



Immune Boosting Fit For Winter Recipes



Be Fit For Winter

This winter be one of those smug people who never seem to get ill or if they do the bounce back in double kick time!

Eat well, be will and enjoy these 12 immune boosting fit for winter recipes..

They're jam packed full of the right ingredients that boost the body's natural defenses to ward off those nasty winter bug....

What's more they're super tasty and will help you keep lean without knowing it..

But we don't stop there. We've laid out all the ingredients with those immune boosting benefits so you can feed your knowledge and put together your own tasty recipes too..





Immune Boosting Recovery Protein Smoothie

30 minutes • Serves 4-6

After a hard workout, try this immune boosting smoothie to begin the recovery process. It contains zinc (oats), L-arginine (flax seeds), plus enough protein and carbohydrates to replenish muscle glycogen loss and aid in tissue repair and protein synthesis. This smoothie is most effective immediately after a workout as it contains an ideal 3:1 carbohydrate to protein ratio. Be sure to follow up with a high protein meal or shake approximately one hour later to complete the recovery process

Immune Boosting Recovery Smoothie

Ingredients

- ¼ cup rolled oats
- 1¼ – 1½ cups unsweetened almond milk (depending on how thick you like it)
- ¼ cup blueberries, frozen
- 1 cup raspberries, frozen
- 1 Tbsp flax seeds, ground
- 1 banana, frozen and sliced into chunks
- 1/2 to 1 serving of your favourite vanilla protein shake

Preparation

Place oats in the base of blender. Pulse a few times until oats are broken down to a powder consistency.

Add almond milk, blueberries, raspberries, flax seeds and banana. Process until smooth.

Add more or less almond milk, depending on how thick you like it.

For an extra boost of omega-3s and added texture, sprinkle chia seeds on top.



Gingerbread Protein Packed Smoothie

5 minutes • Serves 1

With you know what just around the corner, here's a healthy, yet very tasty, version of the old classic...

Guilt free and with the added confidence it doing you good and keeping you lean in the leaner months..

The Gingerbread Protein Packed Smoothie

Ingredients

- 1 cup of Greek yoghurt or dairy-free/vegan yoghurt strained (I use sheep milk yoghurt)
- 2 tablespoons of raw almond butter
- $\frac{1}{4}$ tsp of ground cinnamon
- $\frac{1}{4}$ tsp ground ginger
- 1 tsp maple syrup (or other sweetener of choice)
- $\frac{1}{4}$ tsp ground nutmeg
- $\frac{1}{4}$ tsp ground cardamom
- 1 cup ice cubes
- $\frac{1}{2}$ frozen banana

Preparation

Pop it all in the blender and run on high until smooth and creamy.

Serve with a sprinkle of cinnamon on top



The Big Green Bug Fighting Machine

2 minutes • Serves 1

In this smoothie, the sweetness of the apple juice helps temper the bitterness and grainy texture of kale, while the frozen blueberries keeps the smoothie cold and adds a tinge of tartness. Ginger has long been used as a home remedy to help with an upset stomach, but more importantly, its spice adds a nice kick to the end of every sip.

The Big Green Bug Fighting Machine

Ingredients

- 1 ½ cups kale, stems removed and chopped finely
- ½ cup baby spinach leaves, chopped finely
- ½ cup frozen blueberries
- 1 cup apple cider or juice
- 1 tsp ginger, freshly grated (the easiest way to peel ginger is to scrape the skin off with a spoon)
- 1 tsp maple syrup
- 1/2 to 1 serving of your favourite vanilla protein shake

Preparation

1. Blend all the ingredients in a blender until everything is well mixed and liquefied. Drink immediately.

that it ;)



Chicken Broth

30 minutes • Serves 4-6

This soup not only tastes amazing, but it will also help improve your body's immunity. Turmeric and ginger are both naturally anti-inflammatory and recent research shows that garlic can help ward off colds, so this soup is must for those feeling a little run down.

Chicken Broth

Ingredients

- 1 tbsp coconut oil
- 5 cloves garlic
- 2 tbsp grated ginger
- 1 tbsp grated turmeric
- 6 cups vegetable stock
- 500 grams chicken breast
- 120 grams baby spinach
- Juice of one lemon

Preparation

Prepare the ingredients for the soup - cube chicken into small pieces, prepare garlic by peeling, roughly chop the baby spinach and squeeze the lemon.

Heat oil in a large saucepan or stockpot. Add chicken and cook on a medium heat until it is completely cooked through.

