THE SURVIVALISTS
HOME KITCHEN

COOKING TO MAKE THE MOST OF YOUR FRESH FOODS, AND CREATING NUTRIENT DENSE MEALS FROM A STOCKED PANTRY
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HOW TO MEAL PREP FRESH FOOD SO THAT IT LASTS

)Right now, all across the world, we’re dealing with a crisis unlike any we’ve seen with the new Coronavirus, or COVID-19, if you want to get technical.

Across our country, people are hoarding shelf stable products and other items in unprecedented amounts, for fear that they may need to be confined to their homes for long periods of time, and could run out of food and supplies.

They don’t want to starve.

Which means grocery store shelves being emptied of canned goods, dry goods and protein sources all over the country (not to mention toilet paper).

Amazingly, most stores still have good selections of fresh fruits and vegetables

Why is this?

Probably because there’s only so much room for those in the refrigerator and they have a shorter shelf life. While this is true, let’s not forget that fresh vegetables and fruits have what we need to keep us healthy and our immune system in fighting form.
We're going to help you take a single fresh fruit and veggie grocery store haul, and use that to keep your immune system strong and your brain functioning at peak performance for weeks... from a single day's purchases.

If you're worried about going to the store in person, there are shopping delivery services available online that can deliver these fresh products, hands free for you, so that you can still order a big delivery of fresh fruits and veggies.

**How to can you take a single shopping trip and turn it into a couple of weeks' worth of nutrient dense food?**

**Freezer prep...**

Frozen fruits and veggies have been shown to have the same nutritional breakdown as fresh, so this will be a 2-step approach.

1) Prep and freeze single fruits and veggies for later use
2) Cook 2 large pots of food using fresh veggies, to prep and freeze in portions

You will need to commit one day to this but it's worth it and your house will smell amazing!! And honestly, with the lock down, most people have lots more time on their hands. It's time to commit to keeping healthy and strong during this time.
Here’s how to look at this…you have a ton of fresh fruits and veggies, and there’s no way that you can use them by the time they go bad.

That’s ok, because you’re going to prep them today and they will be there for you throughout the coming weeks.

Basics: Sharpen your cutting knife – you’ll need it. You will be cutting and freezing certain fruits into individual bags.

These can be used later for smoothies, hot whole grain cereals, and baking. You can do the same with most veggies.

Did you know that you can get fresh collard greens, spinach, kale, etc. and clean/prep them, and then put in a freezer bag for later? Amazing!

You will also be prepping large quantities of cooked rice, quinoa, etc. which will also be portioned out into bags and frozen. At any time, you can reach into your freezer, take out one of your meals and one of your grain bags, and thaw them for the upcoming meal.

See? Nutrient packed home-cooked meals ready at your fingertips
Get your Complete Proteins

What is a complete protein?

A food is considered a complete protein when it contains the nine essential amino acids that our body cannot produce on its own.

There are 20 different amino acids that bond together in a chain to form a protein. Eleven of those amino acids are produced by our bodies. The other nine are essential amino acids and we need to get those through food.

Many foods contain some, but not all, of the essential amino acids, and in various amounts. These are considered incomplete sources of protein, and they include the following:
- Legumes (beans, peas, lentils)
- Nuts
- Seeds
- Whole grains
- Vegetables

Complete proteins contain all nine essential amino acids in consistent amounts. Here are some complete protein examples:
- Fish
- Poultry
- Eggs
- Beef
- Pork
- Dairy
- Whole sources of soy (tofu, edamame, tempeh, miso)

You can see that most of the complete proteins come from animal sources, however, if you are in a situation where you have the basics as well as fresh vegetables and fruit, you can make a complete vegetarian protein by simply including whole grains, nuts, and beans or legumes into the mix.

