



Immune Boosting Recipes

Latoya Warner

<http://www.laceywarnerfitness.com>



Cream of Broccoli Soup

4 servings

30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 tsp Sea Salt
- 1 cup Cashews
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)

Nutrition

Amount per serving	
Calories	392
Fat	17g
Carbs	48g
Fiber	14g
Sugar	11g
Protein	19g
Cholesterol	0mg
Sodium	695mg
Vitamin A	4809IU
Vitamin C	113mg
Calcium	180mg
Iron	7mg

Directions

- 1 Throw your chopped onion, carrot, celery and broccoli in a large pot. Pour in water and add the dried basil and sea salt. Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender.
- 2 In a blender, create your cashew cream by blending together 1 cup of cashews with 1 cup water. (If you alter the serving size, just keep the cashew to water ratio 1:1.) Pour the cashew cream in with your veggies and stir. Now add your green lentils and stir again.
- 3 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

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

Serving Size, One serving is approximately 2 cups.



Veggie & Bean Yogurt Bowls

2 servings

15 minutes

Ingredients

- 2 tbsps Avocado Oil
- 1 cup Portobello Mushroom (sliced)
- 1 Yellow Bell Pepper (small, sliced)
- 1 Zucchini (small, sliced)
- 1 cup Plain Greek Yogurt
- 1/2 cup Red Kidney Beans (cooked)
- 1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	378
Fat	21g
Carbs	28g
Fiber	7g
Sugar	7g
Protein	22g
Cholesterol	34mg
Sodium	302mg
Vitamin A	1087IU
Vitamin C	196mg
Calcium	399mg
Iron	3mg

Directions

- 1 Heat avocado oil in a large skillet over medium heat. Cook portobello mushrooms and bell pepper slices for 5 to 8 minutes, or until tender and slightly browned. Transfer to a paper towel-lined plate.
- 2 Add zucchini and cook for 1 to 2 minutes per side or until tender. Transfer to a plate.
- 3 Divide yogurt, beans, and veggies into bowls. Top with feta and enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 5 days.

No Red Kidney Beans, Use chickpeas, lentils or black beans instead.

No Avocado Oil, Use butter, olive oil or ghee instead.



Bell Pepper Egg Cups

1 serving

20 minutes

Ingredients

- 1 Red Bell Pepper
- 2 Egg
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	174
Fat	10g
Carbs	8g
Fiber	3g
Sugar	5g
Protein	14g
Cholesterol	372mg
Sodium	147mg
Vitamin A	4266IU
Vitamin C	152mg
Calcium	64mg
Iron	2mg

Directions

- 1 Preheat oven to 425°F (218°C).
- 2 Slice pepper in half and carve out the seeds.
- 3 Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour, Roast the red pepper in the oven before cracking the egg into them.

Added Touch, Sprinkle with cheese during the last 2 minutes.

Serve it With, Toast for dipping or our Grain-Free Flax Bread.

More Protein, If it is a large bell pepper, fill remaining space with egg whites for added protein.



Deconstructed Stuffed Peppers

6 servings

50 minutes

Ingredients

- 1 cup Brown Rice
- 1 1/2 lbs Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (chopped)
- 1 tbsp Italian Seasoning
- 2 tsps Paprika
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 3 1/2 cups Crushed Tomatoes (from the can)
- 1 cup Diced Tomatoes (from the can)
- 1 1/2 cups Water
- 6 stalks Green Onion (chopped, divided)

Nutrition

Amount per serving	
Calories	408
Fat	15g
Carbs	40g
Fiber	6g
Sugar	10g
Protein	28g
Cholesterol	74mg
Sodium	745mg
Vitamin A	3269IU
Vitamin C	95mg
Calcium	90mg
Iron	6mg

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

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

Serving Size, One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor, Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper, Use any colour of bell pepper instead.

No Beef, Use ground pork or sausage meat instead.

No Brown Rice, Use white rice, quinoa or cauliflower rice instead.



Turmeric Beef Stew

4 servings

55 minutes

Ingredients

1 lb Top Sirloin Steak
1 tbsp Tapioca Flour
1 tsp Sea Salt
1/2 tsp Black Pepper
1 1/2 tbsps Extra Virgin Olive Oil
2 Carrot (medium, chopped)
1 Yellow Potato (large, chopped)
1 tsp Turmeric (ground)
1 tsp Coriander (ground)
1 tsp Cumin (ground)
1 tsp Ground Ginger
2 cups Beef Broth
4 stalks Green Onion (green parts only, chopped)
1/2 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	352
Fat	22g
Carbs	14g
Fiber	2g
Sugar	2g
Protein	25g
Cholesterol	88mg
Sodium	920mg
Vitamin A	5719IU
Vitamin C	11mg
Calcium	66mg
Iron	3mg

Directions

- 1 Cut steak into 1-inch cubes. Transfer to a mixing bowl with tapioca flour, salt and pepper. Toss until the steak is well coated.
- 2 Heat oil in a dutch oven or large pot over medium-high heat. Add the beef and brown it on all sides. Remove the beef from the pot and set aside. (Adjust the heat as necessary when browning the steak to prevent the bottom of the pot from burning. You may need to do the browning in batches.)
- 3 Add the carrots and potatoes to the pot along with the turmeric, coriander, cumin and ginger. Stir frequently for 2 to 3 minutes. If the spices start sticking to the bottom of the pot add two tablespoons of water to help them along. Add the browned beef back to the pan.
- 4 Add the broth to the pot, being sure to scrape the browned bits off the bottom. Cover with a tight-fitting lid, reduce heat to medium-low and let simmer for 20 minutes.
- 5 Remove the lid and stir in the green onions and cilantro. Continue to simmer uncovered for 10 minutes. Taste and season with additional salt and pepper, if needed.
- 6 Divide into bowls and enjoy!

