



BIRCH & WILDE

Immunity Support Pack

The main purpose of your immune system is to protect your body from viruses and bacteria. Learn more about your immunity and protection.

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What Is The Immune System?

The immune system is a complex system in the body comprised of white blood cells, skin, mucus and bacteria.

Its central role is to seek, recruit, attack and destroy foreign invaders, such as bacteria and viruses.



Innate & Adaptive Immunity

Innate Immunity

This system provides a quick first line of defence and acts against a wide range of pathogens. The innate immunity system refers to non-specific defence mechanisms that come into play immediately or within hours of an antigen appearing in the body.

These mechanisms include physical barriers such as skin, chemicals in the blood, and immune system cells. The chemical properties of the antigen activate the innate immune response.

Adaptive Immunity

This refers to antigen-specific immune response. The adaptive immune response is more complicated than the innate. The antigen first must be processed and recognized.

Once an antigen is identified, the adaptive immune system creates immune cells specifically designed to attack that antigen. Adaptive immunity also includes a "memory" that makes future responses more efficient.

Keywords explained

● Antigen

Anything that causes an immune response is called an antigen. An antigen may be harmless, such as grass pollen, or harmful, like the flu virus.

● Pathogen

Disease-causing antigens are called pathogens. The immune system is designed to protect the body from pathogens.



How to Support Your Immune System

The immune system is a system, not a single entity. For it to function well, it requires balance and harmony.

Researchers are still exploring the effects of diet, exercise, age, gut health, psychological stress, and other factors on the immune response.

A healthy lifestyle is the single best step you can take toward naturally keeping your immune system strong and healthy.

Every system in your body, including the immune system, functions better when following balanced and healthy strategies such as these:

- Eating a whole food diet with plenty of fruit and veg
- Exercising regularly
- Staying hydrated
- Maintaining a healthy weight
- Getting enough sleep
- Reducing stress
- Drinking alcohol in moderation
- Not smoking



Diet & Your Immune System

There is evidence that various micronutrient deficiencies (**vitamins and minerals**) could alter your immune system responses.

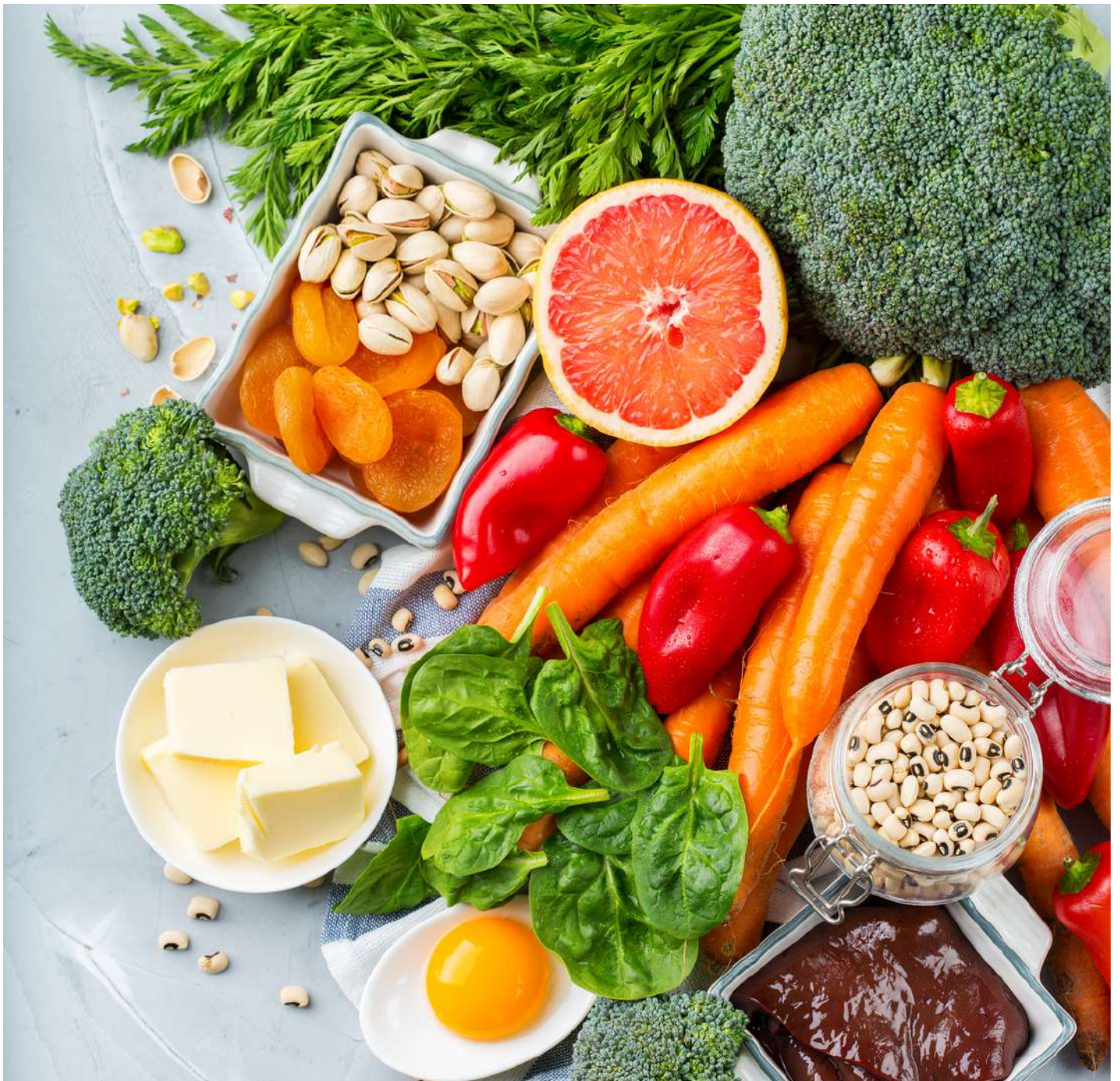
However, the impact of these immune system changes on overall health is less clear.

If you suspect you might have micronutrient deficiencies, the best way to naturally resolve this is to eat a varied diet with ample amounts of fruit and vegetables.

You can also support yourself with a good quality, daily multi-vitamin and mineral health supplement.

Discover the best immunity boosting fruit and vegetables below, as well as great ways to incorporate them into your diet.

Vitamins, Minerals & Antioxidants for Immunity



Vitamin D



The Sunshine Vitamin

Research shows that vitamin D supplementation may reduce the risk for viral infections, including respiratory tract infections, by reducing the production of pro-inflammatory compounds in the body.

The body produces vitamin D from cholesterol, provided there is an adequate amount of UV light from sun exposure.

Supplementation

It is recommended to take vitamin D if you live in a country that lacks sunlight in winter months. For moderate supplementation, a 1,000-2,000IU dose of vitamin D3 is sufficient to meet the needs of most of the population.

Vitamin C



Vitamin C is an antioxidant - it destroys free radicals, supporting immunity.

Great sources of vitamin C in your diet include many fruit and veg, including:

- red bell peppers
- oranges
- strawberries
- broccoli
- lemons

Vitamin C Supplementation

Vitamin C is often supplemented to reduce the symptoms of a cold, and can reduce the duration of a cold by 8-14% when it is taken as a daily preventative measure, or at the beginning of a cold.