You've probably heard the term “Beans and Rice...that's nice”? Well it's true! It's the easiest form of a complete protein without animal products. Throw some veggies in there, some good fat, and you have a perfect meal, full of everything you need.
We’ve chosen these two recipes to start on DAY ONE, because:
1. They are absolutely packed with nutrition
2. They make a huge amount
3. They are absolutely packed with nutrition
4. 
Once you try these, you can do the same thing with some other recipes that you like. You will need a big stock pot or a 6-8-quart instant pot

**Mixed Beans & Super Greens**

### The Ingredients

- 2 whole onions
- 2 entire heads of garlic peeled (this is your biggest prep time) unless you have them pre-peeled.
- 1 whole jalapeno pepper, deseeded (unless you love the heat)
- 4 cups dried beans (pinto, red, or Peruano which is a white-ish bean used in Mexican cooking that has a wonderful texture and taste). Try a mix between pinto and Peruano...you’ll love it
- 4 cups of roughly chopped collard greens (You can also use a mixture of mustard, collard, beet, kale or dandelion greens).

Note: Collard greens have been shown to pack an even bigger nutritional punch than trendier greens like kale. Mustard and dandelion are both liver supportive.

- Olive oil
- Salt to taste (could be up to a tablespoon as this makes a big pot).
- Smoked paprika or liquid smoke
- Approx. 8 cups of chicken broth (or vegetable if you’re doing vegan/vegetarian. This depends on if you’re using shelf stable broth or my favorite—Better Than Bullion” which is still real stock, which has been reduced to the consistency of a paste and comes in a small jar that lasts for months.

If you use Better than Bullion you will put water in and then add the paste later.
You do not need to soak the beans overnight. The best way to cook them is called a quick soak. Rinse them several times to get them clean, and fill with tap water to about 4 inches above the beans (they will swell after the quick soak).

Bring to a boil for 10 minutes, then turn off. Cover and let sit for one hour.

In food processor chop garlic and green chili first.

Add onion to processor, and roughly chop.

Drain beans after one hour. If you’re using shelf stable broth, fill it to about 2 inches above the beans. (with Better than Bullion, fill the same amount with water).

Place back on the stove and turn to Medium High. Add approximately 2 tablespoons of olive oil, onions, chili and garlic.

If you’re using Better than Bullion, add approx. ¼ cup into the pot. You can taste the broth later and add more if needed.

Bring to a simmer and add 2 full tsp of smoked paprika or 1 tsp. liquid smoke.

Add the greens on top (they act like a cover and it will be very full, but they will cook down). Once it begins to boil, just let it continue for 45 minutes at a hard boil. Check to see if you need to add some more broth or water, it should have enough to cover the beans and still be “soupy”.

At 45 minutes, stir and take some out to taste the broth. If it has enough flavor, then add salt to taste at this point until it’s right for you.

If the beans are soft and almost broken, turn to low and simmer for approx. 5 more minutes and then turn of, cover and let sit while you do the rest of your cooking.

If the beans are still a little hard, they may be old, and you can continue cooking at a hard boil for another 15- 20 minutes checking to see when they get soft. When this is cooled...well...eat a bowl over some rice or quinoa 😊. After that, take a ladle, and ladle into gallon freezer bags until about 2/3 full. Carefully get the air out, seal and lay flat, label with a sharpie. Continue until it’s all gone, and you have a stack of freezer ready meals.

You can take one out, thaw it, add meat if you want to or simply serve over steaming rice or quinoa.
Golden Chicken Turmeric Vegetable Soup

The Ingredients

- 3 tablespoons of olive oil
- 2 pounds pre-cooked boneless, skinless chicken breasts or thighs: cubed or shredded. (You can skip pre-cooking if using an instant pot because it all cooks together)
- 10 cups Chicken Broth or bone broth
- 2 yellow onion, chopped
- 8 cloves garlic, minced
- 5 teaspoons fine sea salt, plus more to taste
- 1 teaspoon freshly ground black pepper, plus more to taste
- 12 celery stalks, sliced
- 12 carrots, sliced
- 2 cups fresh baby spinach (1 cup frozen) OR 2 cups kale, cut in ribbons
- 1 cup frozen peas or green beans
- 1 cup corn
- 6 tablespoons chopped parsley, or 2 tablespoon dried parsley
- 2 tablespoon dried turmeric powder
- 3 tablespoons chopped fresh oregano, or 4 teaspoons dried oregano
- 3 teaspoons fresh thyme leaves, or 1 1/2 teaspoons dried thyme
- 4 tomatoes chopped, or 1 14 oz. can chopped tomatoes with liquid.

This is a base meal like the beans. It can be eaten over warm grains for a nutritionally complete meal.
Roughly slice carrots and celery, set aside. In food processor, finely chop garlic. Add the onions in and chop.

