

IMMUNE HEALTH

FUEL with nutrient-dense options to support your immune system and **ADOPT** strategies to save you time, money, and trips to the grocery store

Meal Plan. Choose recipes with versatile, nutrient-dense ingredients that keep well and/or can be frozen:



- **Freezer:** freeze fresh meat and whole grain bread/wraps/pita/Naan bread, frozen edamame, frozen fruit and vegetables, homemade meals or prepared frozen meals
- **Fridge:** eggs, fresh meat or fish, roasted chicken, pepperoni eggs, milk/milk alternatives, Greek yogurt, tofu, hummus, nut butter, fruit and vegetables (apples, grapes, oranges, bell peppers, carrots, turnip, rutabaga, beets, cabbage, broccoli, kale, avocado)
- **Pantry:** whole grain crackers, uncooked grains such as rice, oats and popcorn, dried fruit, nuts/seeds, canned fruit and vegetables, plain tomato sauce, potatoes/yams, canned tuna or salmon, canned or dried legumes such as kidney beans, jerky, skim milk powder



MEAL IDEAS

- Homemade pizza: Top Naan bread/pita with tomato sauce, ham, mushrooms, peppers, pineapple and shredded cheese. Bake in oven until crispy.
- Baked beans + baked yam served with coleslaw made with shredded cabbage/carrot
- Pan-fried ground turkey mixed with kale, white kidney beans, chili flakes, garlic, salt and pepper served with whole grain toast
- Flavoured tuna with whole grain crackers (e.g. Triscuits) + carrot sticks + hummus
- Fried eggs + sautéed kale + cherry tomatoes on toast with balsamic + chopped basil
- Whole grain wrap with hummus, avocado, roasted chick turkey, cheese, shredded carrot and balsamic drizzle
- Overnight oats: oats, milk, yogurt, fruit, + flavours (e.g. cinnamon and vanilla extract)



SNACK IDEAS

- Smoothie (1 cup milk + 1 frozen banana + 1/2c frozen fruit + 1/2 c Greek yogurt)
- Plain Greek yogurt + 2 Tbsp peanut butter + cinnamon – use as a dip for apple slices
- Edamame (frozen vegetable aisle) microwaved until soft, topped with pinch of salt
- Jerky or pepperoni + Apple
- Trail mix made with nuts, seeds, and dried fruit

***See more recipe ideas on coach.ca*

Plan your shop:



- **Consider online ordering or grocery pickup options**
- **Shop wisely.** Avoid shopping during busy periods such as the weekend to avoid crowds and decreased supply
- **Practice self hygiene.** Wipe down shopping cart handle. Try to keep 6 feet between you, staff and other shoppers. Wash/ sanitize hands before, during and after shop.