



MOVEMENT 1ST WELLNESS

Created by Movement 1st Wellness



Immunity Booster Program

6 days

	Mon	Tue	Wed	Thu	Fri	Sat
Breakfast	Orange Immunity Booster Smoothie	Orange Immunity Booster Smoothie	Spinach, Tomato & Goat Cheese Scramble	Spinach, Tomato & Goat Cheese Scramble	Green Apple Cinnamon Smoothie	Green Apple Cinnamon Smoothie
Lunch	Tuna Salad Stuffed Avocado with Hot Sauce	Baked Salmon with Broccoli & Quinoa	Steak with Balsamic Jus	Slow Cooker Rotisserie Chicken	Roasted Brussels Sprouts Caesar Salad	Butter Chicken and Cauliflower Rice
Snack 1	Cashews & Clementines	Cashews & Clementines	Maple Roasted Almonds	Maple Roasted Almonds	Cashews & Clementines	Fresh Strawberries
Dinner	Baked Salmon with Broccoli & Quinoa	Steak with Balsamic Jus	Slow Cooker Rotisserie Chicken	Roasted Brussels Sprouts Caesar Salad	Butter Chicken and Cauliflower Rice	15 Minute Tilapia
Snack 2	Broiled Grapefruit	Fresh Strawberries	Broiled Grapefruit	Fresh Strawberries	Fresh Strawberries	Broiled Grapefruit



Immunity Booster Program

64 items

Fruits

- 4 Apple
- 1 Avocado
- 2 Banana
- 12 Clementines
- 3 Grapefruit
- 8 Kiwi
- 2 1/4 Lemon
- 1/2 Lime
- 4 Navel Orange
- 8 cups Strawberries

Breakfast

- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 2 tsps Black Pepper
- 1 1/2 cups Cashews
- 1/2 tsp Cayenne Pepper
- 1 tbsp Chili Powder
- 1 1/8 tsps Cinnamon
- 1 tbsp Curry Powder
- 1 tsp Dried Thyme
- 2 tsps Garam Masala
- 1/3 cup Ground Flax Seed
- 1 tsp Italian Seasoning
- 1 tsp Onion Powder
- 1 1/3 tsps Paprika
- 1/2 cup Pumpkin Seeds
- 1/2 tsp Red Pepper Flakes
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tsps Slivered Almonds
- 1 tsp Turmeric

Vegetables

- 28 1/2 cups Baby Spinach
- 1 cup Basil Leaves
- 8 cups Broccoli
- 9 cups Brussels Sprouts
- 1 head Cauliflower
- 1 stalk Celery
- 3 1/2 cups Cherry Tomatoes
- 3 1/2 Garlic
- 3 tsps Ginger
- 1/2 cup Radishes
- 2 Sweet Potato
- 2 Yellow Onion

Boxed & Canned

- 1 cup Organic Coconut Milk
- 1 cup Quinoa
- 1/4 cup Tomato Paste
- 1 can Tuna

Baking

- 2 cups Pureed Pumpkin

Bread, Fish, Meat & Cheese

- 1 1/4 lbs Beef Tenderloin
- 12 ozs Chicken Breast
- 1 lb Extra Lean Ground Chicken
- 1/4 cup Feta Cheese
- 1/2 cup Goat Cheese
- 1 1/4 lbs Salmon Fillet
- 2 Tilapia Fillet
- 4 lbs Whole Roasting Chicken

Condiments & Oils

- 1/2 cup Balsamic Vinegar
- 2 tsps Capers
- 1 tbsp Coconut Oil
- 1/2 cup Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 tsp Tabasco Sauce

Cold

- 10 Egg
- 5 1/2 cups Unsweetened Almond Milk

Other

- 2 1/4 cups Water

Orange Immunity Booster Smoothie

9 ingredients · 10 minutes · 2 servings



Directions

1. Throw all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

Notes

No Pureed Pumpkin

Use steamed sweet potato instead.

More Protein

Add protein powder, hemp seeds or nut butter.

No Maple Syrup

Sweeten with raw honey or soaked dates instead.

Ingredients

- 1 cup Pureed Pumpkin
- 1 Banana (frozen)
- 1/2 tsp Turmeric
- 1/4 tsp Cinnamon
- 1 1/2 tps Ginger
- 1 tbsp Ground Flax Seed
- 3/4 cup Unsweetened Almond Milk
- 2 Navel Orange (peeled and sectioned)
- 1 tbsp Maple Syrup

Spinach, Tomato & Goat Cheese Scramble

8 ingredients · 20 minutes · 2 servings



Directions

1. Heat a large skillet over medium heat. Add olive oil.
2. In a mixing bowl, whisk together eggs, cherry tomatoes, spinach, sea salt and black pepper. Mix well. Transfer to the skillet and stir continuously while cooking to scramble. Once eggs are cooked through, remove from the heat and divide into bowls. Top with goat cheese and basil leaves. Enjoy it while it's hot!

