- [ ] **10 grams** Maple Syrup

Seeds, Nuts & Spices

- [ ] **143 grams** Almonds
- [ ] **24 grams** Chia Seeds
- [ ] **1 gram** Cinnamon
- [ ] **6 grams** Curry Powder
- [ ] **13 grams** Ground Flax Seed
- [ ] **500 milligrams** Oregano
- [ ] **9 grams** Sea Salt
- [ ] **0** Sea Salt & Black Pepper
- [ ] **6 grams** Turmeric

Frozen

- [ ] **3** Brown Rice Tortilla
- [ ] **465 grams** Frozen Edamame
- [ ] **160 grams** Frozen Peas
- [ ] **330 grams** Frozen Pineapple
- [ ] **4** Ice Cubes

Vegetables

- [ ] **135 grams** Baby Spinach
- [ ] **182 grams** Broccoli
- [ ] **1** Carrot
- [ ] **1/4 head** Cauliflower
- [ ] **2** Garlic
- [ ] **12 grams** Ginger
- [ ] **6 grams** Mint Leaves
- [ ] **68 grams** Parsley
- [ ] **401 grams** Purple Cabbage
- [ ] **29 grams** Radishes
- [ ] **1/3** Sweet Potato
- [ ] **1/2** Yellow Onion
- [ ] **1** Zucchini

Boxed & Canned

- [ ] **1 1/2** Anchovy
- [ ] **100 grams** Buckwheat Soba Noodles
- [ ] **697 milliliters** Canned Coconut Milk
- [ ] **82 grams** Chickpeas
- [ ] **485 milliliters** Lite Coconut Milk
- [ ] **128 grams** Quinoa
- [ ] **150 grams** Whole Grain Crackers

Baking

- [ ] **53 grams** All Purpose Gluten-Free Flour
- [ ] **75 grams** Dark Chocolate
- [ ] **61 grams** Dried Unsweetened Cranberries
- [ ] **11 grams** Gelatin
- [ ] **47 grams** Honey
- [ ] **16 grams** Raw Honey
- [ ] **4 milliliters** Vanilla Extract

Bread, Fish, Meat & Cheese

- [ ] **454 grams** Chicken Leg, Bone-In
- [ ] **131 grams** Feta Cheese
- [ ] **92 grams** Hummus
- [ ] **425 grams** Salmon Fillet
- [ ] **340 grams** Shrimp
- [ ] **360 grams** Sliced Turkey Breast

Condiments & Oils

- [ ] **25 milliliters** Coconut Oil
- [ ] **23 grams** Dijon Mustard
- [ ] **133 milliliters** Extra Virgin Olive Oil
- [ ] **50 grams** Pitted Kalamata Olives
- [ ] **10 milliliters** Sesame Oil
- [ ] **30 grams** Tahini
- [ ] **18 grams** Tamari

Cold

- [ ] **6** Egg
- [ ] **13 grams** Ghee

Other

- [ ] **49 grams** Vanilla Protein Powder
- [ ] **785 milliliters** Water
- [ ] **2 servings** Whey Protein Powder

Spinach, Feta & Olive Omelette

7 ingredients · 10 minutes · 1 serving

Directions

1. In a non-stick skillet over medium heat, add half the ghee. Once melted, add the spinach and cook until just wilted. Remove and set aside.
2. In a bowl, mix together eggs, sea salt and black pepper. Whisk until frothy.
3. Add the remaining ghee to the skillet. Pour the egg mixture into the skillet and let it cook until almost set. Place the spinach, olives and feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Garnish with parsley, if using, and enjoy!

Notes

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

Dairy-Free
Omit the feta and use a dairy free cheese instead. Use coconut oil instead of ghee.

No Olives
Use sun dried tomatoes instead.

Additional Toppings
Top with additional feta cheese, pine nuts, or your favorite fresh herbs.

Ingredients

4 grams Ghee (divided)

45 grams Baby Spinach

2 Egg

Sea Salt & Black Pepper (to taste)

17 grams Pitted Kalamata Olives

19 grams Feta Cheese (crumbled)

8 grams Parsley (optional, finely chopped, for topping)

Nutrition

Amount per serving

Calories	262	Calcium	218mg
Fat	20g	Iron	5mg
Carbs	5g	Vitamin B6	0.4mg
Fiber	2g	Vitamin B12	1.2µg
Protein	17g	Zinc	2mg
Vitamin A	5534IU		

Banana Cinnamon Smoothie

7 ingredients · 5 minutes · 1 serving

Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glasses and enjoy!

