

AMPLIFIED

Chiropractic and Wellness Center

Immune-Boosting Recipe Guide for Active Adults

Supporting Your Health & Vitality in Venice, Florida

Welcome to Your Journey Toward Enhanced Immunity

As we age, maintaining a robust immune system becomes increasingly important, especially for those of us who lead active lifestyles here in beautiful Venice, Florida. This guide provides delicious, nutrient-dense recipes specifically chosen to support immune function while being easy to prepare and enjoyable to eat.

Why These Recipes Work:

- Rich in antioxidants, vitamins C and D, zinc, and selenium
- Anti-inflammatory ingredients to support joint health
- Easy-to-digest proteins for muscle maintenance
- Hydrating foods perfect for our Florida climate

Morning Energy Boosters

Golden Turmeric Sunrise Smoothie

Prep Time: 5 minutes | Serves 1

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 frozen mango chunks
- 1/2 frozen pineapple chunks
- 1 tsp fresh turmeric (or 1/2 tsp ground)
- 1/2 tsp fresh ginger, grated
- 1 tbsp ground flaxseed
- 1 tsp honey (local when possible)
- Pinch of black pepper

Instructions:

1. Blend all ingredients until smooth
2. Serve immediately in a chilled glass
3. Garnish with a sprinkle of coconut flakes if desired

Immune Benefits: Turmeric and ginger provide powerful anti-inflammatory compounds, while mango delivers vitamin C and beta-carotene.

Mediterranean Veggie Scramble

Prep Time: 10 minutes | Serves 2

Ingredients:

- 4 eggs or egg whites
- 1/4 cup sun-dried tomatoes, chopped
- 1/4 cup fresh spinach
- 2 tbsp feta cheese, crumbled
- 1 tbsp olive oil
- 2 cloves garlic, minced
- Fresh herbs (basil, oregano, or parsley)
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a non-stick pan over medium heat
2. Add garlic and sun-dried tomatoes, sauté 1 minute
3. Add spinach and cook until wilted
4. Pour in beaten eggs and scramble gently
5. Top with feta and fresh herbs

Immune Benefits: Eggs provide complete protein and vitamin D, while garlic offers allicin and spinach delivers folate and iron.

Nourishing Lunch Options

Citrus Quinoa Power Bowl

Prep Time: 15 minutes | Serves 2

Ingredients:

- 1 cup cooked quinoa, cooled
- 1 cup mixed greens (arugula, spinach, kale)
- 1/2 avocado, sliced
- 1/4 cup pomegranate seeds
- 1/4 cup toasted walnuts
- 2 tbsp pumpkin seeds

Citrus Vinaigrette:

- 2 tbsp fresh orange juice
- 1 tbsp fresh lemon juice
- 2 tbsp extra virgin olive oil
- 1 tsp Dijon mustard
- 1 tsp honey
- Salt and pepper to taste

Instructions:

1. Whisk together vinaigrette ingredients
2. Combine quinoa and mixed greens in bowls
3. Top with avocado, pomegranate seeds, and nuts
4. Drizzle with vinaigrette and serve

Immune Benefits: Quinoa provides complete protein and fiber, pomegranate offers antioxidants, and citrus delivers vitamin C.

Healing Bone Broth Soup

Prep Time: 20 minutes (using prepared broth) | Serves 4

Ingredients:

- 4 cups high-quality bone broth
- 1 cup cooked chicken, shredded
- 1/2 cup carrots, diced
- 1/2 cup celery, diced
- 1/4 cup fresh parsley, chopped
- 2 cloves garlic, minced
- 1 tsp fresh thyme
- Sea salt and pepper to taste
- Optional: 1/2 cup cooked brown rice or quinoa

Instructions:

1. Heat bone broth in a large pot over medium heat
2. Add carrots, celery, and garlic; simmer 10 minutes
3. Add chicken and herbs; simmer 5 more minutes
4. Season to taste and serve hot
5. Add rice or quinoa for a heartier meal

Immune Benefits: Bone broth provides collagen and minerals, while herbs and vegetables offer antioxidants and vitamins.

Satisfying Dinner Recipes

Herb-Crusted Salmon with Roasted Vegetables

Prep Time: 25 minutes | Serves 4

Ingredients:

- 4 salmon fillets (4 oz each)
- 2 cups Brussels sprouts, halved
- 1 cup sweet potato, cubed
- 1 red bell pepper, sliced
- 3 tbsp olive oil, divided
- 2 tbsp fresh dill, chopped
- 2 tbsp fresh parsley, chopped
- 2 cloves garlic, minced
- 1 lemon, sliced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F
2. Toss vegetables with 2 tbsp olive oil, salt, and pepper
3. Roast vegetables for 15 minutes
4. Mix herbs, garlic, remaining oil, salt, and pepper
5. Brush salmon with herb mixture
6. Add salmon and lemon slices to pan with vegetables
7. Roast 12-15 minutes until salmon flakes easily

Immune Benefits: Salmon provides omega-3 fatty acids and vitamin D, while colorful vegetables offer antioxidants and fiber.

