

MADEMEALS.CO



9

FOODS TO EAT EVERYDAY
TO KEEP YOUR IMMUNE
SYSTEM STRONG

mademeals®



GINGER

Did you know that ginger has an antiviral, antibacterial, and anti-inflammatory property called gingerol? Whether it's in a tea, a shot, or a sauce, getting a daily dose of ginger can be just what you need to keep your body healthy this year.

Drop a few slices of raw ginger in some boiling water to make ginger tea!

AVAILABLE FROM **mademeals.**

Sweet Chili & Lime Chicken w/
Thai inspired Ginger Sauce



TOMATO

Everyone looks to oranges for their Vitamin C fix, but tomatoes can't be forgotten when it comes to this immunity boosting nutrient. So trade in that Florida-grown orange (or that sugar saturated juice...) for a few Jersey-grown tomatoes instead!

Grab a cup of cherry tomatoes for your mid-morning snack!

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Roasted Vegetable Wrap w/
Sundried Tomato Balsamic Glaze





3

WILD SALMON

Chronic inflammation is a leading cause of a poor immune system. Wild-caught salmon has omega-3 fatty acids that control said inflammation, healing the immune system and building it back up in the process.

Trade out red meats for wild salmon three times a week!

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Crispy Salmon w/ Creamy Bow-Tie Pasta & Parmesan Brussel Sprouts



4

OLIVE OIL

With anti-inflammatory properties and packed with antioxidants, Extra-Virgin Olive Oil should be your fat of choice when cooking this winter. So put the butter aside for awhile, and focus on fueling your body with unsaturated goodness.

Put away the butter and stock up on EVOO!

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Carne Asada w/ Pico de Gallo





SOUP

Turns out, the chicken noodle soup that your mom brought you as a kid wasn't just for fun. Soup can aide in fighting viruses and infections, and has the ability to diminish the presence of white blood cells associated with upper respiratory illness.

If you're feeling sick, stick to broth-based soup!

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Potato & Leek Soup w/
Tarragon Chicken



SPINACH

Not only does spinach have a high dose of Vitamin C, it's packed with infection-fighting beta-carotene. This double whammy of a green is often overlooked as one of the most potent immunity building food.

Throw a handful in your shake every morning!

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Tarragon Chicken Baby Spinach Salad





7

NUTS

Pine nuts, peanuts, cashews, and almonds all contain potent doses of Zinc, which is one of the most critical vitamins in building immunity, fighting off infection, and keeping your healthy all season long.

Forgo the cheese on your salad for nuts!

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Super Granola Mix



8

SWEET POTATO

Sweet potatoes contain high amounts of beta-carotene, giving these tasty tubers their bright orange color. Once the beta-carotene is consumed, it's converted to Vitamin A, which keeps the body's immune system in check.

Roast a few sweet potatoes to keep in the fridge all week!

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Veggie Burger w/ Sweet Potato Bun





EGGS

Not only are eggs high in protein, which is necessary for immune response, eggs are packed with nutrients like vitamin D, zinc, selenium, and vitamin E that keep the immune system functioning properly too.

Two eggs a day (helps) keep the viruses away!

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Sweet Potato Hash w/
Pasture-Raised Poached Eggs



We're a meal delivery service bringing fresh, local, and nutrient-dense food to the neighborhoods of Northern New Jersey and New York City. Our aim is to help busy individuals nourish their bodies and regenerate the environment.

After a diagnosis of ulcerative colitis in 2016, I examined how my diet played a critical role in finding a treatment. Since then, I've dedicated both my personal and professional life to nutrition, local food systems, and ultimately, helping people eat healthy, delicious, and sustainable foods.

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