Notes

Too Thick, If the stew thickens too much or if it's looking a little bit dry, add extra broth or water one tablespoon at a time until desired consistency is reached.

Leftovers, Store in an airtight container in the fridge up to 3 days. Freeze for longer.

No Beef Broth, Use vegetable or chicken broth instead.



Pressure Cooker Bean-Free Chili

4 servings

50 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tbsp Ghee
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 3 Garlic (clove, minced)
- 2 tbsps Tomato Paste
- 2 tbsps Chili Powder
- 1 tbsp Cumin
- 1/2 tsp Sea Salt
- 1 Tomato (chopped)
- 1 cup Organic Chicken Broth

Nutrition

Amount per serving	
Calories	281
Fat	16g
Carbs	11g
Fiber	4g
Sugar	5g
Protein	25g
Cholesterol	82mg
Sodium	755mg
Vitamin A	2692IU
Vitamin C	45mg
Calcium	65mg
Iron	6mg

Directions

- 1 Turn your pressure cooker onto sauté mode. Cook the beef, breaking it up as it cooks until it's no longer pink. Remove the meat from the pot and drain any excess drippings.
- 2 Add ghee to the pressure cooker and when melted add the onion, pepper and garlic. Saute for 5 minutes or until the onions are translucent. Add the tomato paste, chili powder, cumin and salt. Cook for another minute. Add the tomatoes, broth and cooked meat to the pressure cooker and stir to combine.
- 3 Put the lid on the pressure cooker and change to pressure cooker mode. Cook for 20 minutes and let the steam release naturally for 5 to 10 minutes. Release the rest of the steam manually.
- 4 Divide between bowls and enjoy!

Notes

Optional Toppings, Diced avocado, sliced jalapenos, fresh lime juice, sliced green onion and/or chopped cilantro.

No Ground Beef, Use ground turkey or chicken instead.

More Flavor, Add smoked paprika, chipotle chili powder, ground cayenne, ground coriander, black pepper or dried oregano.

Tomato Options, Use cherry tomatoes, Roma tomato, field tomatoes or drained diced tomatoes from the can.

No Ghee, Use extra virgin olive oil or avocado oil instead.

Leftovers, Store in an airtight container in the fridge for up to three days. Freeze for up to three months.

Serving Size, One serving is equal to approximately one cup of chili.



Scrambled Eggs with Peppers and Kale

2 servings

15 minutes

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)

Nutrition

Amount per serving	
Calories	267
Fat	18g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	20g
Cholesterol	558mg
Sodium	227mg
Vitamin A	3683IU
Vitamin C	96mg
Calcium	142mg
Iron	3mg

Directions

- 1 Heat the olive oil in a skillet over medium heat. Add the red bell pepper 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 toast, roasted potatoes, or sweet potatoes.

Egg-Free, Use mashed tofu instead of eggs.



Roasted Brussels Sprouts Caesar Salad

4 servings

1 hour

Ingredients

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

Nutrition

Amount per serving	
Calories	446
Fat	33g
Carbs	14g
Fiber	6g
Sugar	3g
Protein	27g
Cholesterol	98mg
Sodium	187mg
Vitamin A	831IU
Vitamin C	98mg
Calcium	68mg
Iron	5mg

Directions

- 1 Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
- 2 Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussel sprouts and let the garlic cook for another 15 minutes.
- 3 Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
- 4 Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Notes

Leftovers, Store in the fridge in an airtight container up to three days.

Save Time, Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken, Use any other type of ground meat instead.

Vegan & Vegetarian, Use cooked lentils instead of ground meat.



Garlic & Herb Broccoli

4 servings

15 minutes

Ingredients

- 2 tbsps Butter (salted, at room temperature)
- 1 tbsp Basil Leaves (very finely chopped)
- 1 tbsp Parsley (very finely chopped)
- 1 tbsp Chives (very finely chopped)
- 1 Garlic (clove, minced)
- 1/8 tsp Sea Salt
- 4 cups Broccoli (cut into florets)

Nutrition

Amount per serving	
Calories	84
Fat	6g
Carbs	6g
Fiber	2g
Sugar	2g
Protein	3g
Cholesterol	15mg
Sodium	105mg
Vitamin A	892IU
Vitamin C	83mg
Calcium	49mg
Iron	1mg

Directions

- 1 In a small mixing bowl combine the butter, herbs, garlic and salt with a fork until well mixed.
- 2 Bring a pot of water to a boil over medium-high heat. Place the broccoli florets in a steamer basket over the boiling water and cover with a lid. Let them steam for 3 to 5 minutes, or until tender but crisp. Transfer the cooked broccoli to a plate or bowl and drain the water from the pot. Adjust the heat to medium-low and place the pot back on the burner.
- 3 Melt the butter in the pot and add the cooked broccoli. Toss to coat the broccoli in the garlic herb butter. Divide between plates and enjoy!