In large stock pot, add olive oil and turn the burner to medium.

Add garlic and onions and sauté, stirring, until translucent. Add in turmeric and spices. Stir until combined like a curry paste.

Add chicken broth, carrots, celery and tomatoes. Stir, cover and bring to a simmer for 20 minutes or until carrots are almost fork tender.

Add chicken, peas, spinach, corn and bring to a simmer again. Simmer for another 15 minutes or until veggies are fork tender.

Taste, and add more spices if needed and salt/pepper to taste. Cover, remove from heat and cool (after you have a big bowl for yourself!)

Ladle into gallon freezer bags until 2/3 full, press out the air, label and lay flat in freezer. Continue until gone.
While any of your dishes are cooking, you will want to cook at least 2 cups of dry rice in another pot, rice cooker, or instant pot.

Additionally, choose another grain or super food like quinoa to cook in about the same quantity. These cook quickly and will yield numerous servings. Just cook with water and salt.

You will do the same with your grains as you did with the beans. Portion them into freezer bags, label with a sharpie, stack on top of each other and you will have loads of grains to grab at the same time as your meals.

**Mini Grain Prep**

**The Ingredients**

- 1 cup steel cut oats
- ½ cup quinoa
- 1 teaspoon olive or coconut oil
- 4 cups water
- ½ cup almond milk (or whatever milk you prefer)

**Instructions**

**Mini Prep Fresh Fruits and Veggies**

While your dishes are cooking you can take some of your other vegetables that you won't be able to use and prep them to freeze. Wash, chop and bag for later.

**Veggies that freeze well are things like:**
- Carrots
- Peas
- Sliced or chopped bell peppers
- Sliced or chopped onion
- Zucchini
- Cauliflower
- Broccoli
- Snow peas
- Sugar snap peas
- Green beans
- Collard greens
- Mustard greens
- Dandelion greens
- Spinach
- Kale

**Veggies that don’t freeze well:**
- Lettuce
- Cucumbers
- Tomatoes (unless you freeze canned tomatoes and that works)
- Beets (unless cooked)
What if you’re preparing for the possibility of not being able to get out for an extended period, and you are starting to run low on fresh fruit and veggies? How should you stock your pantry for maximum nutrition?

Keep it simple:

A balanced meal consists of some type of whole grain, vegetables, and protein at its most basic. If you think about it though, it's far from basic, because you have an almost infinite amount of combinations that you can use.

We have multiple options for healthy, pantry meals in our recipe pages, including vegan, vegetarian and animal proteins. You can substitute to make them your own.

Let's stock the pantry with a simple thought...If it comes down to it, I can not only survive, but thrive on something as simple as ...beans and rice, with a little fruit and vegetables and some good fats.

TIP: One thing to consider for your pantry is having a high-quality Omega 3 supplement on hand if you’re consistently eating vegetarian or vegan, for your brain’s optimal health.

Omega 3’s are basic building blocks when it comes to brain function and those come from fatty fish. There are certain omega 3s that are plant based and necessary. Those are called ALA and are used in smaller amounts by the brain, but by far the omega 3 needed in higher quantities is DHA such as the type in Simple Smart Sciences Alpha Omega. For more info: https://www.simplesmartscience.com/alpha-omega-dha/
How to Build a Better Survivalists Pantry

- Rice- all types
- Dry beans- all types
- Legumes- all types: red lentils, green lentils, split peas etc.
- Protein rich superfoods- quinoa, cornmeal, kamut (wheat berries), teff, fonio, wild rice, millet, oatmeal, and buckwheat.
- Dry Pastas -all types including gluten free rice pastas if needed.
- Spices- all kinds: besides salt and pepper, include things like smoked paprika, onion powder, garlic powder, turmeric, curry, cinnamon, garam masala, rosemary, thyme, coriander, cumin , chili powders etc. (this will give you multiple flavor options when cooking with basics)
- Nuts and seeds all kinds
- Nut butter
- Dried fruit
- Shelf stable broth- Vegetable, chicken, beef (if you use them)
- Shelf stable milk and or plant/nut milks.
- You can also stock cans of evaporated milk (not sweetened condensed) and add water to them.
- Canned fish and poultry
- Canned tomatoes
- Canned vegetables
- Canned fruit (no sugar added)
- Canned soups
- Good oils like olive, coconut, sesame
- Cornmeal for frying and baking
- Flour
- Tea
- Coffee
- Honey
- Real maple syrup
- Gatorade
- Canned coconut milk for cooking
Chickpea Curry

