



Immunity Boosting Recipes Packed with Zinc

ERIN DONLEY M.ED NTP



Immunity Boosting Recipes Packed with Zinc

FAITH AND HOPE WELLNESS ASSOCIATES

Great job taking a step closer to boosting your immunity by downloading these 3 recipes.

Zinc is a powerful mineral that works throughout your body to boost your immune system, enhance your digestive system, and help heal wounds.

Women on hormonal birth control are at greater risk for zinc deficiency and should consider supplementation.

Reach out if you are interested in learning more about boosting your immune system through good nutrition and supplementation. I love working one on one with clients to find the right nutrition program for them so they can be confident in their food choices everyday.

Blessings,

Erin Donley NTP

(717) 256-1812

Erin.FHWA@Gmail.com

Maple Roasted Carrots & Chicken

4 SERVINGS 40 MINUTES



INGREDIENTS

2 lbs Chicken Thighs (boneless, skinless)
1 tsp Sea Salt (divided)
12 Garlic (cloves, still attached to each other)
2 tsps Extra Virgin Olive Oil
16 Carrot (chopped roughly)
1 cup Shallot (peeled, cut in half)
2 tsps Ginger (thinly sliced)
2 tbsps Maple Syrup

NUTRITION

AMOUNT PER SERVING

Calories	463	Cholesterol	213mg
Fat	12g	Sodium	982mg
Carbs	40g	Vitamin A	40819...
Fiber	8g	Vitamin C	20mg
Sugar	21g	Calcium	138mg
Protein	48g	Iron	3mg

DIRECTIONS

- 01 Preheat the oven to 350°F (177°C). Season the chicken with half the salt. Slice the top off of the head of the garlic and peel away the skin so the cloves are showing.
- 02 In a dutch oven on the stove, over medium heat, add the extra virgin olive oil and the chicken. Cook for 3 to 4 minutes per side. Add the carrots, shallots, ginger, garlic and maple syrup and season the veggies with the remaining salt. Place in the oven and cook for 22 to 25 minutes.
- 03 Remove from the oven and set the chicken aside. Cook the carrots for an additional 10 minutes if needed until they are fork-tender. Divide onto plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

MORE FLAVOR

Add chili flakes.

NO SHALLOTS

Use small pearl onions instead.

Deconstructed Burger Bowl

4 SERVINGS 15 MINUTES



INGREDIENTS

1 lb Extra Lean Ground Beef
1 tbsp Italian Seasoning
1 tsp Chili Powder
1 tsp Cumin
1/2 tsp Sea Salt
1/2 tsp Black Pepper
1/4 cup Mayonnaise
2 tsps Dijon Mustard
1 1/2 heads Romaine Hearts (chopped)
1 cup Cherry Tomatoes (chopped)
8 stalks Green Onion (chopped, green tops only)

NUTRITION

AMOUNT PER SERVING

Calories	316	Cholesterol	80mg
Fat	22g	Sodium	511mg
Carbs	4g	Vitamin A	2416IU
Fiber	1g	Vitamin C	9mg
Sugar	2g	Calcium	43mg
Protein	24g	Iron	3mg

DIRECTIONS

- 01 In a pan over medium-high heat, brown the beef. Break the meat into small chunks with a spatula and cook until no longer pink, about 5 minutes. Drain any excess drippings, but keep the beef in the pan.
- 02 Add the Italian seasoning, chili powder, cumin, salt and pepper to the beef and stir to combine. Season with additional salt and pepper if needed.
- 03 In a small bowl combine the mayonnaise and Dijon mustard.
- 04 Divide the lettuce, tomatoes and onion between bowls and top with cooked beef and the Dijon mayo. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, keep the dressing and beef separate from the lettuce and toppings until ready to serve.

MORE FLAVOR

Add garlic powder, onion powder, ground coriander or your favorite steak spice blend to the ground beef.

ADDITIONAL TOPPINGS

Top bowls with your favorite burger toppings like chopped pickles, sauerkraut, ketchup, relish, shredded cheese or avocado.

Burrito Bowl Mason Jar

4 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Quinoa
2 cups Water
1 lb Extra Lean Ground Chicken
1/2 cup Organic Salsa
2 Avocado (peeled and diced)
2 Tomato (diced)
1 cup Baby Spinach (chopped)
2 cups Black Beans (cooked, drained and rinsed)
1 Lime (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Place the quinoa and water in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover. Let simmer for 12 minutes or until all water is absorbed. Remove from heat, fluff with a fork and set aside.
- 02 Cook your extra lean ground chicken over medium heat in a non-stick frying pan. Season with a bit of salt and pepper and stir occasionally until cooked through.
- 03 Assemble your burrito bowl mason jars by placing avocado in the bottom with a splash of lime juice. Top with a couple of tablespoons of organic salsa. Next add in your quinoa, cooked chicken, diced tomatoes, spinach and top with black beans. Seal with a lid. When ready to eat, shake well and dump into a bowl. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	616	Cholesterol	98mg
Fat	27g	Sodium	341mg
Carbs	61g	Vitamin A	1847IU
Fiber	19g	Vitamin C	25mg
Sugar	2g	Calcium	95mg
Protein	37g	Iron	6mg