The recommended daily amount of vitamin C is 80-200mg. This is easily attained through the diet, so supplementation of such low doses is usually unnecessary.

Vitamin E



Another important antioxidant

Like vitamin C, vitamin E is also an antioxidant that helps destroy free radicals and support the body's natural immune response.

Great dietary sources of vitamin E include:

- almonds
- spinach
- avocado
- olives

Vitamin E Supplementation

Maintaining adequate levels of vitamin E in the body can be achieved through very low daily doses of 15mg (22.4 IU) or less. This dose can usually be acquired through the diet. However if you choose to supplement vitamin E to improve immunity, the recommended daily amount is 50-200mg.

Beta-Carotene



Another powerful antioxidant

Beta-carotene is a plant pigment that gives red, orange and yellow vegetables their vibrant colour. It is also something called a provitamin A carotenoid. This means that your body can convert it into vitamin A (retinol).

Beta-carotene is a powerful antioxidant that can reduce inflammation and boost immune function by increasing disease-fighting cells in the body.

Some great sources in your diet include:

- sweet potatoes
- carrots
- pumpkin and butternut squash

Zinc



An Immune Boosting Mineral

Zinc is a mineral that can help boost white blood cells, which defend against invaders (pathogens) that might otherwise be harmful.

Some tasty dietary sources include:

- pumpkin seeds
- sesame seeds
- beans
- lentils

Supplementation

Zinc has two standard dosages. The low dosage is 5-10mg, while the high dosage is 25-45mg. The low dose works well as a daily preventative, while the high dosage should be taken by anyone at risk for a zinc deficiency.

Allicin (from Garlic)



Naturally helping Immunity

Allicin is the principal bioactive compound present in the aqueous extract of garlic. When garlic is chopped or crushed, the alliinase enzyme is activated, and allicin is produced.

When cooking with garlic, it is recommended to crush or chop it and leave for 10 mins for the enzyme to be activated.

The health benefits of garlic have been proclaimed for centuries. However, it's only recently that it's been proposed as a promising candidate for maintaining a healthy immune system.

Most studies on garlic use a daily dosage range of 600-1,200mg, usually divided into multiple doses. The minimum effective dose for raw garlic is a single segment of a garlic bulb (called a clove), eaten with meals two or three times a day.



Immunity Supporting Recipes

A well balanced and nutritional diet is absolutely essential to your immune system, as well as your overall health, well-being and longevity.

So to help you along the way, here are some of our favourite recipes that help to support your immune system.



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb
MP	Meal Prep/Freezer
HP	Friendly High Protein
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts



Egg, Broccoli & Ham Muffins

Veggie option also available below!

Notes - Garlic should be crushed or sliced, prior to cooking, in order to ensure maximum allicin production, since allicin is responsible for many of garlic's beneficial effects.

Serves 6

½ head of broccoli
1 clove garlic, crushed
5 eggs
pinch of chili flakes (optional)
4 slices ham, chopped
½ cup (30g) grated cheese
salt and pepper to season

What you need to do

- Preheat the oven to 360°F (180°C).
- Place the broccoli in a pot of boiling water and cook for approximately 3 minutes. Strain and cut into small pieces.
- Beat the eggs together in a medium size bowl.
- Add the crushed garlic to the egg mix.
- Season the mix with salt and pepper, and add the chili flakes if using them.
- Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese.
- Pour the beaten egg mix into the moulds over the other ingredients.
- Bake in the oven for 10-15 minutes, or until eggs have set.
- Vegetarian option: Replace the ham with feta cheese, Goats cheese or more of your favourite vegetables.

GF DF LC MP Q

• Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	15 mins	102	6	4	10



Superfood Brekkie with Fried Egg

Notes - Broccoli is high in many vitamins and minerals, including folate, potassium, manganese, iron, and vitamins C and K1.

Serves 2

2 cups (300g) broccoli
1 garlic clove, crushed
2 tbsp. (20g) pumpkin seeds
lemon juice
2 tbsp. coconut oil
¼ onion, chopped
1 tbsp. (20g) dried cranberry
4 eggs

Spices:

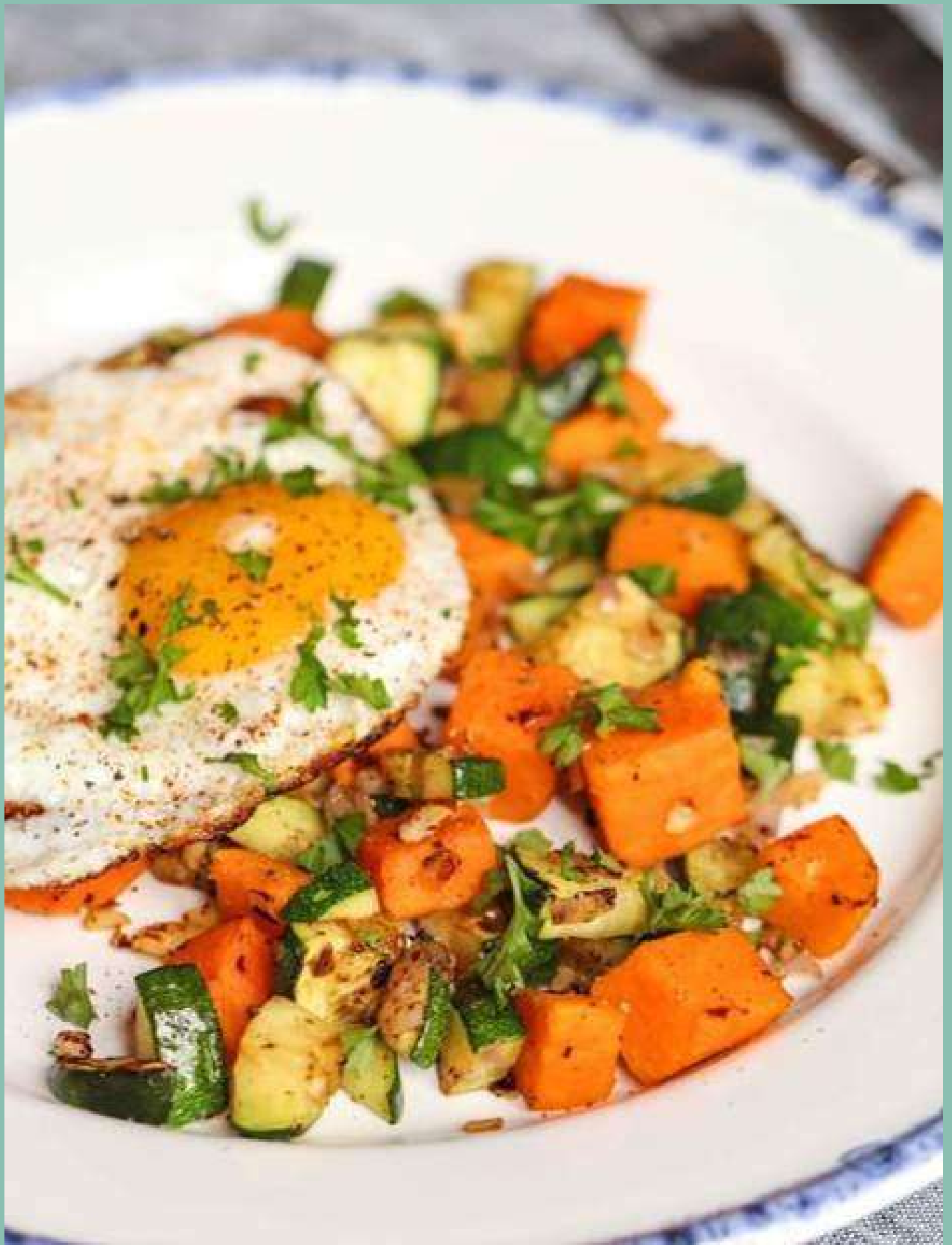
½ tsp. ground turmeric
½ tsp. chili flakes
½ tsp. paprika
½ tsp. oregano

