

# Immune-Boosting

## Sopping List

### Healthy Fats

- Avocado
- Grass-fed beef/Ghee
- Extra Virgin Olive Oil
- Raw Organic Coconut Oil
- Fatty Fish (wild salmon, mackerel, sardines )
- Seafood
- Activated Nuts

### Spices

- Ceylon cinnamon
- Maca Root
- Ashwagandha
- Ginger
- Turmeric
- Anise
- Fennel
- Myrrh

### Healthy Protein

- Eggs
- Chicken breast
- Turkey
- Grass-fed beef
- Greek yogurt
- Cottage cheese
- Tuna
- Quinoa
- Oats
- Lentils
- Pumpkin seeds

### Fruits

- Citrus fruits
- Kiwi
- Berries
- Apples
- Bananas
- Coconuts

### Herbs

- Echinacea
- Elderberry
- Andrographis
- Astragalus
- Oregano
- Basil
- Rosemary
- Ginseng

### Veggies

- Red bell peppers
- Broccoli
- Spinach
- Tomatoes
- Leafy Greens
- Asparagus
- Sweet Potato
- Garlic
- Onion
- Mushrooms

### Probiotic Foods

- Yogurt
- Kefir
- Sauerkraut
- Tempeh
- Kimchi
- Miso
- Kombucha
- Pickles
- Apple Cider Vinegar

### Healthy Snacks

- Dark Chocolate
- Raw Organic Honey
- Kale chips
- Keto desserts
- Nut Butter
- Roasted Seaweed
- Granola Bars
- Veggie Chips
- Freeze-Dried Fruit
- Applesauce