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 5 Egg (whisked)
- 1 **cup** Cherry Tomatoes (halved)
- 2 **cups** Baby Spinach
- 1/4 **tsp** Sea Salt
- 1/2 **tsp** Black Pepper
- 1/4 **cup** Goat Cheese (crumbled)
- 1/2 **cup** Basil Leaves (chopped)

Green Apple Cinnamon Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Place apple, kiwi, ground flax, cinnamon and almond milk in a blender and blend well. Then add in baby spinach and blend again. Pour and enjoy!

Ingredients

- 2 Apple (peeled, cored and chopped)
- 4 Kiwi (peeled and sliced)
- 2 **tbsps** Ground Flax Seed
- 1 **tsp** Cinnamon
- 2 **cups** Unsweetened Almond Milk
- 4 **cups** Baby Spinach

Tuna Salad Stuffed Avocado with Hot Sauce

10 ingredients · 20 minutes · 2 servings



Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, celery, baby spinach, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Drizzle with desired amount of tabasco. Enjoy!

Notes

More Protein & Crunch

Add 1/4 cup sunflower seeds.

Don't Like Avocados

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish

Use a can of white beans instead.

Ingredients

- 1 Avocado
- 1 can Tuna (drained and flaked)
- 1 stalk Celery (finely diced)
- 1/2 cup Baby Spinach (finely chopped)
- 1/2 Garlic (clove, minced)
- 1 tbsp Dijon Mustard
- 3/4 tsp Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp Tabasco Sauce

Cashews & Clementines

2 ingredients · 5 minutes · 2 servings



Directions

1. Divide into bowls and enjoy!

Ingredients

- 1/2 cup Cashews
- 4 Clementines

Maple Roasted Almonds

3 ingredients · 10 minutes · 4 servings



Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

- 1 cup Almonds
- 1 tbsp Maple Syrup
- 1 tsp Cinnamon

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 4 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 1 1/4 lbs Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 8 cups Broccoli (sliced into small florets)
- 2 tbsps Extra Virgin Olive Oil
- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1/2 Lemon (sliced into wedges)

Steak with Balsamic Jus

9 ingredients · 15 minutes · 4 servings



Directions

1. Heat coconut oil in a large skillet over medium-high heat. Season both sides of the steaks generously with sea salt and black pepper. Place steaks in the skillet. Flip once and cook to desired doneness. We like about 5 minutes per side for medium-rare, but it depends on the thickness of your steak. Transfer steaks to a plate and cover with foil.
2. Add balsamic vinegar to the skillet and bring to a boil. Let boil for 1 to 2 minutes or until it begins to thicken. Remove from heat and whisk in mustard and any excess liquid that has drained off the steaks. Transfer to a bowl and set aside.
3. Place the skillet back over medium heat. Add baby spinach and saute just until wilted. Remove from heat and stir in slivered almonds, lemon juice and feta.
4. Plate steak and drizzle with balsamic mustard sauce. Serve with sauteed spinach salad on the side. Enjoy!

Notes

Make it Even Quicker

Skip sauteing the spinach and make a raw salad instead.

Ingredients

- 1 **tbsp** Coconut Oil
- 1 **1/4 lbs** Beef Tenderloin (sliced into steaks)
- Sea Salt & Black Pepper (to taste)
- 1/2 **cup** Balsamic Vinegar
- 1/4 **cup** Dijon Mustard
- 10 **cups** Baby Spinach
- 2 **tbsps** Slivered Almonds (toasted)
- 1/2 **Lemon** (juiced)
- 1/4 **cup** Feta Cheese (crumbled)

Slow Cooker Rotisserie Chicken

11 ingredients · 4 hours · 4 servings



Directions

1. Rinse chicken and pat dry with paper towels. Remove innards of chicken if not already done. Crumple up sheets of tinfoil to create 6 to 8 round balls (about the size of a golf ball). Place in the bottom of the slow cooker. This helps to prevent the chicken from sticking to the bottom, cook more evenly and keep it moist.
2. Rub the inside of your slow cooker with a bit of olive or coconut oil to make it non-stick.
3. In a bowl, combine the sea salt, paprika, onion powder, thyme, italian seasoning, cayenne pepper and black pepper. Rub this spice mix evenly all over the chicken (inside and out).
4. Place chicken (breast side up) in the slow cooker on top of the foil. Cook 4 to 5 hours on high or 8 to 9 hours on low (aim for 1.5 hours per pound). If you have a meat thermometer, the chicken will be perfect when it has an internal temperature of 165 degrees celsius. Otherwise, you can check that it is cooked through just by making a slit in it and make sure it is no longer pink at the bone.
5. One hour before you are ready to eat, preheat oven to 415. Add chopped sweet potato and brussels sprouts to a large mixing bowl. Add olive oil and season with sea salt and pepper. Toss well. Line a baking sheet with parchment paper and spread the vegetables across evenly. Roast in the oven for 30 minutes.
6. Remove vegetables from oven and increase heat to 450. Line a pan with foil. Ensure chicken is cooked through then transfer it to the foil-lined pan. Place chicken in the oven for 10 minutes to make it crispy.
7. Remove from oven and carve the chicken. Plate chicken with roasted sweet potato and brussels sprouts. Enjoy!