What you need to do

- Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.
- Heat 1 tablespoon of oil in a pan on medium-high heat.
- Add the crushed garlic, chopped onion, pumpkin seeds and fry, stirring regularly for about 5 minutes, until browned.
- Next, add the cranberries, broccoli rice and all the spices.
- Season with salt and pepper to your liking then mix and fry for another 5-7 minutes. If needed, add a little water to avoid burning.
- At the end of cooking, drizzle with lemon juice.
- In a separate frying pan, heat the remaining oil, and fry the eggs.
- Once ready, serve on top of the broccoli rice, and season with salt & pepper.

GF DF V Q • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	15 mins	397	26	27	18



Sweet Potato & Courgette Hash

Notes - Sweet potatoes are an excellent source of beta-carotene, which can be converted to vitamin A and help support your immune system and gut health.

Serves 4

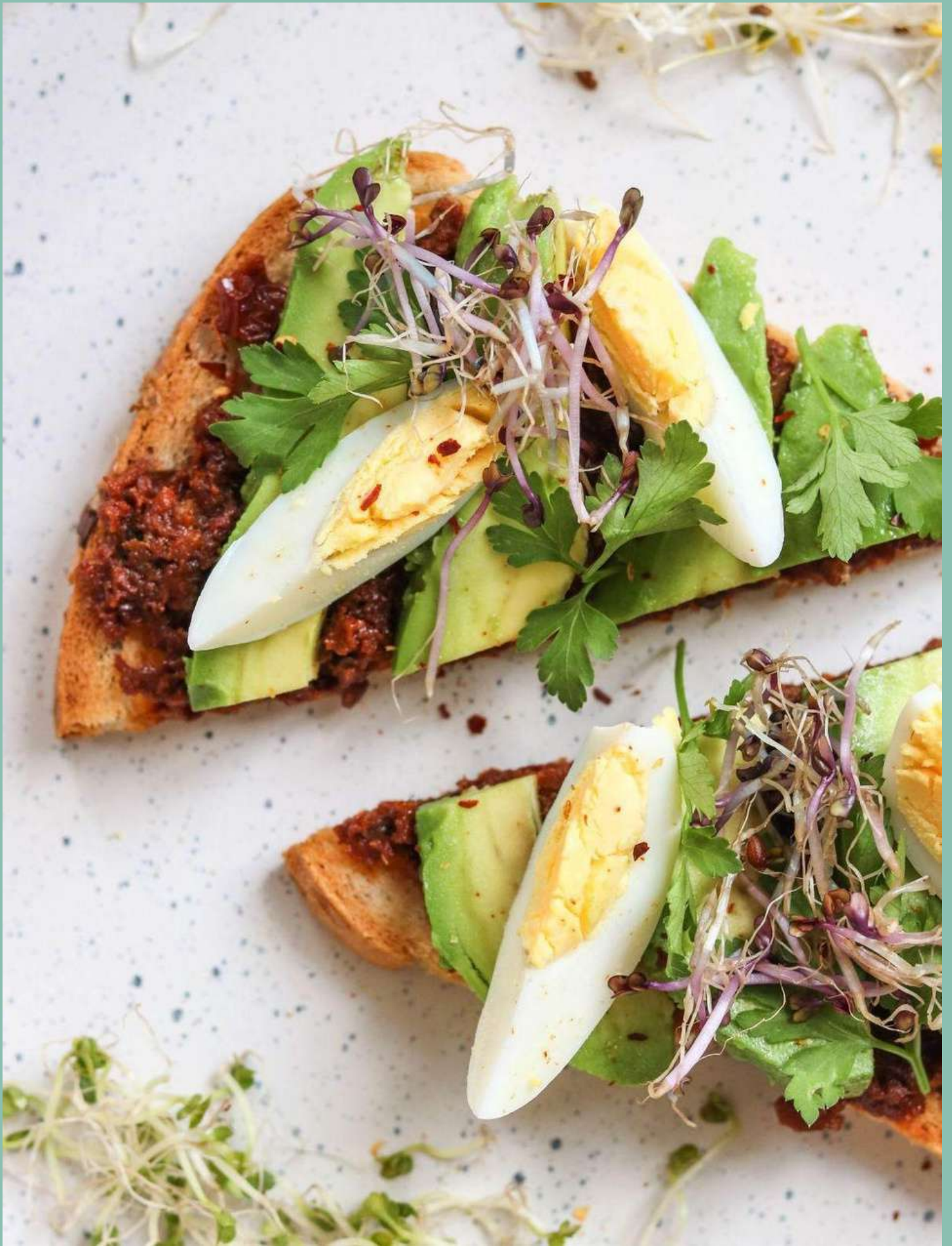
What you need to do

116 oz. (450g) sweet potato, peeled, cut into cubes
2 cloves garlic, chopped
1 ½ tbsp. coconut oil
2 medium courgette, diced
1 onion, diced
8 eggs
handful parsley, chopped
cayenne pepper, to taste

- Cook the sweet potato for 3-4 minutes in a pot of boiling water, then drain.
- Heat the ½ tablespoon of the oil in a pan, over medium heat.
- Add the sweet potato, courgette, onion and garlic.
- Sauté these together for about 5 minutes, until cooked and browned.
- Season to taste with salt and pepper, and set aside.
- Heat the remaining oil in the pan and fry the eggs to your liking.
- Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley.
- Season with the cayenne pepper and the salt and pepper, to taste. Then serve.

GF | DF | V | Q | MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	15 mins	296	14	29	15



Avocado, Tapenade & Egg Toast

Notes - Avocados are very nutritious and contain a wide variety of nutrients, including 20 different vitamins and minerals.

Serves 2

1 ripe avocado
2 eggs, hard boiled
2 slices of favourite bread
2 tbsp. tapenade
coriander leaves, to serve
microgreens, to serve (optional)

What you need to do

- Boil the egg for 7 minutes. Toast the bread.
- Remove the stone and flesh of the avocado and cut it into slices.
- Cut the eggs into quarters.
- Spread the tapenade over the bread and top with the avocado and egg.
- Season with salt and pepper.
- Top with coriander and microgreens (optional).

DF V Q • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	0 mins	386	26	25	12



Orange & Yoghurt Protein Pancakes

Notes - Oranges are a healthy source of fibre, vitamin C, thiamine, folate and antioxidants. They have multiple health benefits.