Crush in the garlic, add the turmeric, ginger and stir for a minute.

Add the lemon and stir for 30 seconds. Add the baby spinach and stir for another minute or two. Season with salt and pepper to taste.

Pour in the stock and bring the soup to the boil. Once boiling turn down the heat and let it simmer for 5 - 10 minutes.

Serve and enjoy!



Sweet Potato, Red Pepper Coconut Milk Soup

15 minutes • Serves 4

This soup is the opposite of complicated, It taste like a lobster bisque minus the lobster of course and with the power of the sweet potato and coconut milk you'll be full up and on a health high

Sweet Potato, Red Pepper & Coconut Milk

Ingredients

- 1 extra-large sweet potato peeled & diced into 1-inch cubes
- about 3/4 cup water
- 1 large red bell pepper, de-seeded and chopped into large pieces
- 400g can coconut milk
- optional seasonings - salt & pepper; red pepper flakes, cayenne pepper, chili powder; ground ginger, ground nutmeg; garlic powder, onion powder, curry powder

Preparation

This soup is so worth it, but the opposite of complicated. Peel, dice, and steam the sweet potato in the microwave, which took 14 minutes in my microwave.

You could boil the potatoes, or use previously baked sweet potatoes with flesh scooped out but I go for the quickest method, which is quickly steaming them in the micro.

Place the cooked sweet potato cubes, chunks of red pepper, & can of coconut milk in a blender & blend until smooth and creamy, which takes about one minute.

Thick, bisque-like, rich, creamy soup in 15 minutes with 3 ingredients and no hassle.



Kale & Shiitake Mushroom Broth

1 hr 15 minutes • Serves 6-8 Bowls

This amazing vegetarian asian style broth is packed with so many ingredients that help boost your immunity.

This alone could get your through the winter months So make this big batch and save for later.

Kale & Shiitake Mushroom Broth

Ingredients

- 1 tbsp of coconut oil
- 1 large yellow onion, chopped
- 6 garlic cloves, minced
- 2 celery stalks, sliced
- 400g shiitake mushrooms
- 1 1/2 tsp sea salt
- 1/4 tsp black pepper
- 1 tsp turmeric
- 12 cups water
- 4 heads baby bok choy, bottoms chopped off
- 100g of kale, chopped
- opt: 1 tbsp freshly grated ginger

Preparation

Chop off the bottom of the stem from your mushrooms and discard.

Separate stems from tops and slice tops and remaining stem if necessary, into large pieces. You will only discard the very bottom of the stems, not the full stems as they contain many nutritional benefits!

Heat up coconut oil in a large pot over medium heat.

Add onions and sauté for 5 minutes or until translucent.

Add in garlic and cook for 1 more minute.

Add in celery and mushrooms and saute for about 10 minutes or until mushrooms have wilted.

Add in spices (including ginger, if using) and water and bring to a boil. Then let simmer, covered for 1 hour or as long as you want (the longer you leave, the better!)

Add bok choy and kale in the last 10 minutes of cooking to wilt.

Serve warm or store for up to 1 week in the refrigerator.



Spiced Sweet Potato soup

25 minutes • Serves 4

This one-pot wonder of this soup is an absolute powerhouse when it comes to dealing with colds and flu. Nice & Spicy it will keep you warm inside too ..

Spicy Sweet Potato Soup

Ingredients

- 1 red onion, minced
- 1 green chile, minced
- 4 garlic cloves, minced
- 2-inch piece fresh gingerroot, minced
- 2 tablespoons olive oil
- 2 medium sweet potatoes, diced, skins left on
- 4 ounces shiitake mushrooms, sliced
- 2 handfuls goji berries
- vegetable stock, to cover
- salt & black pepper

Preparation

Put the onion, chile, garlic, and ginger in a large pan with the olive oil. Cook over medium-high heat for about 5 minutes, until the onion softens.

Add the sweet potatoes and mushrooms to the pan along with the goji berries. Stir well, then add enough vegetable stock to cover all the ingredients. Simmer well for 10 to 15 minutes, until the potato is soft. Season with salt and pepper.

Carefully add the soup to a blender in batches, and blend into a smooth, vivid orange, spicy soup



Sweet & Spicy Nuts

35minutes • Serves 6

Great for Snacking on ,

Full of protein, good fats and packed with immune boosting nutrition.. With a little added Sugar & spicy of cinnamon and honey they will go down nicely..

Make sure you portion out properly as they're very morish..

