

The 7 day eating plan for your body's immune system

	Breakfasts	Light lunches	Main meals	Snacks	Immunity tip for the day
Day 1	Wholegrain fortified breakfast cereal With semi skimmed milk, mixed berries Probiotic yoghurt drink	Salmon and citrus salad filled whole meal pita. Mixed toasted seeds with dried fruits	Chilli made with lean minced beef and black eyed beans with wholegrain rice	2 pieces of fresh fruit	Don't forget to drink plenty of fluids- keeping hydrated helps circulate nutrients around the body.
Day 2	Smoothie made with strawberries, banana, Probiotic yoghurt drink and skimmed milk	Baked sweet potato with Feta cheese, cucumber, tomato and olive salad.	Chicken fajitas with guacamole and tomato salsa.	Handful of toasted mixed seeds and dried fruits	Have an early night to allow your immune system to re charge
Day 3	Wholemeal muffins with a poached egg and grilled tomatoes, glass of orange juice and probiotic yoghurt drink	Carrot and parsnip soup with toasted seeded bagel and cream cheese. Baked spiced apple.	Fish and spinach mornay.	Small bowl of fortified wholegrain breakfast cereal with skimmed milk	Keep some tissues with you to help prevent the spread of the cold viruses.
Day 4	Porridge with mixed seeds, unsalted nuts and dried fruits ½ grapefruit	Wholemeal pita with hummus and carrot and sesame seed garlic dressed salad. Banana	Braised lamb with flageolet beans.	Probiotic yoghurt drink and 1 piece of fruit	Plan your schedule to help manage your time and reduce stress levels
Day 5	Whole grain muesli and skimmed milk with a selection of fresh fruits	Mediterranean vegetable soup whole grain bread. Probiotic yoghurt drink	Chicken piri piri.	Fruit smoothie	Take an extra 30 minute walk today- keeping active helps to support your immune system
Day 6	Smoothie made with blackcurrants, banana, Probiotic yoghurt drink and skimmed milk	Hot smoked mackerel with steamed spinach and poached egg.	Wholegrain spaghetti with tomato and lentil sauce.	1 slice Wholegrain toast with peanut butter	Wash your hands frequently to help control the spread of cold viruses
Day 7	Grilled lean bacon with scrambled eggs, wholegrain toast. Orange juice	Steak sandwich with caramelised red onions Fresh pineapple and melon	Vegetarian pizza with salad.	Probiotic yoghurt drink	Take some time to relax- a long bath, reading a book or listening to music are all good- Stress dampens your immunity.