Notes

No Protein Powder
Use hemp seeds with vanilla extract instead.

Leftovers
Store in a mason jar with a lid in the fridge up to 24 hours. Shake well before drinking.

Make it Green
Add spinach.

Ingredients

24 grams Vanilla Protein Powder

7 grams Ground Flax Seed

12 grams Chia Seeds

1 Banana (frozen)

2 Ice Cubes

237 milliliters Water

650 milligrams Cinnamon

Nutrition

Amount per serving

Calories	287	Calcium	227mg
Fat	7g	Iron	2mg
Carbs	36g	Vitamin B6	0.6mg
Fiber	9g	Vitamin B12	0.6µg
Protein	24g	Zinc	2mg
Vitamin A	77IU		

Golden Smoothie

6 ingredients · 5 minutes · 1 serving

Directions

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

Notes

No Zucchini
Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger
Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

242 milliliters Lite Coconut Milk

165 grams Frozen Pineapple

1/2 Banana (frozen)

1/2 Zucchini (chopped and peeled, frozen)

3 grams Ginger (fresh, minced)

3 grams Turmeric

Nutrition

Amount per serving

Calories	314	Calcium	46mg
Fat	16g	Iron	3mg
Carbs	44g	Vitamin B6	0.6mg
Fiber	6g	Vitamin B12	0µg
Protein	3g	Zinc	1mg
Vitamin A	329IU		

Whey Protein Powder

1 ingredient · 5 minutes · 1 serving

Directions

1. Mix one serving of your Whey protein powder of choice into the smoothie or milk as on the meal plan.

Ingredients

1 serving Whey Protein Powder

Nutrition

Amount per serving

Calories	120	Calcium	0mg
Fat	2g	Iron	5mg
Carbs	2g	Vitamin B6	0mg
Fiber	2g	Vitamin B12	0µg
Protein	30g	Zinc	0mg
Vitamin A	0IU		

Crackers & Avocado

3 ingredients · 10 minutes · 1 serving

Directions

1. Mash the avocado onto the crackers and sprinkle with salt and pepper to taste. Enjoy!

Notes

Make it Paleo
Use grain-free flax crackers instead.

More Protein
Top with hemp seeds, sliced hard boiled egg, or smoked salmon.

Ingredients

50 grams Whole Grain Crackers

1/4 Avocado

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	321	Calcium	13mg
Fat	18g	Iron	2mg
Carbs	38g	Vitamin B6	0.2mg
Fiber	5g	Vitamin B12	0µg
Protein	5g	Zinc	1mg
Vitamin A	76IU		

Vanilla Coconut Cups

7 ingredients · 3 hours · 3 servings

Directions

1. In a medium bowl, add 1/4 of the coconut milk mixture and then sprinkle the gelatin on top. Let it sit for 2 to 3 minutes. Do not mix.
2. In a small pot over medium-low heat, add the remaining coconut milk and honey. Whisk to combine. Allow it to heat through for 2 to 3 minutes or until warm. Do not let it boil.
3. Add the warm coconut milk to the gelatin mix and use a whisk to mix as you pour. Add the vanilla and sea salt and stir to combine.
4. Place a sieve over the top of your jars and pour the mixture into the jars through the sieve. This will ensure there are no clumps of gelatin remaining. Store the jars in the fridge for two hours to set. Serve with berries and enjoy!

Notes

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

No Honey
Use maple syrup or another sweetener of your choice.

No Berries
Use another type of fruit instead.

Ingredients

455 milliliters Canned Coconut Milk (full fat, divided)

11 grams Gelatin

5 grams Honey

4 milliliters Vanilla Extract

1 gram Sea Salt

111 grams Blueberries (for topping)

92 grams Raspberries (for topping)

Nutrition

Amount per serving

Calories	325	Calcium	16mg
Fat	27g	Iron	0mg
Carbs	14g	Vitamin B6	0mg
Fiber	3g	Vitamin B12	0µg
Protein	6g	Zinc	0mg
Vitamin A	30IU		

Nectarine & Almonds

2 ingredients · 5 minutes · 1 serving

Directions

1. Serve the nectarine with almonds and enjoy!

Notes

Nut-Free
Omit the almonds and use pumpkin seeds or sunflower seeds instead.

More Flavor
Sprinkle the nectarine with cinnamon.

No Almonds
Use walnuts, pecans or pistachios instead.

No Nectarine
Use a peach instead.