Notes

Save the Carcass

Make our Immunity Boosting Bone Broth.

AIP-Friendly

Omit the black pepper and cayenne.

Ingredients

- 4 lbs** Whole Roasting Chicken
- 1 tbsp** Sea Salt
- 2 tsp** Paprika
- 1 tsp** Onion Powder
- 1 tsp** Dried Thyme
- 1 tsp** Italian Seasoning
- 1/2 tsp** Cayenne Pepper
- 1 tsp** Black Pepper
- 2** Sweet Potato (diced into 1 inch cubes)
- 4 cups** Brussels Sprouts (halved and trimmed)
- 1 tbsp** Extra Virgin Olive Oil

Roasted Brussels Sprouts Caesar Salad

9 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 400°F (204°C). In a large bowl, toss brussels sprouts with a splash of your olive oil and season with sea salt and pepper. Toss well and place on baking sheet lined with parchment paper or foil.
2. Slice the top off of the head of garlic and peel away the skin so the cloves are showing. Drizzle with olive oil and wrap in foil. Place on the baking sheet with the brussels sprouts. Place in oven and bake for 30 minutes. At the 30 minute mark, remove the brussels sprouts and let the garlic cook for another 15 minutes.
3. Remove garlic from oven and let cool. When cool enough to handle, pinch the cloves out one-by-one into a food processor/blender. Add the remaining olive oil, lemon juice, mustard and season with a bit of salt and pepper. Blend until creamy.
4. Place the brussels sprouts, radish and ground chicken into the large mixing bowl and add desired amount of garlic dressing. Toss well. Place in bowl and garnish with seeds, sea salt and pepper. Enjoy!

Ingredients

1 lb Extra Lean Ground Chicken (cooked)
5 cups Brussels Sprouts (halved)
1/2 cup Radishes (sliced)
1/2 cup Pumpkin Seeds
1/3 cup Extra Virgin Olive Oil
1 Garlic (whole head)
1/2 Lemon (juiced)
2 tbsps Dijon Mustard
Sea Salt & Black Pepper

Notes

Leftovers

Store in the fridge in an airtight container up to three days.

Save Time

Cook the ground chicken and make the roasted garlic dressing in advance.

No Extra Lean Ground Chicken

Use any other type of ground meat instead.

Vegan & Vegetarian

Use cooked lentils instead of ground meat.

Butter Chicken and Cauliflower Rice

15 ingredients · 30 minutes · 4 servings



Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk

Use Greek yogurt instead.

No Cauliflower Rice

Serve over brown rice or quinoa instead.

More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

Ingredients

- 12 ozs Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 Yellow Onion (diced)
- 2 Garlic (cloves, minced)
- 2 tbsps Ginger (grated)
- 1/4 cup Tomato Paste
- 2 tsps Paprika
- 1 tbsp Curry Powder
- 2 tsps Garam Masala
- 1 tsp Sea Salt
- 1 tbsp Chili Powder
- 1/4 cup Water
- 1 cup Organic Coconut Milk (full fat)
- 1 head Cauliflower
- 1/2 Lime (juiced)

15 Minute Tilapia

9 ingredients · 15 minutes · 2 servings



Directions

1. Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
2. Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
3. In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
4. Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy

Double up on the red pepper flakes.

Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

Broiled Grapefruit

2 ingredients · 15 minutes · 2 servings



Directions

1. Set your oven to broil and move the rack to the top rung.
2. Slice your grapefruit in half and remove the seeds. Use a knife to carve each half of the grapefruit around the circumference and through the individual sections to make it easier to eat. Place each half on a baking sheet. Brush the flesh of each half with maple syrup. Place in the oven and broil for 5 to 10 minutes or until the flesh turns golden brown. Keep a close eye to void burning!
3. Remove grapefruit from oven and let cool for 5 minutes. Dig in with a spoon. Enjoy!

Notes

Coconut Lover

Sprinkle with shredded coconut after baking.

Magical Touch

Sprinkle with a pinch of sea salt before eating.

Leftovers

Wrap leftovers in saran and store in the fridge. Reheat before eating.

Ingredients

- 1 Grapefruit
- 1 **tbsp** Maple Syrup

Fresh Strawberries

1 ingredient · 5 minutes · 4 servings



Directions

1. Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

Notes

Make Them Last

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.

Ingredients

4 cups Strawberries