Immune-Boosting Lentil Stew

Prep Time: 35 minutes | Serves 6

Ingredients:

- 1 cup red lentils, rinsed
- 3 cups vegetable or chicken broth
- 1 can diced tomatoes
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/2 tsp turmeric
- 2 tbsp olive oil
- 2 cups fresh spinach
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a large pot over medium heat
2. Sauté onion, carrots, and celery until soft (8 minutes)
3. Add garlic and spices; cook 1 minute
4. Add lentils, broth, and tomatoes; bring to boil
5. Reduce heat and simmer 20 minutes until lentils are tender
6. Stir in spinach until wilted
7. Season to taste and serve

Immune Benefits: Lentils provide plant protein and fiber, while spices offer anti-inflammatory properties.

Immune-Supporting Snacks

Antioxidant Trail Mix

Prep Time: 5 minutes | Makes 2 cups

Ingredients:

- 1/2 cup almonds
- 1/4 cup walnuts
- 1/4 cup pumpkin seeds
- 1/4 cup dried goji berries
- 2 tbsp dark chocolate chips (70% cacao)
- 1 tbsp coconut flakes, unsweetened

Instructions:

1. Mix all ingredients in a bowl
2. Store in airtight container for up to 2 weeks

Immune-Boosting Energy Balls

Prep Time: 15 minutes | Makes 12 balls

Ingredients:

- 1 cup dates, pitted
- 1/2 cup almonds
- 2 tbsp chia seeds
- 1 tbsp coconut oil
- 1 tsp vanilla extract
- 1/2 tsp cinnamon
- Pinch of sea salt
- Coconut flakes for rolling (optional)

Instructions:

1. Process dates and almonds in food processor until fine
2. Add remaining ingredients and pulse until mixture holds together
3. Roll into 12 balls
4. Roll in coconut flakes if desired
5. Refrigerate 30 minutes before serving

Hydrating Beverages

Elderberry Immune Tea

Prep Time: 10 minutes | Serves 2

Ingredients:

- 2 cups water
- 2 tbsp dried elderberries
- 1 cinnamon stick
- 3 whole cloves
- 1-inch piece fresh ginger, sliced
- Honey to taste
- Lemon slice for serving

Instructions:

1. Simmer all ingredients except honey and lemon for 10 minutes
2. Strain and sweeten with honey
3. Serve warm with lemon slice

Green Immunity Smoothie

Prep Time: 5 minutes | Serves 1

Ingredients:

- 1 cup coconut water
- 1 cup fresh spinach
- 1/2 cucumber, peeled
- 1/2 green apple, cored
- 1 tbsp fresh lime juice
- 1 tsp fresh mint leaves
- Ice as needed

Instructions:

1. Blend until smooth and serve immediately over ice

Weekly Meal Planning Tips

Sunday Prep:

- Cook quinoa and brown rice in batches
- Prepare bone broth or purchase high-quality version
- Wash and chop vegetables
- Make energy balls and trail mix

Shopping List Staples:

- Fresh: garlic, ginger, lemons, limes, leafy greens, colorful vegetables
- Pantry: quinoa, lentils, nuts, seeds, olive oil, spices
- Proteins: wild-caught fish, organic eggs, lean poultry
- Frozen: berries, mango, pineapple

Hydration Goals:

- Start each day with warm lemon water
- Aim for 8-10 glasses of water daily (more in Florida heat!)
- Include herbal teas and coconut water

Special Considerations for Active Adults

Joint Health Support:

- Include omega-3 rich foods (salmon, walnuts, flaxseeds)
- Add anti-inflammatory spices (turmeric, ginger, cinnamon)
- Stay hydrated to support joint lubrication

Digestive Health:

- Include fermented foods when possible (kefir, yogurt)
- Focus on fiber-rich foods for gut health
- Eat slowly and mindfully

Energy Maintenance:

- Balance proteins with complex carbohydrates
- Include healthy fats for sustained energy
- Time meals around your activity schedule

Florida Seasonal Produce Guide

Take advantage of Florida's year-round growing season to maximize nutrition and flavor while supporting local agriculture. Here's your guide to eating seasonally for optimal immune support:

Winter (December - February)

Peak Season Picks:

- **Citrus:** Oranges, grapefruits, tangerines, lemons, limes
- **Vegetables:** Broccoli, cauliflower, cabbage, kale, collard greens, Swiss chard
- **Root Vegetables:** Sweet potatoes, carrots, beets, radishes
- **Herbs:** Parsley, cilantro, dill, chives