The Ingredients
- 1 teaspoon coconut oil
- 1/2 onion chopped

Suggested Vegetables
- 1 1/2 cups green beans cut into 1 inch pieces
- 1 medium zucchini, cut into 1/8 inch
- 1 red or yellow bell pepper, chopped
- 3 garlic cloves, minced
- 1 1/2 tablespoons minced fresh ginger
- 2 tablespoons red curry paste or powder
- 1 tablespoon soy sauce or tamari
- 1 1/2 cups canned coconut milk
- 1 cup vegetable broth (or veg broth alternative)
- 1 can of chickpeas
- 2 tablespoons fresh lime juice
- 3-4 cups cooked rice

Instructions
1. Grab a medium pot and heat the oil over medium heat. Add the onion and saute until lightly golden, about 3 minutes.
2. Add the green beans, zucchini, and bell pepper and cook until the vegetables begin to soften up, another 2-3 minutes.
3. Add the garlic, ginger, and curry paste and cook for another 30 seconds.
4. Add the soy sauce, coconut milk, and vegetable broth and turn to a gentle simmer. Once the pot is gently simmering add chickpeas.
5. Reduce the heat to low and let this all cook together about 5 to 8 minutes.
6. Turn off the heat, add the lime juice, and then dish up. Serve over rice.
Lemon & Pea Risotto

The Ingredients

- 1 medium white onion, chopped
- 1 cup risotto rice (Arborio or Carnaroli)
- 5 cups vegetable broth (or alternatives ie Better than Boujon)
- 1 small lemon; juiced and zested
- 1/4 teaspoon ground black pepper, or to taste
- 1 cup canned or frozen peas.

Instructions

1. Chop the onion; it should yield about 1 cup. Set this aside.
2. Preheat the olive oil in a large heavy-bottomed pot. Add the onion and sauté it over medium heat until it's translucent.
3. Add the dry rice, and sauté it with the onion until the rice grains become pearlescent.
4. Add one cup of the warm broth, and stir the mixture gently but constantly until it has been absorbed by the rice. Repeat with three more cups of broth.
5. If the risotto has achieved a creamy texture, skip this step. If it still isn't creamy enough, add an additional half cup of stock, stir it in and add the remaining half cup if necessary.
6. Remove the pan from the heat and stir in the lemon juice, lemon zest and pepper/salt. Stir in the peas.
7. Taste the dish and adjust the salt, pepper, lemon, and herbs to your tastes. Serve it immediately.
Mushroom Stroganoff

The Ingredients

- 2 tbsp (30 ml) olive oil
- ½ yellow onion, diced
- 2 garlic cloves, finely chopped
- 1 lb baby portobello mushrooms, sliced
- 1½ cups vegetable broth
- 2 tsp soy sauce or tamari
- 1 tsp dried thyme
- ½ cup Sour Cream
- 2 tbsp flour
- 1 lb pasta, cooked
- Salt and black pepper, to taste

Instructions

1. Heat the olive oil in a pan over medium heat. Add onion and garlic and cook until fragrant and the onion is soft, about 5 minutes.
2. Then add the mushrooms and cook until they release their juices and become soft, about 7 minutes.
3. Stir in the vegetable broth, soy sauce or tamari and thyme, and stir to combine. Reduce heat to medium-low and simmer until the liquid has reduced by a third, about 10 minutes.
4. Mix in the Vegan Sour Cream and flour. Continue to simmer until the sauce thickens, another 3 minutes. Remove from heat.
5. Cook the pasta according to package directions, until al dente. Drain, rinse and return the noodles to the pot. Pour the mushroom sauce over the pasta and stir to coat. Season with salt and black pepper to taste. Serve immediately.
Instructions