Ingredients

1 Nectarine (chopped or sliced)

36 grams Almonds

Nutrition

Amount per serving

Calories	269	Calcium	105mg
Fat	18g	Iron	2mg
Carbs	23g	Vitamin B6	0.1mg
Fiber	7g	Vitamin B12	0µg
Protein	9g	Zinc	1mg
Vitamin A	472IU		

Turkey, Avocado & Hummus Wrap

5 ingredients · 5 minutes · 1 serving

Directions

1. Spread the hummus on the tortilla and place the turkey and avocado on top. Season with salt and pepper. Roll the wrap tightly and enjoy!

Notes

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

Serving Size
One serving is equal to one large wrap.

More Flavor
Add some additional spices and/or herbs such as everything bagel seasoning or smoked paprika.

Additional Toppings
Add some shredded lettuce or tomato.

No Turkey
Use another type of deli meat or leftover, cooked chicken.

Ingredients

31 grams Hummus

1 Brown Rice Tortilla

120 grams Sliced Turkey Breast

1/2 Avocado (sliced)

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	511	Calcium	43mg
Fat	27g	Iron	3mg
Carbs	43g	Vitamin B6	0.8mg
Fiber	11g	Vitamin B12	0.4µg
Protein	25g	Zinc	2mg
Vitamin A	154IU		

Edamame, Cranberry & Feta Salad

5 ingredients · 10 minutes · 1 serving

Directions

1. Combine all ingredients in a bowl and enjoy!

Notes

No Cranberries
Use raisins, blueberries or cherries instead.

Leftovers
Refrigerate in an airtight container up to 5-7 days.

No Edamame
Use green peas instead.

Ingredients

233 grams Frozen Edamame (thawed)

38 grams Feta Cheese (crumbled)

30 grams Dried Unsweetened Cranberries

7 milliliters Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	531	Calcium	331mg
Fat	27g	Iron	6mg
Carbs	44g	Vitamin B6	0.4mg
Fiber	14g	Vitamin B12	0.6µg
Protein	33g	Zinc	4mg
Vitamin A	851IU		

Cold Noodle Salad with Tahini Dressing

12 ingredients · 20 minutes · 2 servings

Directions

1. Make the noodles according to the directions on the package, drain and rinse with cold water. Return to the pot (but don't heat).
2. Combine the tahini, olive oil, lime juice, tamari, sesame oil, maple syrup and water in a jar. Mix very well to combine until smooth. Add extra water, one tablespoon at a time if needed to thin the sauce.
3. Add the sauce to the noodles and toss to coat.
4. Add the radishes, carrot, mint, and chickpeas to the noodles and toss to mix. Divide into bowls and enjoy!

Notes

No Buckwheat Soba Noodles
Use brown rice noodles or any type of noodle instead.

Lower Carb
Use zucchini noodles instead of soba noodles.

Leftovers
Best enjoyed cold or at room temperature. Store in the fridge up to 3 to 4 days. Add extra lime juice or olive oil to loosen it up if it sticks after being refrigerated.

No Olive Oil
Use avocado oil instead.

Sticky Noodle Prevention
Toss the noodles in a splash of oil after cooking to prevent them from sticking.

Extra Garnish
Sprinkle with sesame seeds.

No Tamari
Use coconut aminos or soy sauce instead.

Ingredients

100 grams Buckwheat Soba Noodles

30 grams Tahini

30 milliliters Extra Virgin Olive Oil

1 Lime (juiced)

18 grams Tamari

10 milliliters Sesame Oil

10 grams Maple Syrup

44 milliliters Water

29 grams Radishes (thinly sliced)

1 Carrot (medium, thinly sliced into ribbons)

6 grams Mint Leaves (finely chopped)

82 grams Chickpeas (cooked, from the can)

Nutrition

Amount per serving

Calories	589	Calcium	118mg
Fat	28g	Iron	3mg
Carbs	60g	Vitamin B6	0.2mg
Fiber	7g	Vitamin B12	0µg
Protein	14g	Zinc	2mg
Vitamin A	5264IU		

Orange & Dark Chocolate

2 ingredients · 3 minutes · 1 serving

Directions

1. Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

Notes

No Oranges
Substitute grapefruit instead.

