



**HEATHER  
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**IMMUNE BOOSTING RECIPES**

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## Nourish Your Body, Strengthen Your Immunity

Supporting your immune system isn't just about fighting off illness—it's about long-term resilience and well-being. What you eat plays a powerful role in keeping your body strong, reducing inflammation, and helping you recover faster when you do get sick.

This Immune-Boosting Recipe Packet is designed to provide simple, nutrient-dense meals that:

- ☑ Support gut health (where 70% of your immune system lives!)
- ☑ Provide key vitamins & minerals like Vitamin C, zinc, and antioxidants
- ☑ Help fight inflammation and strengthen your body's natural defenses
- ☑ Keep you nourished without extra stress—because simple, comforting food is key when you're run down

Each recipe is easy to prepare, full of flavor and immune-supporting ingredients, and designed to help you feel your best—whether you're recovering from illness or just want to stay strong all season long.

☑ A gentle reminder: Supporting your immune system isn't just about food. Be sure to prioritize rest, hydration, and self-care while nourishing yourself with these delicious meals.

Wishing you warmth, wellness, and good food,  
Heather Carey, MS

PS if you are looking for more guidance to boost your immune health in midlife, let's connect. Simply reach out to me [heather@heathercarey.com](mailto:heather@heathercarey.com) and we can set up a free wellness session.



## Ginger Lemon Juice Shots

2 servings

5 minutes

### Ingredients

- 1 1/2 tbsps Ginger (peeled, chopped)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)
- 1 tsp Turmeric (ground)

### Directions

- 1 Combine all ingredients in a high-speed blender. Blend until very smooth.
- 2 Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

### Notes

**Midlife Nourish Notes:** Spices, such as ginger and turmeric, not only make your food taste amazing, they are also so good for you. All spices are very anti-inflammatory, have anti-cancer benefits and heart health benefits. Use spices liberally in all your meals.

**Using The Whole Fruit:** We're using the whole fruit in this recipe - both for the lemon and orange. A high speed blender should pulverize them sufficiently and we get to leave the healthy fiber intact.

**Leftovers:** Refrigerate in a glass jar for up to one day. You could also freeze leftovers in an ice cube tray up to 3 months.

**Make it Thinner:** Add water as needed to thin the juice or to make more.



## Kale & Red Pepper Frittata

4 servings

30 minutes

### Ingredients

- 8 Egg
- 1/4 cup Plain Greek Yogurt (or regular milk )
- 1/2 tsp Coarse Salt
- 1/2 tsp Black Pepper
- 1 tbsp Extra Virgin Olive Oil
- 2 cups Kale Leaves (chopped)
- 1 Red Bell Pepper (chopped)
- 1 cup Cherry Tomatoes (halved)

### Directions

- 1 Preheat oven to 400°F.
- 2 Whisk the eggs, yogurt, salt and pepper together in a mixing bowl. Set aside.
- 3 Heat the oil in a sauté pan over medium heat. Add the red pepper and saute for 2 minutes. Add in the tomatoes and cook until softened and letting up their juice, another 2 minutes. Stir in the kale and cook until wilted.
- 4 Turn off the heat and pour the whisked eggs into the pan with the vegetables. Gently stir with a spatula to ensure the vegetables are well incorporated into the eggs. Transfer the skillet to the oven and bake for 12 to 15 minutes, or until the eggs have set.
- 5 Remove the skillet (carefully, it will be hot!) from the oven and let sit for about 5 minutes before cutting into wedges. Serve warm.

### Notes

**Culinary Pharmacy - Eggs:** Eggs are full of choline and one of the best sources of protein. Choline is an important nutrient for brain function.

**Leftovers:** Keep in the fridge for up to 3 days or cut into squares and place in the freezer.



## Hearty Chicken Soup with Barley and Kale

6 servings

1 hour

### Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Medium Yellow Onion (diced small)
- 3 Carrots (diced small)
- 3 stalks Celery (diced small)
- 1 tsp Salt
- 1/2 tsp Pepper
- 2 cups Butternut Squash (you can use frozen to save time but fresh is better)
- 2 Garlic Clove (minced or pressed)
- 1 tbsp Fresh Ginger (grated)
- 1 lb Boneless Skinless Chicken Breasts (cut into 1/2-inch pieces)
- 6 cups Low Sodium Chicken Broth (preferably homemade)
- 2 cups Pearl Barley (2 cups cooked)
- 4 cups Kale Leaves (small bunch, stems removed and torn into small pieces)

### Directions

- 1 In a heavy soup pot, heat the olive oil over medium-high. Add onion, carrots, celery, salt, and pepper and sauté for about 5 minutes, until tender. Add the butternut squash and sauté for another 5-7 minutes. Add garlic and ginger and cook for another minute.
- 2 Add the diced chicken. Cook, stirring until chicken is partially cooked, about 2 minutes.
- 3 Add chicken stock; bring to a boil. Cover, reduce heat, and simmer until chicken is cooked through about 10 minutes.
- 4 Add barley and kale and cook until kale is wilted, 5 minutes more. Season to taste with more salt and pepper if needed and serve hot.



## Roasted Broccoli Salad with Lemony Dressing

4 servings

30 minutes

### Ingredients

- 4 cups Broccoli (florets, chopped)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 1/2 tsp Coarse Salt (divided)
- 1 tsp Lemon Zest (from 1 lemon)
- 2 tbsps Lemon Juice (from 1 lemon)
- 4 cups Arugula
- 1/4 cup Pomegranate Seeds (or dried unsweetened cherries)
- 2 tbsps Pumpkin Seeds
- 1/4 cup Feta Cheese (crumbled)

### Directions

1

Preheat the oven to 400°F. Add the broccoli, 1 tablespoon olive oil and half the sea salt to the sheet and toss to combine. Bake for 15 to 20 minutes, until crispy.

2

In a small bowl, add the extra virgin olive oil, lemon zest, lemon juice and the remaining sea salt.

3

Add the arugula to a large bowl along with the broccoli, pomegranate seeds, pumpkin seeds and feta. Drizzle the dressing over top and toss to combine.

### Notes

**Serve With...:** Add chickpeas, edamame, cooked chicken, or salmon to make this salad a complete meal.

**Greens Of All Kinds:** Greens like broccoli and kale are full of fiber, phytonutrients and antioxidants, with very few calories. This is food as medicine at its best!



## Orange Carrot Immunity Booster Smoothie

2 servings

10 minutes

### Ingredients

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

### Directions

- 1 Place 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.