

## Hydrating Meals: Recipes to Keep You Hydrated All Summer



### 1. BREAKFAST: Kale Pineapple Smoothie

Smoothies are your best go-to for starting your day well-hydrated. Not only does this pineapple-infused smoothie taste exactly like how summer feels, but it's also chock full of antioxidants, immunity-boosting vitamins and minerals, fiber, protein and fats. In other words, it gives you everything you need to launch into your best day ever, no matter if it's a frazzled Monday morning or a relaxing weekend morning.

- 2 cups of fresh kale leaves, chopped
- 3/4 cup of your favorite plant-based milk
- 1 frozen medium banana
- 1/4 cup plain Greek yogurt (or your favorite plant-based alternative)
- 1/4 cup frozen pineapple pieces
- 2 tablespoons peanut butter (or your favorite nut butter)
- 1 tsp of local, organic honey

Add all ingredients to a blender and blend until creamy. Enjoy!

### 2. LUNCH: Nuts About Berries Summer Salad

When it comes to hydrating meals, this recipe is a feast for both the eyes and the palate. A stunning rainbow of berries ensures you're getting a full day's worth of immune-boosting vitamin C and other natural antioxidants. Plus, berries are incredibly hydrating. For example, strawberries are 91% water (and also high in disease-fighting compounds like folate and manganese).

What catches many foodies by surprise is the crunchy texture from the cinnamon-infused nuts, which helps balance this meal with fat and protein so it's as satisfying as it looks.

If possible, try and source your berries locally. It's the perfect way to [eat seasonal and close to home](#), which offers better nutrition and immunity support than eating foods shipped from across the country (or the world!).

#### SALAD

8 cups mixed greens, washed  
1 cup each of raspberries, strawberries, blackberries and blueberries  
1/8 cup feta cheese (or your favorite vegan alternative)

#### DRESSING

1/4 cup white wine vinegar or apple cider vinegar  
1/2 cup raspberries  
1 1/2 tbsp local, organic honey  
1 1/2 tbsp olive oil  
A pinch of sea salt and black pepper

#### PECANS

1/2 cup coarsely chopped pecans or almonds  
Drizzle of honey  
2 tsp cinnamon

First, roast the pecans. Scatter the nuts evenly in a frying pan that's on medium heat. Drizzle with honey and sprinkle with cinnamon, and toss/stir constantly for a minute or two until the pecans are toasted and fragrant. Remove from heat and set aside to cool immediately.

Then, make the dressing by combining all the dressing ingredients into a sealed jar or container, and shaking vigorously to combine thoroughly.

Finally, assemble the salad by laying the berries atop the bed of greens, topping with cheese, adorning with the toasted cinnamon pecans, and drizzling with the vinaigrette.

### **3. DINNER: Grilled Kebabs with Zucchini Dip**

Barbecuing is the quintessential summer ritual, so why not combine this summery pastime with summer squash (a.k.a. zucchini)? Zucchini is more than 92% water, and also very high in antioxidants like zeaxanthin, which helps to protect your body from cellular damage caused by the sun's ultraviolet rays and other free radicals. It's also a great source of immunity-boosting vitamins like vitamin C and vitamin K.

The zucchini dip takes this dish to a whole other level, elevating the humble kebab to something of an art form. You'll wonder why you never reinvented the basic grilled kebab before!

#### KEBABS

Bamboo or metal skewers  
2 zucchini, cut into 1/3-inch-thick slices  
2 tbsp extra-virgin olive oil (or your favorite plant oil)

2 garlic cloves, minced  
1 tbsp chopped parsley  
Salt and pepper

#### DIP

2 tbsp extra-virgin olive oil (or your favorite plant oil)  
2 zucchini, diced  
2 garlic cloves, minced  
1/2 small yellow onion, chopped  
Salt and pepper  
1/2 cup fresh basil leaves  
1 tsp fresh lemon juice

Push the bamboo skewers through the zucchini slices, one at a time, until the skewer is full. Leave an inch or empty space on both ends of the skewer. Repeat with each skewer until all the zucchini has been arranged.

Place the skewers into a big bowl or pan and brush with olive oil, then sprinkle with garlic, parsley and a pinch of salt and pepper. Let it marinate for 45 minutes before placing on a hot grill and barbecuing for 4-5 minutes or until grill marks appear.

Meanwhile, prepare the dip. In a frying pan, heat a dash of oil and add the chopped zucchini, garlic and onion. Saute for 8-10 minutes or until tender. Sprinkle with salt and pepper, then remove from heat and place in your fridge to cool. Cooling it down should take anywhere from 15-30 minutes. and cook over moderately low heat, stirring occasionally, until tender, about 8 minutes. Once it's cooled, place in a blender with more oil and basil, plus the lemon juice and another pinch of salt and pepper. Blend until creamy.

To serve, dip the hot kebabs into the chilled zucchini dip 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!



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