Ingredients

1 Navel Orange (peeled or sliced)

25 grams Dark Chocolate (broken into pieces)

Nutrition

Amount per serving

Calories	218	Calcium	78mg
Fat	11g	Iron	3mg
Carbs	29g	Vitamin B6	0.1mg
Fiber	6g	Vitamin B12	0.1µg
Protein	3g	Zinc	1mg
Vitamin A	356IU		

Kiwi & Grapes

2 ingredients · 5 minutes · 1 serving

Directions

1. In a small bowl or container, combine the kiwi and grapes. Enjoy!

Notes

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

Ingredients

1 Kiwi (peeled and sliced)

92 grams Grapes

Nutrition

Amount per serving

Calories	104	Calcium	36mg
Fat	1g	Iron	0mg
Carbs	26g	Vitamin B6	0.1mg
Fiber	3g	Vitamin B12	0µg
Protein	1g	Zinc	0mg
Vitamin A	152IU		

Almonds

1 ingredient · 2 minutes · 1 serving

Directions

1. Place in a bowl and enjoy!

Notes

Leftovers
Store in an airtight container in the pantry.

More Flavor
Roast, toast and/or season with salt.

Ingredients

36 grams Almonds (raw)

Nutrition

Amount per serving

Calories	207	Calcium	96mg
Fat	18g	Iron	1mg
Carbs	8g	Vitamin B6	0.1mg
Fiber	4g	Vitamin B12	0µg
Protein	8g	Zinc	1mg
Vitamin A	1IU		

Honey Dijon Chicken with Cauliflower & Peas

7 ingredients · 45 minutes · 2 servings

Directions

1. Preheat the oven to 400ºF (204ºC) and line a baking sheet with parchment paper.
2. Season both sides of the chicken with the salt. Place the chicken skin-side up on the baking sheet. Season the top side of the chicken with the oregano.
3. Bake for 30 to 35 minutes until just cooked through.
4. Meanwhile, combine the honey and Dijon mustard in a small bowl. Set aside.
5. Remove the chicken from the oven and brush the top side generously with the honey mustard sauce. Return to the oven and continue to bake for about 5 more minutes until the honey has just started to bubble.
6. While the chicken cooks, add the cauliflower to a steamer basket over a pot of boiling water. Steam for about 5 minutes or until tender. Remove the steamer basket then add the peas to the boiling water and cook for 3 to 5 minutes until tender then drain.
7. To serve, evenly divide the chicken, cauliflower and peas between plates. Enjoy!

Notes

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

More Flavor
Add fresh garlic or black pepper to the honey Dijon sauce.

Additional Toppings
Season the cauliflower and peas with butter, extra virgin olive oil, salt or pepper to taste.

No Chicken Legs
Use chicken thighs or drumsticks instead.

No Honey
Use maple syrup instead.

Ingredients

454 grams Chicken Leg, Bone-in (skin on)

3 grams Sea Salt

500 milligrams Oregano (dried)

42 grams Honey

23 grams Dijon Mustard

1/4 head Cauliflower (small, cut into florets)

160 grams Frozen Peas

Nutrition

Amount per serving

Calories	654	Calcium	55mg
Fat	38g	Iron	3mg
Carbs	33g	Vitamin B6	1.0mg
Fiber	5g	Vitamin B12	1.4µg
Protein	43g	Zinc	4mg
Vitamin A	1861IU		

Salmon with Herb Sauce

7 ingredients · 20 minutes · 1 serving

Directions

1. In a small bowl, mash the anchovy with a fork and add the parsley, lemon, salt and 3/4 of the oil. Stir to combine and set aside.
2. Add the remaining oil to a skillet and place the salmon skin side down on a cold skillet. Turn the heat up to medium, allowing it to cook slowly for about 4 minutes. Continue cooking over medium heat for about 8 to 12 minutes, depending on the thickness of the salmon.
3. Turn the salmon over and cook for one minute more. Remove and set aside. In the same skillet, add the cabbage and cook for about 2 to 3 minutes, until lightly browned.
4. Divide the cabbage onto plates, and top with the salmon. Drizzle the herb sauce over top. Enjoy!

Notes

Leftovers
For best results, store the salmon and sauce separately in sealed containers. Refrigerate the fish for up to three days. Refrigerate the sauce for up to five days.

More Flavor
Add minced garlic to the herb sauce.

No Anchovy
Leave it out and add more sea salt if needed.