Serves 2

What you need to do

12 tsp. orange peel
orange slices, to serve
2 eggs
8 tbsp. (160g) natural yogurt
2 tsp. coconut sugar
2 tsp. vanilla extract
8 tbsp. (120g) spelt flour
1 tsp. baking powder
1 tsp. coconut oil, melted

- Mix together the egg, yogurt, sugar, vanilla extract and orange peel.
- Fold the flour and baking powder into the mix and then carry on mixing until smooth.
- Lastly, add the melted coconut oil and mix again.
- Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
- Serve with slices of orange and fresh berries.

PRO TIP:

If avoiding dairy, swap natural yogurt for soy or coconut yogurt.
Spice up your pancakes with cinnamon or cardamom for a fiery kick

V Q  • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	10 mins	259	12	48	18



Curried Vegetable Soup

Notes - Carrots are very high in beta carotene. The absorption is better (up to 6.5 times as good!) if the carrots are cooked.

Serves 3

2 garlic cloves, crushed
1 carrot, peeled and grated
1 red bell pepper, chopped
1 tbsp. coconut oil
1 medium onion, diced
1 ½ tbsp. ginger, crushed or grated
1 large courgette, chopped
1 tbsp. curry powder (or more to taste)
2 cups (500ml) chicken or vegetable stock
1 tomato, chopped
⅓ cup (80ml) plant-based cream (or normal)
salt and pepper to season

What you need to do

- In a large pot, heat the oil and sauté the onion.
- Add the crushed garlic and the ginger and continue cooking for 2-3 more minutes.
- Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally.
- Add the chopped peppers and courgette.
- Cook the vegetables together on a medium heat for about 5 minutes.
- Then season with curry powder and mix well.
- Next, pour in the stock and bring to a boil.
- Cook covered for about 10 minutes until the vegetables are soft.
- Add the chopped tomatoes after 5 minutes of cooking. Season with salt.
- Once vegetables are cooked, remove from the heat and blend using a hand blender.
- Add in the cream, season for taste, with salt and pepper.
- Mix well and serve.

GF DF V MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
15 min	20 mins	133	9	27	3



Mushroom & Root Veggie Soup

Notes - Carrots are an excellent source of vitamin A in the form of beta carotene. They are also a good source of several B vitamins (as are the mushrooms) as well as vitamin K and potassium.

Serves 4

1 small carrot, chopped
2 tbsp. coconut oil
1 onion, sliced
½ leek, chopped
5 ⅓ cups (500g) mushrooms, sliced
1 small parsnip, chopped
1 small potato, peeled, cubed
2 ½ cups (600ml) vegetable stock
½ cup (100ml) creme fraiche

What you need to do

- In a large pan, heat the oil, and sauté the chopped onion and leek together for about 3 minutes.
- Next, add the sliced mushrooms and fry for another 10 minutes, stirring now and then.
- Add the carrot, parsnip and potato to the pan. Mix well and cook for 3-4 minutes.
- Season with salt and pepper.
- Heat the vegetable stock and then add it to the pan.
- Bring the mix to the boil the turn down the heat.
- Cover the pan and leave to simmer for about 15 minutes. until the vegetables are soft.
- Remove from the heat, then mix with a hand blender until smooth.
- Add creme fraiche at the end, and serve.

GF MP V  • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	35 mins	204	11	23	6



Chicken, Orange & Walnut Salad

Notes - Oranges are a rich source of several plant compounds that are responsible for many of their health benefits. They are also packed with vitamin C - just one large orange would cover your recommended daily amount.

Serves 2

Dressing:

2 tbsp. orange juice
3 tbsp. of honey
2 tbsp. mustard
1 tbsp. olive oil
1 tbsp. lemon juice
1/3 tsp. cinnamon
salt and pepper to season

Salad:

1 orange
7 oz. (200g) chicken breast
4 handfuls rocket
1/4 iceberg lettuce
1/3 pomegranate seeds
1/4 cup (30g) pecans, roasted

What you need to do

- Peel the orange and, cut out the pulp and set aside.
- Squeeze the juice from the rest of the orange and keep it for the sauce.
- Mix the ingredients of the dressing in a cup, then season with salt and pepper.
- Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan.
- Grill for 4 minutes on both sides..
- Drizzle the chicken pieces with a tablespoon of the dressing and continue to grill for about 1-2 minutes on a lower heat.
- Turn the chicken over, drizzle with another tablespoon of dressing, and grill for another minute.
- Remove from the pan and set to one side.
- Once cooled slice into pieces.
- Mix the salad leaves and divide it between two plates.
- Then top with the orange and chicken, and sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing over the salad and serve.

GF | DF | N | Q | HP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	10 mins	458	20	47	28



Low Carb Tasty Turkey Salad

Notes - Sesame seeds are a good source of several nutrients crucial for your immune system, including zinc, selenium, copper, iron, vitamin B6, and vitamin E. Keep in mind that even mild to moderate zinc deficiency can impair immune system activity.

Serves 5

For the salad:

1 red bell pepper, finely sliced
1 large carrot, grated
3 tbsp. toasted sesame seeds
1 lb. (450g) cooked turkey breast, sliced
1 cup (70g) white cabbage, sliced
1 cup (70g) red cabbage, sliced
6 radishes, finely sliced
1 cup (100g) bean sprouts
3 onions, finely sliced
4 tbsp. coriander, chopped
1/3 cup (30g) almonds, chopped

For the dressing:

1/4 cup (60ml) lemon juice
1 garlic clove, crushed
1/4 cup (60ml) tahini
1/4 cup (60ml) water
1 tbsp. honey

What you need to do

- Prepare all the vegetables - slice, wash and peel where necessary.
- To prepare: slice the cabbage, the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.
- Place all salad ingredients in a large bowl and mix well to combine.
- Make the salad dressing by blending (or whisking/beating) all the dressing ingredients together until creamy.
- Pour the salad dressing over the salad and toss to cover.
- Serve straight away or store in the fridge until required.

GF | DF | N | LC | HP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
25 min	0 mins	348	18	15	32



Roasted Root Veg & Feta Salad

Notes - Pumpkin seeds are full of antioxidants that may help protect against disease and reduce inflammation.

Serves 4

2 medium carrots, peeled
¼ cup (30g) pumpkin seeds
2 medium parsnips, peeled
1 lb. (450g) pumpkin, peeled
2 tbsp. olive oil
4 oz. (120g) rocket
2 oz. (50g) feta
salt and pepper to taste

What you need to do

- Preheat the oven to 400°F (200°C).
- Wash and peel the carrots and parsnips. Cut them into small strips.
- Peel and cube the pumpkin.
- Place all the vegetables into a roasting tray, and drizzle with 1 tablespoon of olive oil.
- Season with salt and pepper, and roast in the oven for 20-30 minutes (depending on the thickness of the vegetables).
- Once cooked, add the roasted vegetables and rocket to a large bowl and drizzle with the remaining tablespoon of olive oil.
- Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

GF MP V  • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	30 min	197	11	21	6



Kale & Broccoli Fruit & Nut Salad

Notes - One of broccoli's biggest advantages is its nutrient content. It's loaded with a wide array of vitamins, minerals, fibre and other bioactive compounds.

