

Fit Recipes for a Stronger Immunity



1. Breakfast: Banana-Cocoa Protein Smoothie

Fit recipes often gravitate to the tried-and-true, but this breakfast smoothie puts an exciting twist on an old standby. With lots of fiber (approximately 10 grams) and protein (15-20 grams), it will keep you happy and satisfied until lunch. The organic cocoa is incredibly rich in polyphenols, a type of antioxidant that helps improve blood circulation, reduce cholesterol, manage your blood sugar, and lowers inflammation. But you won't even care about the health benefits, because this breakfast tastes JUST like a banana split dessert!

- 1 frozen banana, peeled
- 1/2 cup silken organic tofu
- 1/2 cup organic plant-based milk (soy, cashew, oat, etc.)
- 2 tablespoon unsweetened organic cocoa powder
- 1 tablespoon local honey

In a blender, blend all the ingredients except for the banana. Once it's creamy, toss in the frozen banana and puree for 45 seconds, then enjoy!

2. Lunch: Warm Beet and Spinach Salad

Beets truly shine in this lunchtime fit recipe. Beets help raise the [levels of nitric oxide](#) in your body, which may improve muscle contraction and blood flow. It's no wonder that athletes often fuel their exercise by drinking beet juice!

Not only is this lunch absolutely stunning with its photo-worthy vibrant colors, but little surprises, like chopped fresh parsley and savory Kalamata olives, make each bite nourishing and lush with flavors.

- 8 cups organic baby spinach
- 1 tablespoon extra-virgin olive oil
- 1 cup red onion, thinly sliced
- 2 cherry tomatoes, chopped
- 2 tablespoon Kalamata olives, sliced
- 2 tablespoon fresh parsley, chopped or minced

1 clove garlic, minced
2 cups steamed beet wedges, sliced into 1-inch-thick pieces
2 tablespoon balsamic vinegar
Pinch of salt and pepper

Put the spinach in a salad bowl and set aside.

In a frying pan, heat the oil and add the onions. Saute for a couple minutes until the onions are translucent and fragrant. Then, toss in the olives, tomatoes, parsley and garlic and cook for another 4-5 minutes until the tomatoes are soft.

Add the rest of the ingredients and stir quickly until the beets are warm. Pour everything onto your baby spinach and enjoy warm.

3. Dinner: Saffron Shrimp

This dinner dish is absolutely stunning with the yellow hues of the saffron highlighting fresh, cooked shrimp. The seasoning here is purposefully at a minimum, so that each ingredient's individual flavors and textures are allowed to show off. This dish isn't just good to look at, but also good for you with lots of fresh, seasonal produce. It's a great way to sneak some extra veggies into your family's diet, and the antioxidants and carbohydrates help refuel your body after a workout, replenishing your glycogen stores so you wake up energized and refreshed.

2 1/2 cups water
Pinch of salt
1 teaspoon saffron threads
1 cup whole-grain brown rice
2 tablespoon extra-virgin olive oil
3 medium yellow summer squash, cut into 1/4-inch-thick chunks
1 pound raw shrimp, peeled (if you're vegan, you may substitute with a block of extra-firm smoked tofu, chopped into 1/4-inch chunks)
1/3 cup tightly packed fresh mint leaves, chopped
Juice from one lemon

Boil the water with a pinch of salt and the saffron. Once boiling, add your rice and lower the heat so the water is just simmering. Let it simmer for 45 minutes or until the rice is soft and fluffy and the water is all absorbed.

While the rice is cooking, prep the rest of the ingredients. In a frying pan, heat the oil and saute the squash for five minutes or until the squash is softened. Then, add the shrimp and cook for a couple more minutes until the shrimp takes on an orange hue.

When the shrimp is cooked, stir in the mint and lemon juice and remove from heat, stirring for a few seconds before adding a pinch of salt and pepper.

Sprinkle the squash-and-shrimp mixture over your saffron rice and enjoy.

More Ways to Support Your Health

Your diet is just one piece in your immune system's wellness puzzle. [Thymic proteins](#) are another piece. It is the job of these thymic proteins to train the body's immune system to effectively seek and identify diseased cells. Unfortunately, your levels of thymic proteins drops as you age. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body's natural levels. Maximize your health by combining a healthy diet with healthy supplements!



Alternative Health Concepts

<http://www.alternative-health-concepts.com>