



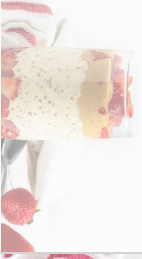







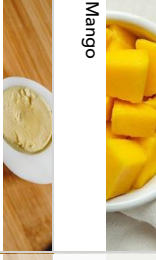
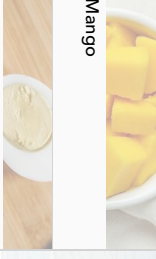



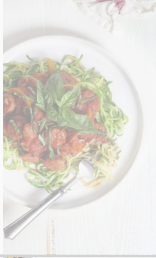




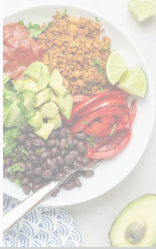


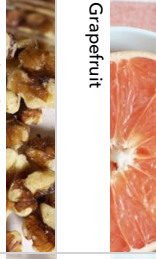

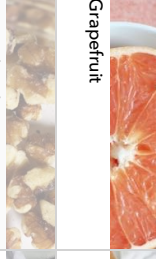

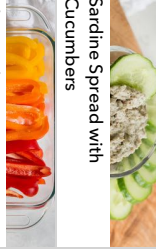
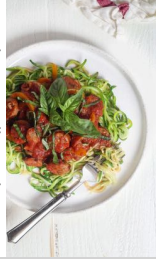

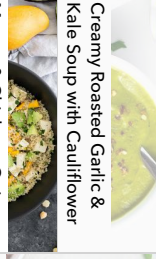

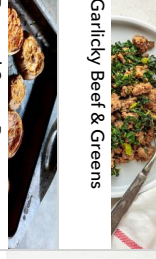

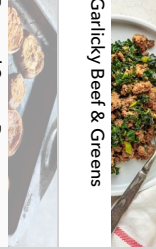


NUTRITIONAL
MATTERS

Immune Support Program

Angela Emmerton

<http://www.nutritionalmatters.com.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Zucchini Breakfast Boats	 Zucchini Breakfast Boats
Snack 1	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Hard Boiled Eggs Mango	 Hard Boiled Eggs Mango	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
Lunch	 Creamy Roasted Garlic & Kale Soup with Cauliflower	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Burrito Bowl with Quinoa Tofu Taco Filling
Snack 2	 Apple with Almond Butter	 Apple with Almond Butter	 Toasted Walnuts Grapefruit	 Toasted Walnuts Grapefruit	 Toasted Walnuts Grapefruit	 Sardine Spread with Cucumbers Chopped Capsicum	 Sardine Spread with Cucumbers Chopped Capsicum
Dinner	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Creamy Roasted Garlic & Kale Soup with Cauliflower Mango & Chickpea Quinoa Salad	 Deconstructed Stuffed Peppers	 Garlicky Beef & Greens Roasted Sweet Potato Rounds	 Burrito Bowl with Quinoa Tofu Taco Filling Roasted Sweet Potato Rounds	 Garlicky Beef & Greens Roasted Sweet Potato Rounds





Fruits

- 2 Apple
- 1 1/2 Avocado
- 1 Banana
- 2 1/8 cups Blueberries
- 3 Grapefruit
- 2 Lemon
- 1/2 Lime
- 1 1/2 tsps Lime Juice
- 1 1/2 Mango
- 4 1/2 cups Strawberries

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1/3 cup Almond Butter
- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tsps Chia Seeds
- 1 1/4 tsps Chili Powder
- 3/4 tsp Cumin
- 1/2 tsp Garlic Powder
- 1 tbsp Ground Flax Seed
- 1 1/8 tsps Italian Seasoning
- 1/2 tsp Oregano
- 1 tsp Paprika
- 1/4 tsp Red Pepper Flakes
- 2 1/2 tsps Sea Salt
- 1 cup Walnuts

Vegetables

- 1/4 cup Basil Leaves
- 1/2 Brown Onion
- 1/2 head Cauliflower
- 10 stalks Celery
- 1 cup Cherry Tomatoes
- 2 cups Corriander
- 2 Cucumber
- 10 Garlic
- 1 tbsp Ginger
- 1 1/2 Green Capsicum
- 8 cups Kale Leaves
- 1 cup Matchstick Carrots
- 1/4 cup Parsley
- 3 cups Purple Cabbage
- 1 Red Bell Capsicum
- 3 1/2 Red Bell Pepper
- 3 Red Capsicum
- 1/3 cup Red Onion
- 1/4 head Romaine Hearts
- 4 stalks Spring Onion
- 1 Sweet Potato
- 8 White Button Mushrooms
- 3 1/2 Yellow Capsicum
- 1/2 Yellow Onion
- 4 Zucchini

