

Tasty Meals That Reduce Your Health Risks



This week, we've been discussing the importance of taking [preventative and proactive measures to reduce your health risks](#).

The ancient Hippocrates — typically referred to as the father of modern medicine — once said, "Let food be thy medicine, and let medicine be thy food."

The same holds true for preventative medicine.

If you want to reduce your risks of some of the most common health ailments plaguing society today, the delicious recipes we share below aren't just tasty and easy to make. They also contain proven ingredients shown to help reduce your health risks, whether it's cardiovascular disease or even cancer!

BREAKFAST: Mixed Berry Smoothie

Berries put the "super" in superfood. They're one of the best sources of anthocyanins. Anthocyanins are a group of plant pigments that give berries their rich, colorful hues. But there's more than meets the eye (literally).

These plant pigments aren't just for looks. Anthocyanins also act as extremely powerful antioxidants that can boost your immune system and so much more. For example, studies have shown that these antioxidants can [reduce the growth of cancer cells](#) and even [slow or stop the progression of some forms of cancer](#).

This delicious smoothie is the perfect way to jumpstart your morning with lots of immunity-enhancing antioxidants, plus digestion-boosting fiber and a hefty serving of rich, delicious protein.

The result? A delightful shake that takes just seconds to make, and keeps you happy and feeling full all morning long.

- 1 1/2 cups coconut milk
- 1 frozen banana
- 1 1/2 cups frozen mixed berries
- 3/4 cup vanilla Greek yogurt
- 1 tbsp honey, ideally local and organic
- 1 tbsp hemp hearts

Add all the ingredients to a blender. Blend until creamy, and enjoy chilled!

LUNCH: Salmon Caesar Wraps

Forget chicken Caesar wraps. Elevate your work lunch with this delicious lunch that swaps out the chicken for delicious salmon, and pairs it with crisp kale and tangy Caesar salad dressing.

While it tastes decadent, and the varying textures and flavors will leave you feeling like you're having a gourmet restaurant meal, the choice of ingredients here is quite purposeful.

According to [Harvard](#), fatty fish like salmon, and green leafy veggies like kale, are some of the best anti-inflammatory foods you can choose.

Chronic inflammation is a rampant problem today and one of the biggest health risks to your wellness. Harvard's researchers say that if left untreated, it's one of the common underlying contributors to health concerns like diabetes, arthritis, and even depression.

This lunch takes these two nutritional powerhouses and combines them into a tantalizing recipe that will please anyone (including those who think they don't like seafood).

- 1 bunch of kale, chopped coarsely
- 1/2 cup shredded Parmesan cheese
- 1/2 cup Caesar salad dressing (store-bought or homemade)

2 6-oz. cans wild salmon, drained
4 large whole-grain flour tortillas

In a big salad bowl, toss the kale, cheese, and dressing together.

Take the salmon out of the can and crumble it loosely over the salad. Toss again to coat the fish in the greens and dressing.

Place a tortilla on a cutting board or plate.

Scoop a fourth of the salad-and-salmon mixture down the middle of the tortilla.

Wrap it similar to how you would if you were making a burrito.

Repeat for the rest of the tortillas, and enjoy!

DINNER: Easy Quinoa Chicken

Heart disease is the leading cause of death in America, according to the [CDC](#).

But your meals are an important part of managing these significant health risks. "The best diet for preventing heart disease is one that is full of...whole grains [and] poultry," reports [Harvard](#). "People with diets consistent with this dietary pattern had a 31% lower risk of heart disease, a 33% lower risk of diabetes, and a 20% lower risk of stroke."

This dinner is super quick to pull together, so it's perfect for both busy weeknights and lazy weekend evenings.

You'll instantly be transported to the sun-dappled coasts of Italy with the Mediterranean flavors in this meal. It's full of juicy chicken and fluffy quinoa (an excellent whole grain to add to your diet), plus the natural sweetness of tomatoes.

2 cups organic chicken broth
1 cup quinoa
2 teaspoons extra-virgin olive oil
1 red onion, minced
3 cloves of garlic, peeled and crushed
1 1/2 lb. ground chicken, ideally organic and free-ranged
1 10-oz can of diced tomatoes
1 tbsp smoked paprika
2 green chile peppers, diced
1 tsp salt
1 tsp ground black pepper

Add the broth and quinoa to a pot. Bring to a boil, then lower the heat and let it simmer until the quinoa is fluffy and soft, and most of the broth has been absorbed.

While the quinoa is cooking, saute the onions and garlic in olive oil in a frying pan. Add the chile, chicken, and spices, and saute until the chicken is cooked through.

Add the quinoa and the rest of the ingredients. Stir thoroughly, 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 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 meals with healthy supplements.



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