Serves 2

What you need to do

For the salad:

½ head broccoli, cut into florets
1 tbsp. olive oil
1 ¼ cup (125g) kale
1 ¼ cup (125g) mixed salad leaves
¼ cup (30g) raisins
¼ cup (30g) almonds, roasted and chopped
salt and pepper to season

- Preheat the oven to 400°F (200°C).
- Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper.
- Cook for 15-20 minutes until soft, add the kale in the last 10 minutes of cooking.
- Remove from the oven and place the broccoli, kale and salad leaves in a mixing bowl.
- Add the almonds and raisins. Mix gently.
- Make the dressing by mixing all the dressing ingredients and drizzle the salad.
- Mix well before serving.

For the dressing:

1 tbsp. honey
1 tbsp. balsamic vinegar
2 tbsp. lemon juice
1 tbsp. almond butter

GF DF V Q N • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	20 mins	370	20	42	17



Green Detox Quinoa Bowl

Notes - Avocados are an excellent food, loaded with nutrients, many of which are lacking in the modern diet.

Serves 2

What you need to do

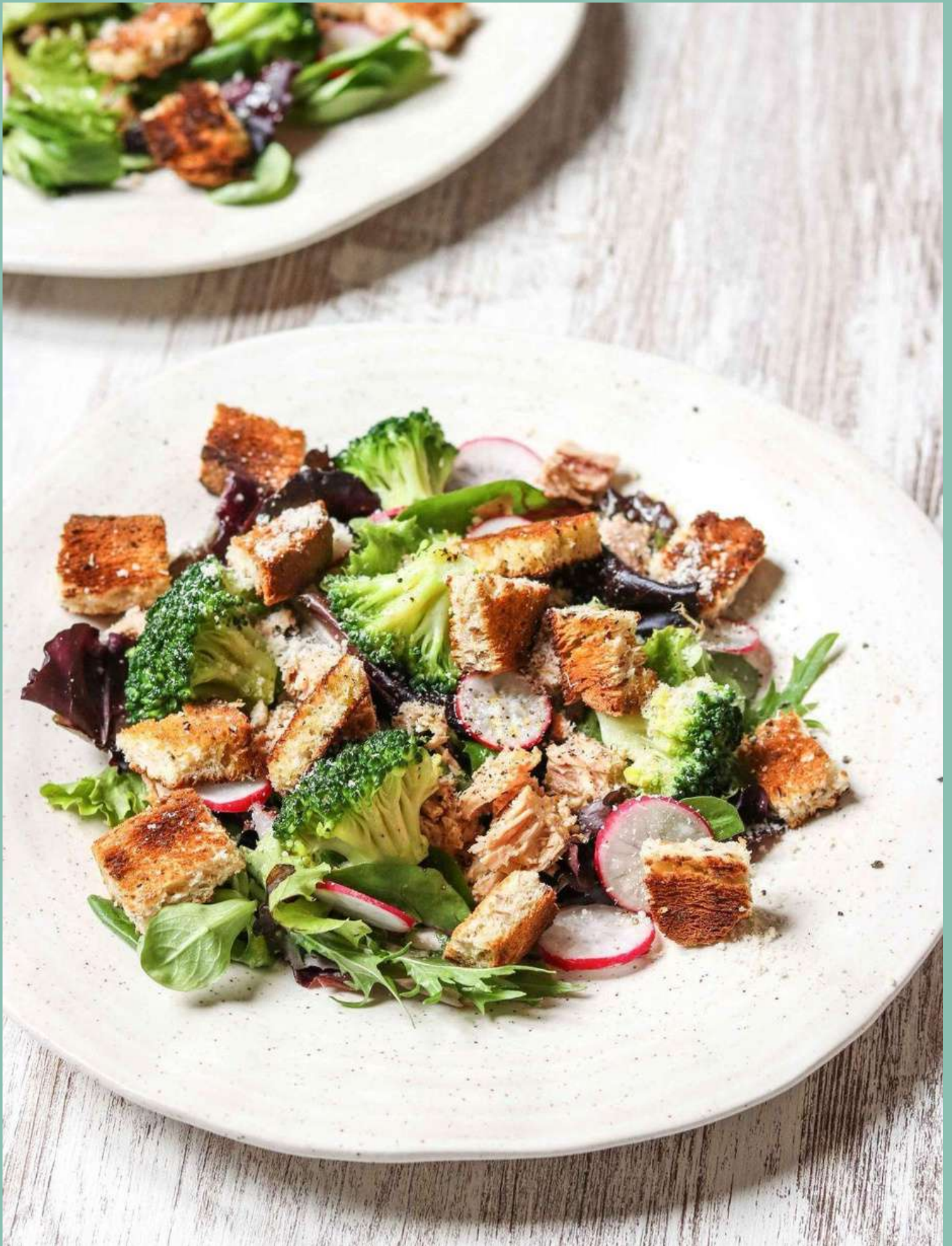
1 avocado, peeled, stone removed, and cut into cubes
2 bunches parsley, roughly chopped
¼ cup (46g) cooked quinoa (as per instructions on packet)
½ cucumber, cut into cubes
½ medium courgette, cut into cubes
1 small red onion, finely diced
1 tsp. olive oil
juice of 1 lemon
¼ cup (30g) mixed seeds and nuts, to garnish
salt and pepper to season

- In a medium bowl, add parsley, avocado, quinoa, cucumber, courgette, and onion and toss them together to combine.
- Drizzle with olive oil and lemon juice, season with salt and pepper.
- Mix it all together to combine and serve sprinkled with nuts and seeds.

GF | N | V | Q | LC

• Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	0 mins	315	24	19	10



Tuna & Broccoli Salad with Honey Vinaigrette

Notes - Just 91 grams of raw broccoli contains:

Fibre - 2.4 grams

Vitamin C - 135% of the RDI

Vitamin A - 11% of the RDI

Vitamin K - 116% of the RDI

Vitamin B9 (Folate) - 14% of the RDI

Potassium: - 8% of the RDI

Serves 2

For the salad:

