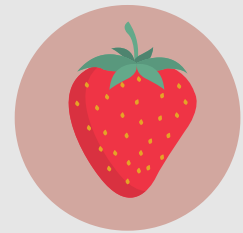
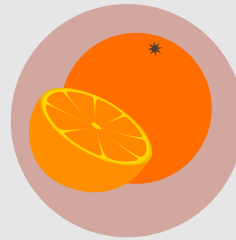


Immunity Boosting Vitamins and Minerals

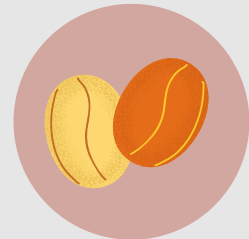
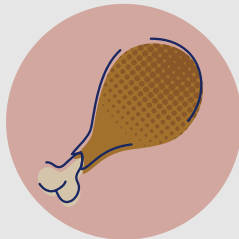
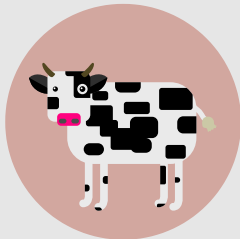
Vitamin C

Fruits and vegetables



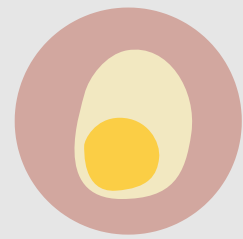
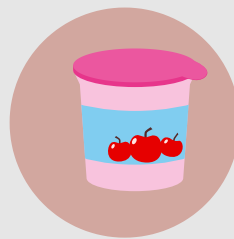
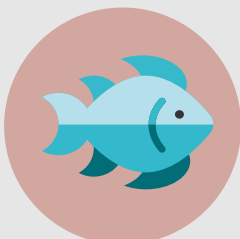
Zinc

Beef, chicken, nuts and seeds, lentils



Vitamin D

Fish, fortified cereal and dairy, egg yolks



Smoothie Guide

1

Add base: milk of choice, 100% juice, or water

2

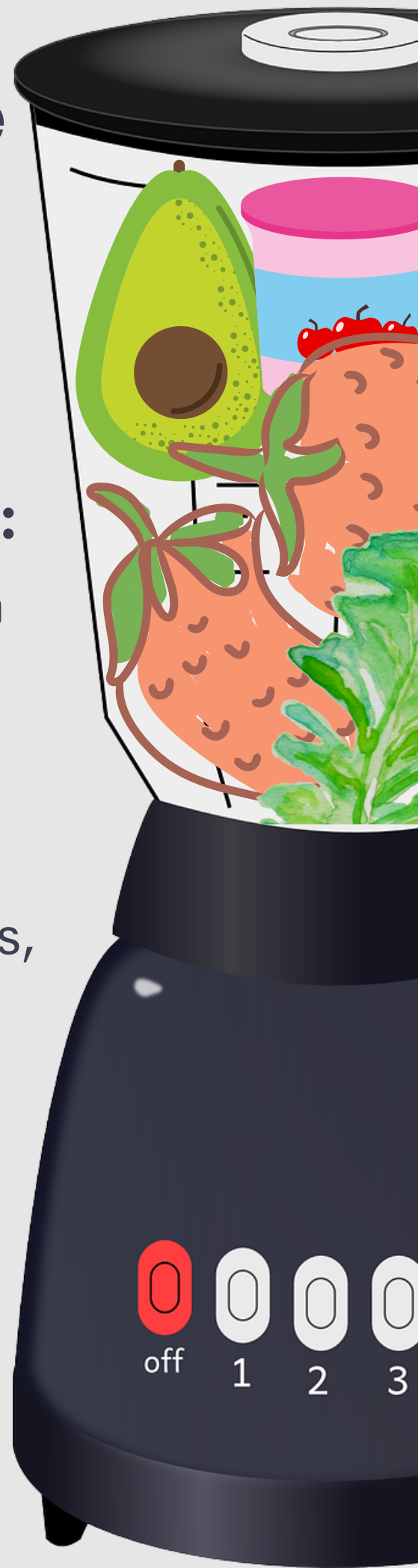
Add greens and fruit: spinach or kale, frozen fruit of choice

3

Add healthy fat: nut butters, chia seeds, or avocado

4

Add protein: greek yogurt or protein powder of choice



Grains

- Quinoa
- Brown rice
- Couscous
- Corn
- Farro

Vegetables

- Sweet Potato
- Spinach
- Carrots
- Beets
- Califlower

Protein

- Poultry
- Fish
- Tofu
- Legumes
- Eggs

Power Bowl Guide



Dressing

- Pesto
- Salsa
- Yogurt Based
- Vinaigrette

Healthy Fat

- Avocado
- Oil
- Nuts
- Seeds

Crunch

- Peppers
- Roasted Chickpeas
- Leafy Greens
- Onions