1. Preheat oven to 400 degrees. Line a baking sheet with foil or spray with cooking spray.
2. Heat oil in a large skillet over medium heat. Cook onion until it starts to brown, about 5 minutes. Add the chili powder, cumin, salt, and garlic. Cook for 30 seconds and turn off the heat.
3. In a big bowl combine the beans, chilies, and lime juice. Mash them with a potato masher or spoon until a paste forms (it can be chunky). Fold in the onion mixture and corn.
4. Warm your tortillas. Spread about 2 Tablespoons of your bean mixture in a line on the left (see below, or right if you’re a rebel) side of the tortilla. Roll the tortilla up from left to right (right to left if you spread your mixture on the right). You can place a little of the mixture on the opposite end to help it stay closed if needed. Place the flauta seam side down on the baking sheet, leaving an inch or two between each one. Repeat until finished.
5. Lightly coat with cooking spray and bake for 10 minutes or until golden. Turn over and bake “seam side” an additional 5 to 7 minutes or until golden. Serve warm with your toppings of choice.

The Ingredients

- 1 teaspoon olive oil
- 1 cup yellow or white onion, chopped
- 2 teaspoons chili powder
- 3/4 teaspoon ground cumin
- 1/2 teaspoon salt
- 4 to 5 cloves garlic, chopped
- 3 cups cooked pinto beans
- 1 (4 ounce) can green chilies
- Juice of 1/2 lime
- 1 cup sweet corn kernels
- 12 flour tortillas
Tomato & Basil Pasta

The Ingredients

- 16oz cherry or grape or pear tomatoes
- 12 oz of pasta
- 3 cloves of garlic, minced
- 1/4 cup olive oil, plus a bit for drizzling
- 1 teaspoon salt plus a bit for sprinkling
- Pepper, to taste
- A bunch (about 1 oz) of basil, chopped

Instructions

1. Preheat the oven to 375°F
2. Place the cherry tomatoes in a single layer on a baking pan. Drizzle with a bit of olive oil, sprinkle over a little salt and pepper and toss to coat. Roast for about 20 minutes or until shriveled and bursting.
3. About 10 minutes before the tomatoes are finished roasting, bring a large pot of water to the boil. At the same time, heat a large pan over medium heat. Add the oil and garlic to the pan and fry gently, stirring frequently.
4. Boil the pasta until al dente then drain, reserving 1/2 cup of the pasta water. When the garlic is soft and transparent (don’t let it brown), add the reserved pasta water to the pan and raise the heat to medium-high so it begins to simmer.
5. Add the pasta, roasted tomatoes and the juice they release, salt and pepper to the pan and toss to coat.
6. Remove the pan from the heat, sprinkle over the fresh basil and serve.
Tofu Scramble

The Ingredients

- 8 ounces firm tofu (225 g)
- ¼ tsp salt
- ¼ tsp turmeric powder
- ⅛ tsp ground black pepper

Instructions

1. Chop the tofu and use a fork to crumble it into bite-sized pieces.
2. Add some oil to a frying pan and when it’s hot, add the tofu and all the remaining ingredients (salt, turmeric powder and ground black pepper).
3. Stir until well combined and cook over medium-high heat for 5 to 10 minutes. Stir occasionally.
4. Serve immediately

Quinoa Oatmeal

The Ingredients

- 1 cup steel cut oats
- ½ cup quinoa
- 1 teaspoon olive or coconut oil
- 4 cups water
- ½ cup almond milk (or whatever milk you prefer)

Instructions

1. Heat up the water in a kettle on the stovetop or in the microwave until it is near boiling. Put the quinoa in a strainer and rinse.
2. Heat the oil in a saucepan over medium heat and add the steel cut oats. Stir them around and cook until they smell kinda toasty, like 1-2 minutes. Add the quinoa and the water and bring it all to a boil.
3. Turn down the heat on the pot and let it simmer. Let it cook for 20 mins. Add the milk and turn off the heat. Serve with fresh fruit, nuts, maple syrup, brown sugar etc.
Turkey & Sweet Potato Chili

The Ingredients

- 1 package ground turkey (can substitute with burger or any meatless substitute)
- 1 large onion, chopped
- 2 large sweet potatoes, roughly chopped
- 2 yellow bell peppers, chopped
- 1 28 oz can of diced tomatoes
- 1 can each: kidney beans, black beans, pinto beans
- 2 tbsp fresh minced garlic
- 2.5 tbsp chili powder
- 1 tsp ground cumin
- 1 tsp chopped parsley
- salt & pepper to taste