100g broccoli

2 big handfuls salad leaves

3 radishes, sliced

½ cup (120g) tuna in water,
drained

2 slices bread

2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil

3 tbsp. lemon juice

1 tsp. of honey

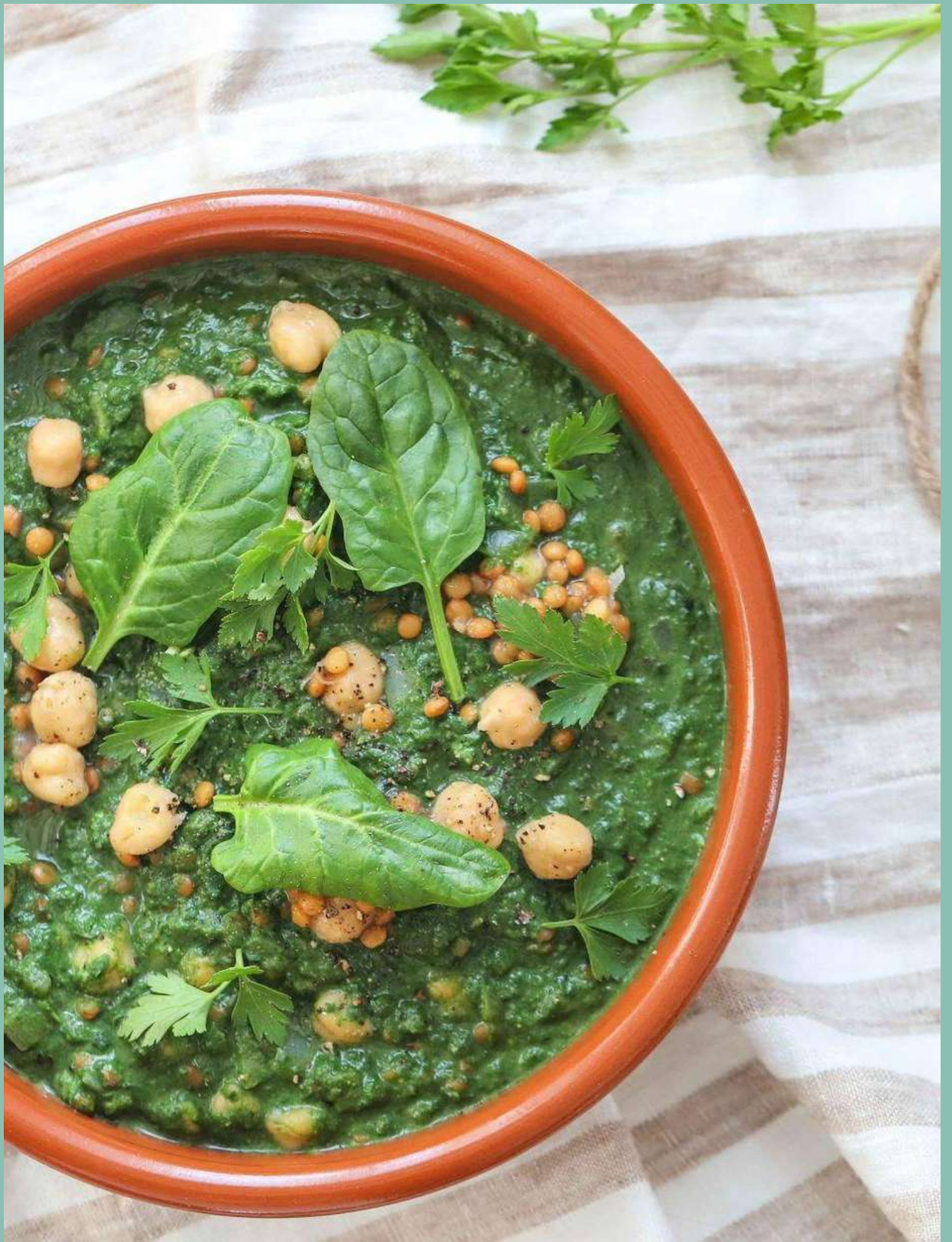
salt and pepper

What you need to do

- Cut the broccoli into florets and cook in a pan of boiling water for approximately 5 minutes, then strain and set aside.
- While the broccoli cooks, divide the salad leaves between two plates.
- Add the sliced radish and pieces of tuna.
- Toast the bread and cut into cubes, then add to the salad.
- Add the cooked broccoli to the salad.
- In a bowl, mix all the dressing ingredients to combine.
- Drizzle the dressing over the salad.
- Sprinkle the salad with parmesan cheese and serve.

HP Q  • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	0 mins	328	14	26	21



Super Spinach Stew (Vegan)

Notes - Spinach is an extremely nutrient-rich vegetable. It contains high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron & calcium. Lentils are packed with B vitamins, magnesium, zinc & potassium.

Serves 4

What you need to do

14 oz. (400g) spinach, fresh
2 cups (400g) lentils, can, drained
2 cloves garlic, chopped
2 tbsp. tahini
1 tbsp. coconut oil
1 ½ cup (300g) chickpeas, can, drained
½ cup (15g) parsley, chopped
½ cup (15g) basil, chopped
1 onion, chopped
1 tsp. ground coriander
1 tsp. ground cumin
2 cups (500ml) vegetable stock

- Heat a large pan over medium heat, add the spinach with a splash of water and cook until wilted.
- Remove from pan and allow to cool.
- In the same pot, heat the coconut oil and cook the onion and garlic until soft.
- Add the cumin and coriander powder and mix well.
- Fry together with the onion for another 2 minutes, stirring as needed.
- Next, add the lentils and pour in the stock.
- Bring the pan to a boil, then reduce the heat, cover the pan, and allow to simmer for 10 minutes.
- Put the spinach, along with the parsley and basil, into a blender or food processor and blitz until smooth.
- Stir in the tahini into the spinach mixture and season with salt and pepper.
- Add the spinach mixture, along with the chickpeas, to the lentils in the pan and ensure everything is warmed through.
- Serve in a bowl as a stew.

GF DF V MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	20 mins	282	11	31	16



Sweet Potato Pancakes

Notes - Sweet potatoes are starchy root vegetables that are rich in fibre, vitamins and minerals. They're also high in antioxidants that protect your body from free radical damage and chronic disease.

Serves 4

2 cups (300g) sweet potato, peeled and grated
½ small onion, grated (or very finely diced)
1 clove garlic, crushed
2 eggs
3 heaped tbsp. buckwheat flour
2 tbsp. coconut oil
½ tsp. sweet paprika
salt and pepper to season

What you need to do

- Place the grated sweet potato and onion in a large bowl.
- Add the crushed garlic, eggs and flour.
- Season with salt and pepper, as well as the paprika.
- Mix together thoroughly.
- Heat the coconut oil in a pan.
- Add 1 heaped tablespoon of the pancake batter per 1 pancake (makes around 16). Squash them down a little to flatten (but not too much or they may come apart).
- Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 minutes.
- Serve with your favourite toppings (see ideas below - not included in the nutritional information).

SERVING SUGGESTIONS:

tomato / cream / lamb's lettuce or parsley / onion sliced cherry tomatoes / feta cheese / rocket / onion hummus / avocado / tomato / onion

GF DF V Q MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	15 mins	199	9	25	5



Red Peppers Stuffed with Egg & Turkey

Notes - One medium-sized red bell pepper provides 169% of the Reference Daily Intake (RDI) for vitamin C, making it one of the richest dietary sources of this essential nutrient.

Serves 4

What you need to do

12 cups (60g) spinach, chopped
4 red medium bell peppers
4 eggs
4 egg whites
2 tbsp. almond milk
1 tsp. coconut oil
1 small onion, chopped
1 lb. (450g) lean minced turkey
2 tsp. oregano
1 tsp. cumin
½ cup (50g) cheese (dairy or plant-based)
parsley, chopped to serve
salt and pepper to season

- Heat oven to 400°F (200°C).
- Beat the eggs, egg whites and milk together and then set aside to use later.
- Heat the coconut oil in a pan over medium heat.
- Add the onion and cook for 3 minutes until softened and browned.
- Add in the turkey, oregano and cumin, and season with salt and pepper.
- Cook until meat is cooked through, about 5 minutes.
- Add the spinach, and mix until it wilts (about 2 mins).
- Increase the heat and add the egg mixture.
- Pull the eggs across the pan with a spatula. Repeat for about 3 minutes until eggs are cooked through, then remove from the heat and set aside.
- Cut the peppers in half and remove the seeds.
- Stuff each pepper half with the scrambled eggs and turkey mix.
- Place the peppers on a baking tray and sprinkle them with grated cheese.
- Bake in the oven for 15 minutes, until cheese, has melted and the edges have browned.
- To serve sprinkle with chopped parsley.