Boxed & Canned

- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 3 1/4 cups Chickpeas
- 1 3/4 cups Crushed Tomatoes
- 1/2 cup Diced Tomatoes
- 1/2 cup Organic Salsa
- 2 cups Organic Vegetable Broth
- 1/3 cup Quinoa
- 595 grams Sardines

Baking

- 2 1/2 tsps Nutritional Yeast
- 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- 794 grams Extra Lean Ground Beef
- 1/2 cup Hummus
- 227 grams Pork Sausage (Good Quality)
- 198 grams Tofu

Condiments & Oils

- 2/3 cup Apple Cider Vinegar
- 1/4 cup Coconut Oil
- 3 tsps Extra Virgin Olive Oil
- 1/3 cup Mayonnaise
- 1/3 cup Tahini
- 1 cup Tomato Sauce (Passata)

Cold

- 8 Egg
- 3 1/4 cups Unsweetened Almond Milk

Other

- 1/4 cup Protein Powder (Plant Based)
- 1 1/4 cups Water



Peanut Butter & Jam Overnight Oats

3 servings

8 hours

Ingredients

- 1/2 cup All Natural Peanut Butter (divided)
- 1/4 cup Maple Syrup (divided)
- 2 cups Unsweetened Almond Milk
- 1 1/2 cups Oats (quick)
- 1 1/2 tbsps Chia Seeds
- 3 cups Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container in the fridge for up to four days.

No Peanut Butter, Use almond butter, cashew butter or hazelnut butter instead.



Strawberry Almond Protein Smoothie

1 serving

5 minutes

Ingredients

- 1 1/2 cups Strawberries (frozen)
- 1 Banana (small, frozen)
- 1/4 cup Protein Powder (Plant Based)
- 1 1/2 tbsps Almond Butter
- 1 tbsp Ground Flax Seed
- 1 1/4 cups Unsweetened Almond Milk

Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk, Use coconut milk or cashew milk instead.

Smoothie Consistency, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber, Add in some chopped leafy greens like spinach or kale.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Zucchini Breakfast Boats

2 servings

30 minutes

Ingredients

2 Zucchini (large, sliced in half lengthwise)
1 Red Bell Pepper (chopped)
1/2 Yellow Onion (chopped)
8 White Button Mushrooms (chopped)
4 Egg
1/4 tsp Sea Salt
1/4 cup Parsley (chopped)
2 tsps Nutritional Yeast (optional, for topping)

Directions

- 1 Preheat the oven to 375°F (190°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a frypan over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size, One serving size is equal to two zucchini boats.

More Flavor, Add additional seasonings and herbs.



Sardine Salad with Peppers, Celery & Blueberries

3 servings

10 minutes

Ingredients

- 255 grams Sardines (packed in oil, drained)
- 1/3 cup Red Onion (minced)
- 6 stalks Celery (sliced into sticks)
- 1 1/2 Red Bell Pepper (stems and seeds removed, sliced)
- 1 1/2 cups Blueberries

Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

- No Sardines, Use canned salmon instead - preferably wild.
- Leftovers, Refrigerate in an airtight container for up to three days.



Mango

2 servings

5 minutes

Ingredients

1 Mango

Directions

- 1 Peel and cut into chunks. Portion into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is equal to one-half of a medium-sized mango.



Hard Boiled Eggs

2 servings

15 minutes

Ingredients

4 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.
Easier to Peel, Add salt to the water while boiling.



Hummus & Veggies Snack Box

2 servings

5 minutes

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 days.

No Hummus, Use guacamole or a ready-made dip instead.



Creamy Roasted Garlic & Kale Soup with Cauliflower

2 servings

1 hour 15 minutes

Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Brown Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Organic Vegetable Broth (divided)

Directions

- 1 Preheat oven to 400°F (200°C) and line a baking sheet with baking paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers, Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With, An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick, If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Rainbow Chopped Salad Jars

3 servings

30 minutes

Ingredients

- 1/3 cup Tahini
- 2 Lemon (juiced)
- 1/2 tsp Sea Salt
- 2 tbsps Water
- 3 cups Chickpeas (cooked, from the can)
- 1 cup Cherry Tomatoes
- 1 cup Matchstick Carrots
- 1 Yellow Capsicum (chopped)
- 3 cups Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, capsicum, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage, Keeps well in the fridge for up to 4 days.

No Tahini, Use a nut butter instead.



Apple with Almond Butter

1 serving

5 minutes

Ingredients

- 1 Apple
- 2 tbsps Almond Butter

Directions

- 1 Slice apple and cut away the core.
;
- 2 Dip into almond butter.
;
- 3 Yummmm.



Grapefruit

1 serving

5 minutes

Ingredients

1 Grapefruit

Directions

1

Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour, Sprinkle with a pinch of sea salt.



