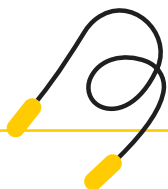




# An **ideal** immune-boosting day

Follow our immune-boosting routine daily, or just choose the parts you like or have time for. Even a little step is a step in the right direction.

## What to do



### Morning

45 minutes of moderate-intensity exercise.

*Try to include 20 minutes of high-intensity exercise of your choice in your routine twice a week.*

4x cups of water (1L)

3 minutes cold therapy in your shower after exercise.

### Afternoon

Manage your workload - if you find yourself working long hours or taking on extra responsibilities, check in with yourself.

4x cups of water (1L)

10 minutes low-intensity walk after lunch to aid your digestion.



### Evening

Relax and unwind.

Spend quality time with your family and friends.

2-4 cups of water (500ml - 1L)



## One hour before bed

- Turn all your devices off
- [Nose breathing](#)
- Sip on your chamomile tea, listen to [binaural beats](#), meditate, or whatever works to get your mind quiet and your body relaxed and ready for a night of recovery!

## What to eat

### Breakfast

- 1x fruit
- 1x probiotic
- 1x healthy fats
- 1x wholemeal

*Suggestion:*

1/3 cup untoasted muesli with probiotic yoghurt + 1tsp LSA + 1/2 cup chopped strawberries

### Morning snack

- 1x fruit
- 1x protein

*Suggestion:*

1 apple  
1 tbsp of peanut butter



### Lunch

- 1x wholemeal
- 1x protein
- 1x healthy fats
- 3x veggies

*Suggestion:*

Wholemeal wrap with chicken + avocado + 1 cup baby spinach + 1/4 capsicum + 1/2 medium cucumber

### Dinner

- 1x wholemeal
- 1x protein
- 1x healthy fats
- 3x veggies

*Suggestion:*

Choose one of the recipes from our '[Ignite your immunity](#)' recipe book, like a lentil veggie lasagne!

*Top tip: try some chamomile or peppermint tea for supper!*



Try to maintain dietary variety and balance everyday so your body can get as many nutrients as possible! Check out our [blog article](#) for more information on what foods to include in your diet.