GF | DF | HP | Q | MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	20 mins	329	12	11	43



Orange Chicken Stir-Fry

Notes - Oranges are an excellent source of vitamin C. One large orange provides over 100% of the recommended daily intake. The red peppers and carrots bring great antioxidant properties to this dish too.

Serves 4

For the sauce:

Juice of 1 orange

1/3 cup (100g) marmalade (low sugar)

1/4 cup (60ml) soy sauce

1 tsp. hot chili sauce (or to taste)

1 tbsp. buckwheat flour

For the stir fry:

3 cups (450g) cooked brown rice

1 tbsp. garlic, crushed

1 red bell pepper, chopped

1/2 cup (25g) carrot, grated

1 tbsp. sesame seeds

1 tsp. orange zest

1 tbsp. coconut oil

1 lb. (450g) chicken breast, chopped

3 onion, diced

1 cup (150g) sugar snap or mangetout peas

What you need to do

- Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.
- Pre-cook the rice according to instructions on packaging or use leftover rice.
- Heat the coconut oil in a large pan over high heat.
- Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through.
- Remove from the pan and set aside.
- Lower the heat and add the garlic and onion and cook for about 1 minute. Stir to prevent burning.
- Now add the mangetout / sugar snap peas and bell pepper and cook for another 3-4 minutes.
- Add the cooked rice and mix well with the vegetables.
- Next add the cooked chicken back into the pan, along with the grated carrot and earlier made sauce.
- Stir well until well heated throughout.
- Garnish with sesame seeds and orange zest to serve.

GF

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• Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	25 mins	397	7	53	34



Turkey & Broccoli Stir-Fry

Notes - Sesame oil contains *sesamol* and *sesaminol* - these are two antioxidants that may have powerful effects on your health. Antioxidants are substances that help reduce cell damage caused by free radicals. An accumulation of free radicals in your cells may lead to inflammation and disease.

Serves 2

2 tsp. sesame oil
3.5 oz. (100g) black (or other) rice noodles
7 oz. (200g) turkey breast, chopped
1 head broccoli, diced into florets
1 tbsp. olive oil
4 tbsp. soy or tamari sauce
1 tbsp. rice vinegar
1 tbsp. grated ginger
2 tbsp. spring onion, chopped
handful chopped coriander, to serve

What you need to do

- Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set them aside.
- In a wok or deep pan, heat the olive oil and fry the chopped turkey breast for about 3-4 minutes.
- Add the broccoli florets and fry for another 1-2 minutes.
- Next, pour half a cup of water and 3 tablespoons of soy sauce (or tamari).
- Cook until all the water evaporates and the broccoli is tender (about 7-8 minutes).
- In the meantime, mix together the remaining soy sauce (or tamari), sesame oil, rice vinegar and the grated ginger. Mix well.
- Once the turkey and broccoli are ready, add the noodles that were cooked earlier. Mix and heat for about 2-3 minutes.
- Remove from the heat and pour in the sauce. Mix gently until well combined, then serve.
- Top with the chopped spring onions and coriander leaves.

GF DF HP Q • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	20 min	494	16	56	42



Sweet Potato, Spinach & Chickpea Curry

Notes - Spinach boasts many plant compounds that can improve health, such as lutein, kaempferol, nitrates, quercetin and zeaxanthin.

Serves 4

1 tbsp. oil
1 medium onion, chopped
1 inch (3cm) ginger, grated
2 cloves garlic, crushed
½ chili pepper, chopped
1 medium sweet potato, peeled and chopped
½ tsp. hot pepper
½ tsp. sweet pepper
½ tsp turmeric
14 oz. (400g) can chickpeas
⅔ cup (150ml) vegetable stock
1 cup (250ml) coconut milk, canned
3 cups (100g) spinach, chopped
salt and pepper to season

What you need to do

- Heat the oil in a frying pan
- Add the onion, chopped ginger, garlic and chili pepper. Fry gently, stirring often, for about 3 mins.
- Add the peeled and chopped sweet potato and fry for another 2 minutes stirring occasionally.
- Then add the spices and mix well.
- Next, add the chickpeas (including the brine), the vegetable stock and the coconut milk.
- Mix everything and bring to a gentle boil.
- Turn the heat down to medium and allow to cook for about 15 minutes without covering, stirring every now and again.
- When the sweet potatoes are soft, add the spinach. Mix it well and remove from the heat.
- When the spinach has wilted, season with salt and pepper to taste (if needed), and then it is ready to serve.
- Serving suggestion: serve with wholegrain rice (not included in nutritional information below).

GF DF V Q MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	20 min	328	16	38	11



Immunity Boosting Garlic Chicken Broth

Notes - As well as Allicin, garlic is rich in vitamin C, vitamin B6 & manganese.

Serves 4

4 garlic cloves
1 carrot
4.5-5 inch (12cm) ginger
1½ tsp. ground turmeric
1 onion (roughly chopped)
2 leeks
4 stalks of celery
2 stalks lemongrass
1 tsp. black peppercorns
1 tbsp. peanut or sesame oil
1 free-range chicken
3 litres of tap water
4 sprigs thyme
2 bay leaves
pepper
bay leaves

What you need to do

- Roughly chop the onion and heat the oil in a large pan.
- Add the ground turmeric, frying it for about 30 seconds then add the onion and soften for a few mins.
- Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces.
- Crush the peppercorns with a spoon.
- Peel the ginger and cut into thin slices.
- Add the chicken to the pan and then the water.
- Bring to the boil, scooping off any foam with a spoon.
- Then add in all the chopped vegetables, pepper, thyme, bay leaves, half the lemongrass and ginger.
- Turn down the heat and gently simmer for 2 hours.
- Scrape off any more foam with a spoon.
- Remove the chicken from the broth and set aside.
- Pass the remaining broth through a strainer and allow it to cool. Then place in the fridge. The fats will solidify in the fridge and you can then remove them.
- In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes.
- Put the strained broth back into the pan and back on the heat.
- At this point add the remaining ginger and lemongrass.
- Allow it to simmer for 45 minutes on low heat.
- Remove the ginger and lemongrass then either serve or leave to cool.
- Store in the fridge or freeze.

GF DF LC MP • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	15 mins	296	14	29	15



Easy Oat & Carrot Cookies

Notes - Carrots are about 10% carbohydrate, consisting of starch, fibre, and simple sugars. They are extremely low in fat and protein.

Serves 8

What you need to do

1 medium carrot, grated
1 cup (100g) instant oats
 $\frac{2}{3}$ cup (100g) wholegrain flour
1 tsp. baking powder
1 tsp. ground cinnamon
3 tbsp. coconut oil, melted
1 egg
1 tsp. vanilla extract
5 tbsp. (75ml) maple syrup

- Preheat oven to 340°F (170°C).
- Mix together the oats, flour, baking powder and cinnamon in a bowl.
- In a separate bowl, whisk together, the egg, melted (and cooled) coconut oil, vanilla extract and maple syrup.
- Fold the dry ingredients gently into the wet ingredients and mix well.
- Add the grated carrot and mix again.
- Line a baking tray with greaseproof paper.
- Spoon the mixture onto the tray - 1 heaped tablespoon per cookie. Shape each spoonful into a round shape.
- *Ensure you leave space between each spoonful as the cookies will spread when cooking.*
- Place in the preheated oven and bake for 12-15 minutes until slightly browned.
- Remove from the oven and allow to cool completely before serving.