Toasted Walnuts

3 servings

15 minutes

Ingredients

1 cup Walnuts (shelled)

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



Sardine Spread with Cucumbers

2 servings

5 minutes

Ingredients

170 grams Sardines (in oil, drained)
3 tbsps Mayonnaise
1/3 cup Apple Cider Vinegar
1 Cucumber (sliced)

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately one cup.

More Flavor, Add black pepper or your choice of fresh or dried herbs.

No Cucumbers, Use capsicum slices, carrot sticks, celery sticks or crackers instead.



Chopped Capsicum

3 servings

5 minutes

Ingredients

3/4 Yellow Capsicum

3/4 Green Capsicum

3/4 Red Capsicum

Directions

- 1 Remove stems and seeds of each capsicum and cut into slices. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 4 days.



Zucchini Noodles with Sausage & Tomato Sauce

2 servings

20 minutes

Ingredients

- 227 grams Pork Sausage (Good Quality) (Italian)
- 1 Yellow Capsicum (thinly sliced)
- 1 cup Tomato Sauce (Passata)
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers, For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork, Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings, Top with nutritional yeast or chili flakes.

Make it Vegan, Use a vegan sausage or chickpeas instead.



Deconstructed Stuffed Peppers

3 servings
50 minutes

Ingredients

1/2 cup Brown Rice
340 grams Extra Lean Ground Beef
1 1/2 tsps Extra Virgin Olive Oil
1 1/2 Red Capsicum (chopped)
1 1/2 tsps Italian Seasoning
1 tsp Paprika
1/2 tsp Sea Salt
1/4 tsp Red Pepper Flakes
1 3/4 cups Crushed Tomatoes (from the can)
1/2 cup Diced Tomatoes (from the can)
3/4 cup Water
3 stalks Spring Onion (chopped, divided)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the capsicums for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the spring onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor, Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chili powder.

No Red Capsicum, Use any coloured capsicum instead.

No Beef, Use ground pork or sausage meat instead.

No Brown Rice, Use white rice, quinoa or cauliflower rice instead.



Mango & Chickpea Quinoa Salad

2 servings

15 minutes

Ingredients

2 2/3 tbsps Quinoa (uncooked)
1/3 cup Water
2 cups Corriander (chopped)
1/4 cup Chickpeas (cooked)
85 grams Tofu (extra firm, patted dry, cubed)
1/4 tsp Sea Salt
1/2 Lime (juiced)
1/2 Avocado (sliced)
1/2 Mango (sliced)

Directions

1

Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.

2

Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Serving Size, Each serving equals approximately 1 1/2 cups of salad.

More Flavor, Add chilli powder or red pepper flakes.

Additional Toppings, Add in cucumber, corn, red onion and/or green capsicum.



Garlicky Beef & Greens

2 servings

20 minutes

Ingredients

2 tbsps Coconut Oil
2 Garlic (clove, minced)
1 1/2 tpsps Ginger (fresh, grated or minced)
1/2 stalk Spring Onion (chopped)
227 grams Extra Lean Ground Beef
2 cups Kale Leaves (finely chopped)
1/8 tsp Sea Salt

Directions

- 1 In a small mixing bowl combine the coconut oil, garlic, ginger and spring onion. Set aside.
- 2 Heat a large frypan over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut oil sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 cup.

More Flavor, Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings, Top with sesame seeds or chopped coriander. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef, Use ground chicken, turkey or pork instead.

No Coconut Aminos, Use tamari or other soy-based sauce instead.



Roasted Sweet Potato Rounds

2 servings

35 minutes

Ingredients

1 Sweet Potato (medium, washed and scrubbed)
3/4 tsp Coconut Oil

Directions

- 1 Preheat oven to 425°F (220°C) and line a baking sheet with baking paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (salt or cinnamon) and enjoy!

Notes

Serve Them As, A side dish, with guacamole. You can also use them as a burger bun replacement!



Burrito Bowl with Quinoa Tofu Taco Filling

2 servings

35 minutes

Ingredients

1/4 cup Quinoa (uncooked)
113 grams Tofu (extra firm, crumbled)
1 tbsp Extra Virgin Olive Oil
1 1/4 tsp Chili Powder
3/4 tsp Cumin
1/2 tsp Oregano
1/2 tsp Garlic Powder
1/4 tsp Sea Salt
1/2 cup Organic Salsa (divided)
1 1/2 tsp Lime Juice
1/2 tsp Nutritional Yeast
1 Red Bell Capsicum (sliced)
1/4 head Romaine Hearts (chopped)
1/2 cup Black Beans (cooked)
1 Avocado (diced)

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick frypan over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelise for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red capsicum and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red capsicum, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings, Add coriander, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.