Sweet & Spicy Nuts

Ingredients

- 1 tbsp of Olive Oil
- 1 tsp of Cinnamon
- ½ tsp mixed spice
- 120g of Almonds
- 120g of Brazil Nuts
- 120g Cashews
- 2 tbsp of buckwheat

Honey

Preparation

Heat oven to 140C/120C fan/gas 1. Mix the oil with the spices, then stir in the nuts and drizzle over half the honey. Spread over a baking sheet and cook for 10 mins.

Remove from the oven and drizzle over the remaining honey, then return to the oven and cook for a further 10 mins. Allow to cool completely.



Stuffed Sweet Potato

1hr 15 • Serves 4-5

This sweet potato recipes and it makes a filling and easy meal. High in Protien and vitamin A it great to ward of the winter flu's The potatoes are surprisingly great for breakfast or dinner...

Stuffed Sweet Potato

Ingredients

- 4-6 medium-large sweet potatoes
- 500g Chicken sausage, skin removed..
- 2 onions, diced
- 500g raw spinach
- ½ tsp garlic powder
- pinch each salt and pepper
- 1 tbsp sage, chopped
- 1 tbsp basil, chopped
- 50g cheese, Mozzarella or Feta (optional)
- ½ cup sour cream (optional)

Preparation

Preheat the oven to 180°C.

Wrap sweet potatoes in foil and bake for 45-60 minutes until soft.

Meanwhile, cook the sausage mince in a large frypan on medium heat. When almost browned, add the onion until soft, then add the spinach. Sauté until cooked, then add seasoning and spices to taste.

When the sweet potatoes are ready (and soft), remove from the oven and cut in half lengthwise. In a large baking dish or on a baking sheet, flatten the sweet potato a little and add a big scoop of the stuffing mixture to the middle of each sweet potato.

Top with cheese (if using) and return to the oven for about 10 minutes to incorporate the flavours and melt cheese. Top with sour cream and serve.

Note

- Sweet potatoes can be cooked ahead of time and re-heated with leftover sausages, mince or meat.



Slow Cooked SUPER Immunity Chilli

8 hours • Serves 4

If you're looking for something to keep you warm and healthy then look no further. This powerhouse of a recipe contains a lot of the important immune-boosting ingredients and spices that will help keep you illness-free even on the coldest, germiest of days.

Also top notch for bulk cooking and freezing for later

Slow Cooked SUPER immunity Chilli

Ingredients

- 1 Tbsp olive oil
- 500g ground, grass fed beef, cooked
- 800g cooked kidney beans
- 200g cans organic diced tomatoes
- 1/2 bunch kale, chopped
- 1 sweet potato, diced
- 1 carrot, diced
- 1 onion, diced
- 1 head garlic, chopped
- 3-5 Tbsp chili powder
- 1-2 Tbsp ground cumin
- 1 tsp fresh or dried turmeric
- 1 tsp black pepper

Preparation

Put all ingredients into a crock pot and simmer on low for about 8 hours.

Check chili every couple hours to replenish with tomatoes, or water if it appears to get too dry. Makes about 2 litres

Perfect for bulk cooking and freezing for later



Immune boosting King prawn Curry

35min • Serves 2-3

Love Curries and love the taste of prawns They great for the immune system and they're fantastic for the health of the skin as well .

This curry loaded most of the immune boosting ingredients on my list and taste fantastic.

So you'll be topped up with everything you need to stay healthy ,get lean and you'll feel like your having a take away!

Immune Boosting King Prawn Curry

Ingredients

- 1 large onion, coarsely chopped
- 4 garlic cloves, finely chopped
- 1 red chilli, coarsely chopped
- olive oil, for cooking
- 2.5cm piece fresh root ginger, peeled & coarsely chopped
- 200g cherry tomatoes, coarsely chopped
- 2 tsp mild curry powder
- 1 tsp turmeric
- 1/2 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp garam masala
- 400g raw king prawns, (peeled weight)
- 3 tbsp Full-fat greek yoghurt
- 1/2 tsp ground cinnamon
- small handful fresh coriander leaves, coarsely chopped, (optional) sea salt

Preparation

Put the onion, garlic and chopped chilli in a small blender or food processor and process to a fine purée.

Heat a little olive oil in a large pan on a low heat, add the onion purée and the chopped ginger, season with salt and cook for about 10 minutes, or until the purée has changed colour. It will go much darker in colour and become less pungent in both taste and aroma.

Once the purée has reached this stage, add the cherry tomatoes and all the spices except the cinnamon. Continue to cook for another 10 minutes, stirring frequently.

