

COOK FOR IMMUNE HEALTH

Our immune systems fight hard to keep us healthy. This month, support your immune health through the foods you eat. These nourishing recipes are chock-full of nutrients important for our immune function. Let's protect our health, one meal at a time. [alive.com/wellnesschallenge](https://www.alive.com/wellnesschallenge)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																																																											
<p>MARCH 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>MAY 2021</p> <table border="1"> <tr><th>S</th><th>M</th><th>T</th><th>W</th><th>T</th><th>F</th><th>S</th></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	S	M	T	W	T	F	S							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									<p>Good Friday</p> <p>Make a grocery list that includes immune-supporting basics like fruits, veggies, and seeds</p>	 <p>Go grocery shopping and meal prep for the week</p>
S	M	T	W	T	F	S																																																																																											
	1	2	3	4	5	6																																																																																											
7	8	9	10	11	12	13																																																																																											
14	15	16	17	18	19	20																																																																																											
21	22	23	24	25	26	27																																																																																											
28	29	30	31																																																																																														
S	M	T	W	T	F	S																																																																																											
						1																																																																																											
2	3	4	5	6	7	8																																																																																											
9	10	11	12	13	14	15																																																																																											
16	17	18	19	20	21	22																																																																																											
23	24	25	26	27	28	29																																																																																											
30	31																																																																																																
<p>Easter Sunday 🐰</p> <p>Eat an anti-inflammatory dessert</p> <p>4</p>	<p>Easter Monday (Canada)</p> <p>Add flax, hemp, or chia to your breakfast</p> <p>5</p>	<p>Cook with fresh herbs like sage, basil, or mint</p>  <p>6</p>	 <p>Snack on apples</p> <p>7</p>	<p>Whip up an anti-inflammatory smoothie (Citrus Ginger Shake, anyone?)</p> <p>8</p>	<p>Take your omega-3 supplement</p>  <p>9</p>	<p>Get hooked on salmon (try a one-sheet pan recipe)</p> <p>10</p>																																																																																											
<p>Snack on red fruits like berries or pomegranate seeds</p>  <p>11</p>	<p>Get vitamin C from fresh oranges</p> <p>12</p>	<p>Throw a potassium and fibre-rich banana into your smoothie, granola bowl, or PB&J</p>  <p>13</p>	<p>Add extra greens to one of your meals</p> <p>14</p>	<p>Start your day with blueberries (try Blueberry Cheesecake Oats!)</p> <p>15</p>	<p>Try out eggplant in a stir-fry, pasta, or curry</p> <p>16</p>	<p>Make a meal that includes all colours of the rainbow</p> <p>17</p>																																																																																											
<p>Add a scoop of green powder to your smoothie</p>  <p>18</p>	<p>Sprinkle nutritional yeast on your popcorn, roasted veggies, or salad</p> <p>19</p>	<p>Toss some blueberries into your morning granola or cereal</p> <p>20</p>	<p>Use avocado as your spreadable condiment ...mmm avocado toast!</p> <p>21</p>	<p>Earth Day</p> <p>Drink green tea for a dose of superfood goodness</p> <p>22</p>	<p>Add walnuts to your oatmeal or salad</p>  <p>23</p>	<p>Add dark leafy greens like spinach to your diet</p>  <p>24</p>																																																																																											
<p>Talk to your health care practitioner about supplements that would benefit you</p> <p>25</p>	<p>Check out the selection at your natural health food store</p> <p>26</p>	<p>Spice spice baby. Try tumeric capsules or add tumeric to foods to your foods</p> <p>27</p>	<p>Gear up your gut and incorporate probiotics supplements</p> <p>28</p>	<p>Research common supplements that many people benefit from, such as a multivitamin, vitamin D, or omega-3 fatty acid.</p> <p>29</p>	<p>Anti-viral essential oils</p>  <p>30</p>																																																																																												

21 Remain positive

APRIL