Instructions

1. Over medium heat, cook turkey until almost done.
2. Add in onions and finish cooking.
3. Add meat and onion mixture, sweet potatoes, spices and herbs to crockpot.
4. Mix well. Cook chili on high for 4 hours, and then reduce to low for 2 hours. Stir every hour.
5. Top with sour cream or fat free plain greek yogurt.
The Ingredients

- 2 cups kale, steamed
- ½ cup chickpeas
- 1 cup cooked chicken
- 1/2 small sweet potato, cut and steamed
- ½ cup brussel sprouts, sauteed
- 1 egg, sunny side up
- ½ cup cooked quinoa (can also use rice, couscous, orzo, etc...)
- Pumpkin seeds or sliced almonds

Dressing:

- ½ avocado
- 2 tbsp lemon juice
- 2+ tbsp water
- chili flakes
- salt & pepper to taste

Instructions

1. Cook chicken sweet potato, kale, quinoa, Brussel sprouts, and egg as directed.
2. In a large bowl, assemble steamed kale as base.
3. Add brussel sprouts, quinoa, sweet potato, and chicken.
4. Lay egg on top.
5. Add dressing ingredients to the blender. Drizzle on top of the bowl.
6. Top with nuts and extra chili flakes (if desired).
Low-Carb Spaghetti w/ Meat Sauce

The Ingredients
- 1 medium spaghetti squash
- 1 package lean ground beef
- 1 jar spaghetti sauce
- 1 medium onion
- 1 handful sliced mushrooms (or any additional veggies for sauce)
- Chopped parsley
- Italian herb blend
- Salt & pepper to taste

Instructions
1. Cut spaghetti squash in half, scoop out seeds.
2. Cook in the microwave or oven until tender. If using microwave cook for 5-10 mins. If cooked in oven cook at 400 degrees F for 40-60 minutes.
3. Scrape out the threads.
4. Cook beef and veggies until done. Add in sauce, herbs and spices.
5. Assemble squash and meat sauce.
6. Top with fresh parsley.
**Honey Mustard, Chicken & Cranberry Salad**

**The Ingredients**
- Kale/romaine salad mixture
- Cooked chicken
- Dried cranberries
- Goat cheese crumbles
- Thinly sliced red onion

Dressing:
- 1 part maple syrup
- 1 part mustard
- 1-2 tsp apple cider vinegar (optional)

**Instructions**
1. Assemble salad ingredients with desired amounts of each. Kale being the base.
2. Mix salad dressing together and drizzle on top.
3. Sprinkle with nuts.
Overnight Oats

The Ingredients

Base:
- 1/2 cup oats
- 1/4 cup milk (nut or dairy)
- 1 tsp chia seeds (optional)
- 1 tsp flax seeds (optional)
- Nuts (optional)

Blueberry Pie:
- Base
- 1/4 cup blueberries (fresh or frozen)
- 2 tbsp maple syrup
- 1-2 tsp cinnamon

Pumpkin Pie:
- Base
- 1/4 cup pumpkin puree
- 1/2 tsp nutmeg and cinnamon
- 1 tbsp pumpkin pie spice
- 2 tbsp maple syrup

Chocolate PB-
- Base
- 3/4 cup peanut butter (or any other nut butter)
- 1/4 cup cocoa (or cacao) powder
- Cacao nibs (optional)

Mixed Berry:
- Base
- 1/2 cup frozen or fresh berries
- 2 tbsp maple syrup

Instructions

1. Mix base with any recipe above, or make your own recipe, and place in a mason jar or tupperware.
2. Preferably make the evening before, or allow at least 6-8 hours in the fridge before eating.

Consistency should be similar to pudding when done.
Immune Boosting Smoothie

The Ingredients

- 1/2 organic orange
- 1/2 cup frozen pineapple
- 1 teaspoon fresh lemon juice
- 1 banana (can use a frozen banana)
- 1/3 cup unsweetened almond milk
- 1 piece orange peel (about 1/4 inch piece)
- 1 piece fresh ginger (about 1/4 inch piece)
- 1/8 teaspoon ground turmeric (or use small piece fresh turmeric)
- pinch ground black pepper (optional)
- 1/8 teaspoon ground cinnamon
Natural Ingredients and recipes with antiviral, immune boosting, and antimicrobial properties for Home and Health

It sometimes seems as if we're living in a world full of chemicals. Especially right now. Hand sanitizers, Clorox wipes, Lysol spray and liquid, bleach, ammonia...on and on.

