

## The Anti-Flu Meal Plan



### **BREAKFAST: Green Tea Smoothie**

Catechins are antioxidant compounds found in green tea, and [researchers](#) have found that green tea's catechins have anti-flu properties that minimize how infectious the influenza virus is. To put it simply, these antioxidants may reduce the risks of contracting the flu if you're exposed to someone who is sick!

This delicious morning smoothie uses matcha, which has [137 times more catechins](#) than traditional green tea leaves. The caffeine in the smoothie makes it the perfect alternative to your morning cup of coffee, while the frozen mango, spinach and bananas keep you feeling full and vibrant with a wide array of antioxidants, vitamins and filling fiber.

- 1 cup of frozen, diced mango
- 2 frozen bananas
- 2 cups of tightly packed spinach leaves (fresh)
- 2 tsp matcha green tea powder
- 1 cup of light coconut milk or a plant-based milk of your choice

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

### **LUNCH: Broccoli Salad Medley**

A fascinating [study](#) was recently published in the medical journal *Cell*. The scientists found that cruciferous vegetables contain compounds that send chemical signals throughout your body. These signals boost the strength of the proteins on the surface of your cells, helping to protect your body from infection and improving your immunity. In one animal trial, mice that weren't fed their vegetables lost up to 80% of their cell-surface proteins.

This broccoli salad contains a medley of delightful flavors and textures, including a tempting combination of savory and sweet that will appeal to everyone in your family (even those who claim they don't like broccoli!).

Plus, broccoli is exceptionally high in anti-flu vitamin C (a single cup of broccoli offers you 135% of your daily needs), so you're defending yourself from viruses with every crunchy, delicious bite.

8 cups broccoli, cut into bite-sized chunks  
1/2 cup red onion, diced  
1/2 cup dried cranberries (preferably unsweetened)  
1/3 cup roasted sunflower seeds (preferably unsalted)  
1/2 cup imitation bacon bits  
3 tablespoons organic apple cider vinegar (ideally with "the mother")  
2 tablespoons honey, agave syrup or your favorite non-sugar sweetener (optional)  
1 cup plant-based mayonnaise  
A pinch of salt and pepper

First, make the dressing by combining the vinegar, optional sweetener and mayo. Whisk quickly, then season with salt and pepper to taste. Set the dressing to the side.

In a salad bowl, combine the rest of the ingredients before whisking in the dressing. Place the assembled salad in your fridge for a couple of hours. This waiting time is key for the full flavors of the salad to mingle and come out.

### **DINNER: Salmon Sauteed in a Mushroom-Lemon Sauce**

Flu season coincides with a drop in natural sunlight, and that might not be a coincidence. Vitamin D, the so-called "sunshine vitamin," is key for general immune health and [reducing your risks of catching the flu](#).

A single 3-ounce serving of this delicious salmon dinner offers you more than 400 IU of vitamin D.

And while it looks fancy and smells amazing, the secret is in the simple lemon-mushroom sauce. It's delicate and flavorful and elevates this dish to 5-star restaurant status, all while taking just seconds to whip up. Meanwhile, the mushrooms add a smoky flavor (and more vitamin D) and the lemons boost this anti-flu dinner's vitamin C levels.

2 cups sliced fresh mushrooms (ideally shiitake, which have higher levels of vitamin D)  
2 tbsp plant-based butter alternative  
2 tbsp fresh, organic lemon juice  
1/2 tsp fresh or dried dill weed  
1/4 teaspoon each of salt and pepper  
4 6-ounce salmon fillets (ideally not farmed, but instead wild sockeye from a sustainable fishery)

Saute the mushrooms and “butter” in a frying pan until the mushrooms are tender and fragrant. Once done, whisk in the lemon juice, dill weed, and salt and pepper.

Raise the heat to a gentle simmer and add in the salmon fillets. Cover, and let it fry and steam for a couple of minutes. Flip the salmon over and repeat until the salmon is fully cooked (it should be pink and flaky in the middle of each steak).

Remove from heat and let the fish “rest” for five minutes before serving.

## 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 fall as you get older. [BioPro-Plus 500](#) offers a full dose of thymic proteins to help restore your body’s natural levels. Maximize your health by combining the above anti-flu meals with healthy supplements!



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