Add the king prawns and the yoghurt and cook for a further 10 minutes, stirring frequently.

At this stage, stir in the cinnamon and garnish with the chopped coriander, if using. Serve with cooked quinoa and a green salad, if you like.



Chicken Miso Broth

30 mins • Serves

This is overflowing with superfoods and i sware is twice as good as any takeaway

Switch out the chicken for cashew nuts so everyone can enjoy

Miso Chicken Broth

Ingredients

- 100 g mixed brown and wild or brown rice
- 20 g dried porcini mushrooms
- 1 red onion
- sesame oil
- 1 x 5cm piece of ginger
- 1 heaped teaspoon miso paste
- 800 ml really good chicken stock
- 6 radishes
- rice or white wine vinegar
- 1 x 200 g skinless free-range chicken breast

Preparation

Cook the rice according to the packet instructions. Put the porcini in a small bowl and just cover with boiling water to rehydrate them.

Meanwhile, peel the onion and cut into eighths, then place in a medium pan on a medium-high heat with 1 teaspoon of sesame oil. Cook for a few minutes, or until dark golden, stirring occasionally, while you peel and matchstick the ginger. Reduce the heat to medium-low, then add the ginger, miso paste and stock, along with the porcini and soaking water, leaving the last gritty bit behind. Cover and simmer gently for 20 minutes.

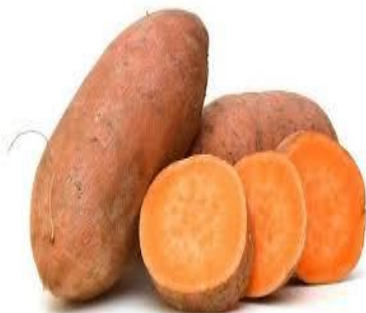
Halve the radishes, put them into a bowl, toss in a splash of vinegar and a small pinch of sea salt and leave aside to quickly pickle.

Finely slice the chicken and tear the kale and nori into small pieces, removing any tough stalks from the kale. Break up the mushrooms, leaving the cute ones whole, and stir it all through the broth. Re-cover and cook for 4 minutes, or until the chicken is cooked through.

Drain and divide the rice between your bowls, followed by the radishes. Season the broth to perfection, ladle it into the bowls, then serve.



The Fit For Winter The Ingredients



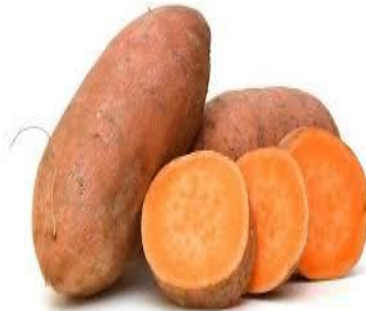


Hopefully you'll enjoy some of the delicious recipes i've picked out for you to give your immune system that boost. Keep sickness at bay stay lean and/or get yourself back on your feet in double quick time..

But let not stop there, Read on...

Know why these food are so good for you by feeding your knowledge with the bitesize info & use the easy grab shopping list to make the right choices for you..

& please go ahead, make your own lean, super healthy, immune boosting recipes for you & your family .





Kale

This immune-boosting food contains high levels of vitamin C, which not only packs a powerful antioxidant punch, it helps fight off infection and regenerate other antioxidants in the body, including vitamin E. They also contain folate, another immune booster.



Spinach

Full of antioxidants that encourage the production of white blood cells, and protect the enzymes that repair DNA damage, helping your body heal itself. Spinach is high in niacin & zinc, as well as protein, fiber, vitA, C, E and K, thiamin, vitamin B6, folate, calcium, iron, magnesium, phosphorus, potassium, copper & manganese.



Bok Choy

it is very high in Vitamin A, which is essential for a properly functioning immune system, while also containing high amounts of vitamin C, an antioxidant that shields the body from free radicals.. Did you know 100g has 10% of your RDA for calcium too...



Coconut water

Beating cold & flu it really important to stay hydrated & keeping your electrolytes high.. coconut water is high in electrolytes specifically calcium and magnesium & a good source of potassium bonus - may help with stress and muscle tension too



Coconut Oil

Has many benefits for staying in shape. One being a your body uses it straight away as energy as opposed to other oils , but it also contains two important anti-viral compounds, lauric acid and caprylic acid. Together these help ward off bacterial and viral infections.



Olive Oil

has been documented that olive oil intake bolsters the immune system against external attacks from microorganisms, bacteria or viruses.