Immune-Boosting Winter Recipes to Try:

- Use fresh Florida oranges in the Citrus Quinoa Power Bowl
- Add local kale to the Green Immunity Smoothie
- Roast Florida sweet potatoes with the Herb-Crusted Salmon

Spring (March - May)

Peak Season Picks:

- **Greens:** Arugula, spinach, lettuce, watercress
- **Vegetables:** Asparagus, artichokes, peas, snap peas
- **Herbs:** Basil, oregano, thyme, mint
- **Early Summer:** Tomatoes, cucumbers, zucchini

Recipe Adaptations:

- Fresh asparagus pairs beautifully with the Mediterranean Veggie Scramble
- Add local peas to the Healing Bone Broth Soup
- Use fresh basil and oregano in all recipes for maximum flavor

Summer (June - August)

Peak Season Picks:

- **Tropical Fruits:** Mangoes, pineapple, papayas, passion fruit
- **Vegetables:** Tomatoes, peppers, eggplant, okra, corn
- **Melons:** Watermelon, cantaloupe, honeydew
- **Herbs:** All fresh herbs thrive in summer heat

Cooling Summer Strategies:

- Blend fresh Florida mango into the Golden Turmeric Sunrise Smoothie
- Add local tomatoes and peppers to increase antioxidant content
- Stay extra hydrated with coconut water and cucumber-infused water

Fall (September - November)

Peak Season Picks:

- **Squashes:** Butternut, acorn, delicata, pumpkin
- **Greens:** Return of cool-season greens like kale and collards
- **Root Vegetables:** Turnips, rutabagas, sweet potatoes
- **Late Summer:** Continued tomatoes, peppers, eggplant

Transitional Recipes:

- Roast local squash varieties with your salmon and vegetables
- Add butternut squash to the Immune-Boosting Lentil Stew
- Use fresh pumpkin seeds as garnish for extra zinc

Year-Round Florida Favorites

Always Available:

- **Citrus:** Different varieties peak at different times
- **Leafy Greens:** Spinach, lettuce, arugula
- **Herbs:** Rosemary, sage, parsley
- **Avocados:** Peak season varies by variety

Local Shopping Tips for Venice Area

Farmers Markets:

- **Venice Farmers Market:** Saturdays at Venice Train Depot
- **Sarasota Farmers Market:** Saturdays downtown
- **Englewood Farmers Market:** Thursdays at Englewood Sports Complex

What to Look For:

- Ask vendors about peak ripeness and storage tips
- Choose produce that's firm, colorful, and fragrant
- Buy smaller quantities more frequently for maximum nutrition

Seasonal Recipe Modifications:

Winter Immunity Focus:

- Double up on citrus in smoothies and dressings
- Add extra root vegetables to soups and stews
- Use heartier greens like kale and collards

Summer Cooling Emphasis:

- Increase cucumber and melon in smoothies
- Focus on raw preparations and chilled soups
- Add extra herbs for flavor without heat

Fall Transition Support:

- Incorporate immune-supporting squashes
- Return to warming spices like ginger and turmeric
- Prepare for winter with stored root vegetables

Monthly Produce Calendar

January: Peak citrus season - load up on vitamin C

February: Last of winter vegetables before spring transition

March: Spring greens begin - perfect detox time

April: Asparagus season - great for inflammation

May: Early summer vegetables appear

June: Mango season begins - tropical antioxidants

July: Peak summer heat - focus on hydrating foods

August: Continued tropical fruits and cooling vegetables

September: Transition month - mix of summer and fall

October: Fall vegetables return

November: Holiday prep with squashes and root vegetables

December: Citrus season returns - winter immune support

Storage Tips for Florida Climate

High Humidity Considerations:

- Store citrus at room temperature for 1 week, then refrigerate
- Keep leafy greens in refrigerator with paper towel to absorb moisture
- Store root vegetables in cool, dry place (air conditioning helps)
- Fresh herbs last longer stored like flowers in water

Maximize Nutrition:

- Eat produce within 3-5 days of purchase when possible
- Store cut vegetables in airtight containers
- Freeze excess seasonal produce for smoothies



Your Partner in Health

Remember, these recipes are designed to complement your active lifestyle and support your body's natural defense systems. Consistency is key – aim to incorporate 2-3 of these immune-boosting recipes into your weekly routine.

Consult with your healthcare provider before making significant dietary changes, especially if you have any food allergies or medical conditions.

If you have any questions at all, give us a call at 941-201-0206, or visit us online on AmplifiedChiro.com!

Stay active, stay nourished, stay healthy!

This guide is provided as educational information and is not intended to replace professional medical advice. Always consult with your healthcare provider regarding your specific health needs.

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