Ingredients

1/2 Anchovy

15 grams Parsley (finely chopped)

11 milliliters Lemon Juice

750 milligrams Sea Salt

30 milliliters Extra Virgin Olive Oil (divided)

142 grams Salmon Fillet

134 grams Purple Cabbage (sliced into thin wedges)

Nutrition

Amount per serving

Calories	493	Calcium	104mg
Fat	37g	Iron	3mg
Carbs	12g	Vitamin B6	1.5mg
Fiber	3g	Vitamin B12	4.5µg
Protein	31g	Zinc	1mg
Vitamin A	2828IU		

Quinoa

2 ingredients · 15 minutes · 1 serving

Directions

1. Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Ingredients

43 grams Quinoa (uncooked)

89 milliliters Water

Nutrition

Amount per serving

Calories	156	Calcium	29mg
Fat	3g	Iron	2mg
Carbs	27g	Vitamin B6	0.2mg
Fiber	3g	Vitamin B12	0µg
Protein	6g	Zinc	1mg
Vitamin A	6IU		

Coconut Curried Shrimp with Broccoli

10 ingredients · 25 minutes · 1 serving

Directions

1. Heat the coconut oil over medium heat. Add the onion and cook for three to five minutes or until the onion has softened. Add the garlic, ginger, and curry powder and cook for another minute. Stir in the coconut milk.
2. Bring the sauce to simmer then add the broccoli. Cook for five to seven minutes or until the broccoli is fork tender.
3. Add in the shrimp and cook for two to three minutes more until the shrimp are opaque and cooked through.
4. Remove the pot from the heat and stir in the lime juice (if using) and season with additional salt if needed. Divide between plates or bowls and enjoy!

Notes

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

More Flavor
Add other dried herbs and spices like cumin, chili powder, or coriander.

Additional Toppings
Serve with cilantro, red pepper flakes, or extra lime wedges.

More Veggies
Add carrots and spinach.

Serve it With
Cauliflower rice, brown rice, jasmine rice, or quinoa.

Ingredients

7 milliliters Coconut Oil

1/4 Yellow Onion (medium, chopped)

1 Garlic (clove, minced)

3 grams Ginger (minced or grated)

3 grams Curry Powder

750 milligrams Sea Salt

121 milliliters Canned Coconut Milk

91 grams Broccoli (cut into florets)

170 grams Shrimp (raw, deveined, peeled and tails removed)

1/4 Lime (optional)

Nutrition

Amount per serving

Calories	479	Calcium	191mg
Fat	30g	Iron	3mg
Carbs	16g	Vitamin B6	0.2mg
Fiber	5g	Vitamin B12	0µg
Protein	39g	Zinc	3mg
Vitamin A	573IU		

Sweet Potato Flatbread

4 ingredients · 30 minutes · 2 servings

Directions

1. Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
2. In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
3. Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
4. Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
5. Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

Notes

Flour
This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

Serve it With
Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

Save Time
Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

Storage
Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

Serving Size
One serving is equal to one flatbread.

Ingredients

1/3 Sweet Potato (large, peeled and sliced)

1 gram Sea Salt

53 grams All Purpose Gluten-Free Flour (plus extra for dusting)

10 milliliters Coconut Oil (divided)

Nutrition

Amount per serving

Calories	152	Calcium	7mg
Fat	5g	Iron	0mg
Carbs	26g	Vitamin B6	0mg
Fiber	5g	Vitamin B12	0µg
Protein	2g	Zinc	0mg
Vitamin A	3074IU		

Green Tea

1 ingredient · 5 minutes · 1 serving

Directions

1. Pour tea into a mug and enjoy!

Notes

Leftovers
Refrigerate in an airtight container for up to three days. Enjoy over ice as iced tea.

Like It Sweet
Add sweetener of choice to taste.

Ingredients

242 milliliters Green Tea (brewed)

Nutrition

Amount per serving

Calories	2	Calcium	0mg
Fat	0g	Iron	0mg
Carbs	0g	Vitamin B6	0mg
Fiber	0g	Vitamin B12	0µg
Protein	1g	Zinc	0mg
Vitamin A	0IU		

Iced Green Tea Lemonade

3 ingredients · 1 hour · 3 servings

Directions

1. If you haven't yet, brew your green tea. Add honey and the juice of 1 lemon. Mix well and place in the fridge until chilled.
2. Once chilled, pour into a glass jug. Slice the remaining lemon into rounds and add them in with the iced tea.
3. Pour into glasses over ice. Add a straw and enjoy!

Notes

Make it Fruity
Add chopped strawberries for more flavour.

Ingredients

1.5 liters Green Tea (brewed)

16 grams Raw Honey

1 1/2 Lemon

Nutrition

Amount per serving

Calories	25	Calcium	1mg
Fat	0g	Iron	0mg
Carbs	6g	Vitamin B6	0mg
Fiber	0g	Vitamin B12	0µg
Protein	1g	Zinc	0mg
Vitamin A	1IU		