DF | MP | V | | • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
15 min	15 mins	181	7	26	3



Strawberry Protein Chia Pudding

Notes - Strawberries are an excellent source of vitamin C, an antioxidant necessary for both immune & skin health.

Serves 2

What you need to do

½ cup (100g) fresh or frozen strawberries
½ cup (100ml) milk, dairy or coconut
1 tbsp. vanilla protein powder
1 tbsp. maple syrup
⅓ cup (50g) chia seeds

- Blitz together the strawberries, milk, protein powder and maple syrup in a blender or food processor.
- Add the chia seeds and mix well.
- Leave to thicken in the fridge for 10 minutes, mixing 2-3 times, to ensure it thickens evenly.
- Serve straight away or store in a refrigerator until you are ready - see the pro tip below!

PRO TIP:

If you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.

GF | MP | Q |   • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
0 mins	10 mins	243	16	33	7



Strawberry Protein Muffins

Notes - Strawberries contain high amounts of beneficial plant compounds and antioxidants, such as pelargonidin, ellagic acid, ellagitannins & procyanidins.

Serves 12

Dry ingredients:

1 cup (120g) oat flour
¼ cup (25g) vanilla protein powder
½ cup (100g) strawberries, *(chopped into small pieces)*
2 tbsp. stevia
½ tsp. baking soda
A pinch of sea salt
A pinch of cinnamon

Wet ingredients:

1 tbsp. lemon juice
The zest of ½ a lemon
1 tbsp. coconut oil, *(melted)*
¾ cup egg whites *(around 3 eggs)*
2 tbsp. unsweetened almond milk
½ cup (125g) non-fat Greek yogurt
1 tsp. vanilla extract
¼ cup (45g) dark chocolate chips *(or dark chocolate chopped into chips)*

What you need to do

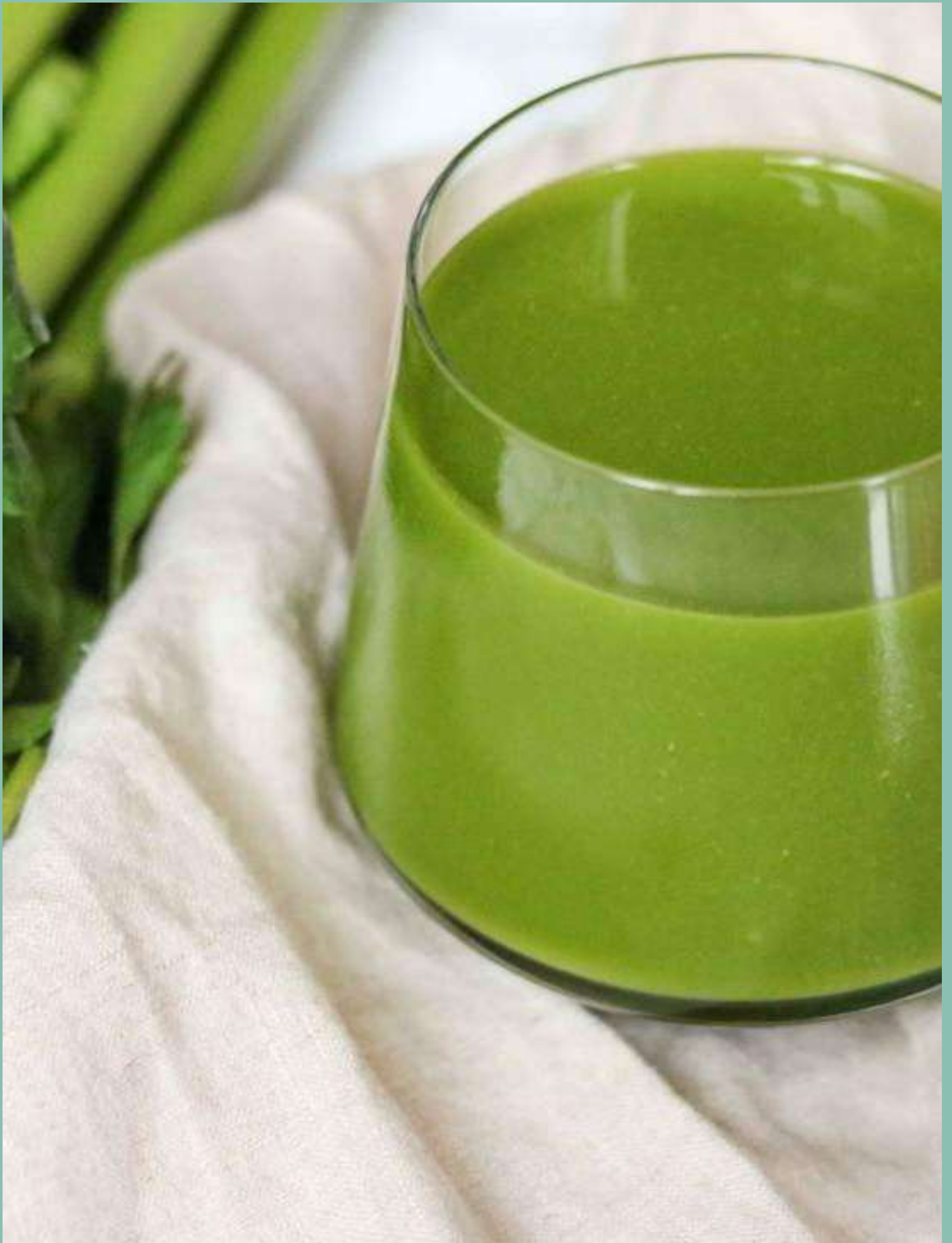
- Preheat oven to 350°F (180°C).
- Mix all dry ingredients together
- Then, mix in all the wet ingredients, except the strawberries and the chocolate chips.
- Stir until a smooth batter is formed.
- Lightly stir in strawberries and chocolate chips (leave a few choc chips aside to go on top of the muffins).
- Line a muffin tray / cup cake tray with muffin / cup cake liners and lightly spray with oil.
- Make sure you spray the liners (paper or silicone), or the muffins will stick.
- Pour the batter evenly into the each of the muffin liners in the tin.
- Drop 3-5 chocolate chips on top of each muffin.
- Bake the muffins in the middle of your oven for 23-25 minutes or until the muffins are cooked through and the edges lightly browned.
- Remove from the oven, and let the muffins cool before serving.

NOTE:

Muffins will keep in a sealed container for 1-2 days at room temp or 5-7 days in the fridge.

GF MP LC V N • Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
10 min	25 mins	91	4	9	6



Green Power Smoothie

Notes - Spinach has a host of benefits. It may reduce oxidative stress, promote eye health, help to fight cancer & regulate blood pressure.

Serves 2

What you need to do

4 big handfuls fresh spinach
1 kiwi, peeled
¼ cucumber
1 stalk celery
1 cup (235ml) pure apple juice
2 pineapple rings
2 tsp. honey

- Add all ingredients into a blender and blitz until smooth.
- Serve immediately.

GF | DF | V | Q

• Nutrition per serving

Prep	Cook	Kcal	Fats (g)	Carbs (g)	Protein (g)
5 mins	0 mins	136	1	34	1