Recent research has concluded that the fatty acids in the make-up of olive oil are good allies in lowering important immunological parameters



Flaxseed

This is a great source of iron and it is iron that helps transport oxygen around your body to your organs and cells. ... The Omega 3 fatty acids in flaxseed, work with lignans to help your white blood cells and immune system fight off disease.

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Carrots

An excellent source of beta carotene, which gives them their bright color. One of beta carotene's jobs is to support the body's mucus membrane, which lines the respiratory and intestinal tracts, making it harder for bacteria to enter the bloodstream and cause trouble.

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Sweet Potatoes

These are packed with beta-carotene, a potent antioxidant that is converted to vitamin A in the body. Beta-carotene fights off those damaging molecules called free radicals that harm our immune system.



Mushrooms

Mushrooms are a power food that contains Ergothioneine, a powerful antioxidant that helps to eliminate free radicals. They're also a powerful source of Vitamin D.

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Shiitake mushrooms

One among a few varieties of mushroom that contain a powerful, unique sugar called polysaccharides. There are many of these in nature, but the type found in shiitake mushrooms are beta-glucans, & these have been researched globally for



Garlic

Eating garlic can actually boost the number of virus-fighting T-cells in your bloodstream. It also contains alliin which converts to allicin, which is believed to be the major antibacterial compound in garlic.



Turmeric

probably best known for its ability to fight inflammation, turmeric contains a powerful antioxidant called curcumin which is responsible for this decrease in inflammation that is oftentimes found to be related to various illnesses.

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Cinnamon

Cinnamon is an antiviral, antifungal, and antibacterial machine, so it does more than just boost the immune system — it actually fights the pathogens that cause illness.



Ginger

Ginger has been found to activate T-cells..

T-cells are an important part of the immune system. They are a group of white blood cells capable of destroying cells infected by virus as well as tumor cells. Therefore, ginger supports the body's natural defense against disease.



Green Tea

Polyphenols, potent plant antioxidants, are what's believed to give green tea its immune-boosting effects. One laboratory study suggested that a particular type of polyphenols called catechins may kill influenza viruses..



Chili Peppers

The red chili peppers has high content of beta-carotene or pro-vitamin A. Just two tsp of red chili peppers provide about 6% of the RDA for vitamin C coupled with more than 10% RDA for vitamin A. it has anti-infection vitamin, vitamin A is essential which helps keep your nose clean and clear



Goji Berries

No longer difficult to find in most goji berries contain a very special type of large sugar molecule called polysaccharides. These sugars have been shown to increase the production of white blood cells, keeping the immune system strong



Almonds

Studies have revealed naturally occurring chemicals found in the skin of the nut that boost the immune system's. The skin improved the ability of the white blood cells to detect viruses while also increasing the body's ability to prevent viruses from replicating and so spreading inside the body



Brazil Nut

Brazil nuts provide one of the best sources of the antioxidant selenium and these selenium-rich nuts enhance your white blood cells' ability to quash viruses.



Honey

Honey has numerous medicinal properties & because it coats your throat it is a natural way to soothe sore throats. It also has antioxidant & antimicrobial properties to help fight infections from viruses, bacteria, & fungi. Skip the common clover honey that you'll find in the supermarket as it has the lowest antioxidant level. Look for buckwheat honey, which has the highest.

Zinc – a Mighty Mineral

Okay so not an ingredient but a base mineral that can be found in many food and has incredible benefits that you should know about!

The benefits of Zinc include proper functioning of the immune and digestive systems, control of diabetes, reduction of stress levels, energy metabolism, and an increased rate of healing for acne and wounds. Also, it is helpful in terms of pregnancy, hair care, eczema, weight loss, night blindness, colds, eyecare, appetite loss and many other minor conditions.

Zinc can be found in Meat Like Beef , Shrimp , Turkey & legumes like Kidney beans lima bean and vegetables like mushrooms, spinach, broccoli, kale, and garlic ..

Please note this list is not exhaustive



The Immune Boosting Shopping list

- ❑ Kale
- ❑ Spinach
- ❑ Pak Choi (bok Choi)
- ❑ Coconut Oil
- ❑ Coconut Water
- ❑ Oil Olive
- ❑ Mushrooms
- ❑ Shiitake Mushroom
- ❑ Garlic
- ❑ Sweet Potato
- ❑ Carrots
- ❑ Tumeric
- ❑ Cinnamon
- ❑ Ginger
- ❑ Green Tea
- ❑ Chillies
- ❑ Goji Berries



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