I don't think anyone wants to be using as much of these as we are in our current environment, but are fearful that if we don't, we'll get sick.

While we want to protect against viruses and protect our bodies, sometimes the commercial products available have some added ingredients that are toxic to our bodies

Below, we've provided some less synthetic formulas as well as immune boosting recipes that can be effective and still be kinder to our health and home.
One of the more serious repercussions of COVID-19 is the risk of contracting pneumonia. Below are some home remedies to help support your respiratory system, as well as keep your immune system strong. You may be able to find all of these in your kitchen cupboards to keep you feeling your best:

- **Apple Cider Vinegar**: Helpful aid in killing off certain harmful bacteria within the body.
- **Garlic**: “One large, 12-week study found that a daily garlic supplement reduced the number of colds by 63% compared to a placebo” (source)
- **Vitamin C**: Helps encourage the production of white blood cells, which protect the body from infection. Vitamin C has also been shown to shorten the recovery time of those diagnosed with pneumonia. (source)
- **Ginger**: Potent amounts of gingerols and zingerone, which help prevent the replication of viruses within the host.
- **Manuka/ Raw Honey**: Contains the active ingredient of Methylglyoxal, which has antibacterial and antiviral properties to help fight illness and infection. The best honey, regarding antibacterial-antimicrobial properties, is Manuka.
- **Probiotics**: “A large review found that taking probiotics reduced the likelihood and duration of respiratory infections.” (source) It also helps re-build the good gut bacteria that is killed off with strong antibiotics.
- **Vitamin A**: Helps support the mucous membranes, which create a barrier against pathogens.
- **Vitamin D**: Helps to reduce the likelihood of contracting the flu (source) Black tea: Polyphenols in black tea can help to keep the gut healthy, which promotes the immune system.
- **Echinacea tea**: Has been shown to reduce symptoms of the flu, as well as the duration of it. (source)
- **Rhodiola Rosea**: Scientifically proven to boost your immune system, as well as having antiviral and immune boosting properties. (source) This is one of the proprietary ingredients in our MindBoost day formula
- **Thyme**: Fights flu, respiratory infections, and strep throat. Thyme has antimicrobial and antibacterial properties, which destroys bad bacteria. In addition, thyme has a great source of vitamin A and vitamin C, which are essential immunity boosting vitamins.
- **Lemon**: Supplies large amounts of vitamin C to your defense cells and adds an anti-viral layer to your mucous membranes.

So now that you know what ingredients you should make a special effort to consume, let's talk about how to use them. Below are some recipe examples, so that you can start implementing them into your everyday diet, today:
Antiviral Hot Lemonade

The Ingredients
- 4 cups hot (not boiling) water
- ¼ cup fresh squeezed lemon juice (or blend the entire flesh of the lemon)
- 2 Tbsp. raw honey
- ½” to 1” fresh ginger root, peeled
- ¼ cup raw apple cider vinegar (raw is important!)
- Optional: 2 cloves fresh garlic

Instructions
Blend all ingredients together in a blender.
Drink as desired.
Drink at room temperature or cold, do not reheat; by doing so this will kill off some of the crucial nutrients that make this drink so nutritious.

Thyme Tea

The Ingredients
- Fresh thyme
- Fresh honey
- Lemon juice

Instructions
All you must do is to add a teaspoon of dried thyme in a cup and pour boiling water over it.
Cover the cup and leave to infuse for 10 minutes.
Then, strain the tea, sweeten with honey, add lemon juice to taste, and drink it a few times daily.
Olive Oil Cough Syrup

The Ingredients

- 1 1/2 cups raw honey or Manuka Honey if you can find it (see properties above)
- 1/2 cup extra virgin olive oil (anti-bacterial/antioxidant)
- 5 lemons (or 6 limes) juiced (see properties above)
- 1 TBSP fresh squeezed ginger juice (grate a chunk of fresh ginger and squeeze. (see properties above)

