

## A Delicious Meal Plan Bursting with Healthy Grains



### 1. BREAKFAST: Cinnamon Barley Bowl

Barley has been enjoyed by humans since the Stone Age. It's very high in fiber and researchers have linked it with improved blood sugar, lower cholesterol, better bowel movements (perfect if you find yourself needing to "jump start" your digestion when you wake up), and reduced risks of chronic diseases.

This breakfast barley bowl reinvents your standard morning with a fiber-rich meal that will keep you happy all morning long. The ground cinnamon and apple adds a natural touch of sweetness and indulgence.

- 1 cup uncooked pearled barley
- 1/4 cup walnuts, chopped
- 2 tsp local, organic honey
- 1 tsp ground cinnamon
- 1/4 tsp nutmeg
- 1 cup of your favorite plant-based milk
- 6 tbsp fresh apples, chopped

Boil three cups of water, and add the barley once the water is boiling. Reduce heat to a simmer and let it cook, covered, for 40 minutes or until most of the water in the pot has been absorbed by the barley pearls.

Once cooked, stir in the rest of the ingredients and enjoy hot. If you have lots of leftovers, this is a perfect make-ahead breakfast that you can keep in your fridge for several days.

### 2. LUNCH: Arugula Fonio Salad

Fonio is a specialty type of millet. And while each whole grain is incredibly tiny, it packs a big nutritional punch. For example, these healthy grains are high in amino acids like methionine and cystine, which support liver health and detoxing. Fonio is also high in flavonoids that may support immune health and reduce the risks of various diseases.

This salad combines fonio with spicy, fresh arugula. It's quick to assemble, and is also rich in protein, fiber and fat for a well-balanced and easy-to-make midday meal.

## SALAD

1/2 cup fonio  
1-2 tbsp of extra-virgin olive oil (or your favorite plant oil)  
2 cups fresh arugula  
2 garlic cloves, minced  
1/4 cup fresh parsley, minced  
1/4 cup mint, minced  
1/2 medium yellow or white onion, chopped  
1/4 cup sun dried tomatoes, diced  
1/4 cup pine nuts  
1/2 cup crumbled feta cheese (or your favorite vegan alternative)  
Pinch of salt and pepper

## DRESSING

3 tbsp of lemon juice  
1 tsp dijon mustard  
1/3 cup extra-virgin olive oil (or your favorite plant oil)  
A pinch of salt and pepper

In a pot, combine the uncooked fonio with a dash or two of oil. Stir to mix well, then add a cup of water and bring the pot to a boil. Once it's boiling, reduce the heat to low for 60 seconds, then remove from heat and let the fonio sit for 5 minutes. After the time is over, fluff the fonio with a fork and set aside to cool to room temperature.

While you are waiting for the fonio, combine the rest of the salad ingredients, then stir in the cooked (and now room temperature) fonio.

Then, make the dressing by whisking together in a bowl and drizzling over the assembled salad.

## 3. DINNER: Miso Mushroom Sorghum Bowls

Sorghum is naturally gluten-free, but the best part is its immune-enhancing antioxidant levels. In fact, it has more antioxidants than many so-called "super fruits," such as pomegranates and blueberries. Sorghum also helps to reduce chronic inflammation, a common malady in Americans that can contribute to increased chronic disease risks.

These sorghum bowls taste rich and heavy, while being surprisingly healthy. The mushrooms add a smoky, meaty texture to this vegan-friendly dinner, and the miso adds bold flavor that also supports gut health (miso is a natural probiotic, and better gut health is associated with improved immune strength). It's the perfect healthy grain to wrap up a long day!

3 cups water  
1 cup whole-grain sorghum  
Sea salt and black pepper  
Extra-virgin olive oil (or your favorite plant oil), divided in half  
10 ounces cremini mushrooms, sliced  
1/4 cup shallot, chopped

3 scallions, sliced  
2 1/2 tablespoons unsalted butter or vegan butter, divided  
2 tbs yellow miso

Cook the sorghum by combining it with three cups of water and a pinch of sea salt. Boil for five minutes, then reduce the heat to a simmer, cover the pot, and let it cook for another 60 minutes. Halfway through, give it a mix with a spoon so it doesn't stick to the bottom of your pot and burn. Once cooked, remove from heat and set it aside to cool down.

While you're waiting for the sorghum to finish, saute the mushrooms on high heat in oil and a pinch of salt and pepper. Once fragrant and brown, move the mushrooms to a bowl and set aside.

Lower the heat and, in the same frying pan that you used for the mushrooms, add butter (or your vegan alternative) and the shallots and scallions. Saute until fragrant, which should only take a minute or two, then pour the cooked mushrooms back into the frying pan.

In a separate frying pan, add the sorghum then stir in the miso. Mix well to evenly coat the healthy grains, then stir in the mushroom mix 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>