Notes

Leftovers, Refrigerate butter in an airtight container for up to two weeks. Refrigerate broccoli in an airtight container for up to five days.

Serving Size, One serving is equal to approximately one cup.

Dairy-Free, Use a dairy-free butter instead.

No Broccoli, Use green beans, cauliflower, asparagus or peas instead.



Homemade Coconut Yogurt

4 servings

24 hours

Ingredients

1 1/16 lbs Coconut Meat (thawed)
1/2 cup Water
2 tbsps Lemon Juice
2 Probiotic Capsules

Nutrition

Amount per serving	
Calories	104
Fat	7g
Carbs	11g
Fiber	3g
Sugar	4g
Protein	2g
Cholesterol	0mg
Sodium	18mg
Vitamin A	0IU
Vitamin C	7mg
Calcium	3mg
Iron	0mg

Directions

- 1 In a blender add the coconut meat, water and lemon juice. Blend on high until smooth and creamy. Remove from the blender and add to a large glass container such as a mason jar.
- 2 Open up the probiotic capsules and empty the contents into the coconut meat mixture. Stir with a wooden or plastic spoon until incorporated.
- 3 Place a piece of cheesecloth over top of the jar and tie loosely with an elastic band. Place the jar in a warm spot, such as your oven with the light on and let it sit. Taste test after 18 hours. If it isn't tangy enough, allow the mixture to ferment up to 36 hours. Once fermented, put a tight lid on in place of the cheesecloth and store in the fridge.

Notes

Leftovers, Refrigerate in an airtight container for up to seven days.

Probiotic Sensitivity, Due to the sensitivity of the probiotics, do not use a metal spoon to mix the probiotic in.

More Flavor, Use coconut water instead of water.



Kimchi

8 servings

30 minutes

Ingredients

4 cups Green Cabbage (tightly packed)
6 stalks Green Onion (diced)
1 Carrot (large, grated)
1 cup Radishes (grated)
4 Garlic (cloves, minced)
3 tbsps Ginger (peeled and grated)
1 tbsp Sea Salt
1 tbsp Red Pepper Flakes

Nutrition

Amount per serving	
Calories	25
Fat	0g
Carbs	6g
Fiber	2g
Sugar	3g
Protein	1g
Cholesterol	0mg
Sodium	906mg
Vitamin A	1959IU
Vitamin C	21mg
Calcium	33mg
Iron	0mg

Directions

- 1 Core and finely slice your cabbage. Place in a mixing bowl with all ingredients. Using your clean hands, massage the salt into the cabbage and vegetables until it starts to soften (5 to 10 minutes). Set aside and let rest for 10 minutes then massage again for another 5 minutes.
- 2 Transfer the kimchi into sterilized jars, leaving an inch of space at the top. Pack it down into the jar until the brine rises to cover the vegetables. Seal the jars with sterilized lids.
- 3 Let it ferment at room temperature for 3 to 5 days. It may bubble and that is normal. Check on your kimchi everyday and re submerge the vegetables under the brine if they rise.
- 4 Taste your kimchi on day 3. If it tastes ripe, transfer it to the fridge. If not, let it ferment another day or two.
- 5 Enjoy kimchi right away or let sit for another week or two for extra flavour. Enjoy!

Notes

Serve it With, Burgers, salads or in our Kimchi Fried Cauliflower Rice.



Sauerkraut & Vegetable Soup

6 servings

1 hour

Ingredients

- 3 cups Sauerkraut
- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt
- 2 Carrot (peeled, chopped)
- 2 cups Celery Root (peeled, cubed)
- 3/4 cup Parsley (roughly chopped)
- 6 cups Organic Vegetable Broth
- 1 Bay Leaf

Nutrition

Amount per serving	
Calories	107
Fat	5g
Carbs	15g
Fiber	4g
Sugar	6g
Protein	3g
Cholesterol	0mg
Sodium	1293mg
Vitamin A	4576IU
Vitamin C	27mg
Calcium	77mg
Iron	3mg

Directions

- 1 Rinse the sauerkraut well and wring out the excess liquid using a kitchen towel or paper towel. Set aside.
- 2 Heat the oil in a large pot over medium heat. Add the onion and cook until it begins to soften, about 5 minutes. Add the garlic and salt and cook for another minute. Add the carrots, celery root, parsley and sauerkraut. Stir to combine then add the vegetable broth to the pot along with the bay leaf.
- 3 Bring the soup to a gentle boil then reduce the heat to simmer for 40 to 45 minutes or until the vegetables are tender. Serve and enjoy!

Notes

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

Serving Size, One serving is approximately 1 1/2 cups of soup.

Additional Toppings, Serve with additional parsley on top.