Instructions

1. Add all ingredients in a small pot over low heat until warm but not boiling because it will kill some of the properties of all ingredients.
2. Remove from heat and let cool.
3. Place into a jar or container with a lid. Store in the refrigerator.
4. Take 1 tablespoon warmed as needed. Serve immediately.
Essential Oil Hand Sanitizer

The Ingredients

- 6 drops tea tree essential oil
- 9 drops essential oils with antimicrobial - antibacterial properties such as lavender, thyme, peppermint, clove, cinnamon, rosemary, eucalyptus. (you can make a blend of 3 that would be good together such as 3 drops peppermint, 3 drops eucalyptus, and 3 drops of rosemary).
- 3 Tbsp of rubbing alcohol (also called isopropyl alcohol) OR grain alcohol (like vodka)
- 9 Tbsp Aloe Vera gel 3 tsp vitamin E oil (a moisturizing, antioxidant oil that acts as a preservative)
- Squeezable container like the type you use for airline travel

Instructions

1. Mix all ingredients well until it’s a smooth gel consistency and pour into container.

Antiviral Immunity Diffuser Blend

- 3 drops clove essential oil
- 2 drops cinnamon essential oil
- 3 drops orange or lemon oil
- 2 drops rosemary essential oil
- 2 drops tea tree essential oil

Put in a full essential oil diffuser and breathe deeply
COVID-19 House Cleaner and Disinfectant

There are many wonderful options for natural house cleaners but if you are strictly using it for the COVID-19 virus then per the CDC it must be hydrogen peroxide or bleach based.

Here are simple recipes that you could always add some orange of lemon essential oils to and still be sure your killing the virus.

The Ingredients

- 1/3 cup bleach
- 1-gallon water
- 10 drops of cleansing essential oils such as lemon or orange
- Gallon container

This must remain on for at least 10 minutes to be effective.
What can we do at home to take back some of our control and reduce our fear related stress?

It may be a good idea to advocate for ourselves during this time just to oft may be a good idea for some self care during this time just to offset some of that fear, because stress alone is one of the biggest factors in poor brain health and compromised immunity.

Is this a scary time both health wise and finance wise? Absolutely. No one is going to argue with that… we’re in uncharted territory. But living in that fear daily is only going to cause f further harm.

Should you be proactive, educated, and up to date on what’s happening?

100 times YES! Because that allows you to create a calm, rational plan going forward. That alone will help you take back some of your power.

Let’s look at some things to help you make the most of being at home more than usual.

Meditation.

This is one of the best things that you can do for your brain, heart, and body right now. It will take the focus from fear and transport you into a state of calm, which in turn brings down your stress hormone levels. All of this helps bolster your immunity.

You can pick up our digital Stress Busting Meditation to download here as well

>>>https://www.simplesmartscience.com/stress-busting-day-meditation/

Keep moving your body.

Take walks early or late when there’s not as many people.

Practice yoga for mind-heart-body strength. There are a ton on YouTube, just do a basic search.

Read a good book or listen on Audible.
Now is the time to catch up and take your mind elsewhere.

I hope you take the time to make these recipes and take care of yourself.

What we’re seeing and hearing is that with the recent shut downs, is people have more time for each other. More time to be present with their families.

People are slowing down and creating space for what’s really important.

This is the best side effect we could have hoped for.

To your health!

Kelsey Lawry, Bailey Loughran, Kelly Anderson (images)
And Julia Lundstrom

And the whole team at Simple Smart Science
Sources and Disclaimers

The information regarding health-related benefits of certain ingredients is for educational purposes only. While many of the herbs, essential oils and other natural ingredients highlighted here, have specific studies behind their properties, the information should never be used to self-medicate or treat any form of physical, mental disease or health problem. We do not recommend the use of these products as a substitute for medical care.

Never disregard professional medical advice or delay in seeking medical advice because of something you have read on our site or distributed material. The information provided is never meant to substitute the advice provided by your personal physician or other medical professionals. Please always consult your doctor or qualified health professional should you have any concerns and always consult with your doctor before changing any medications or healing practices. Even natural ingredients may cause sensitivities. Every person is different.

Sources cited on page 26 in order:
[5) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4528044/
6) https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4521101/