



SUGARSIX

STRENGTHENING VITAMINS

2025

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INTRODUCTION

Keeping the immune system strong is essential for preventing diseases, speeding up recovery, and ensuring more energy in daily life. Immunity is the body's main natural defense against infections, viruses, bacteria, and other harmful agents. When the immune system is strengthened, the body can identify and fight off invaders more efficiently.

This comprehensive guide provides detailed information about essential vitamins and minerals, healthy habits, and an exclusive selection of 20 functional recipes that help boost the immune system in a practical and natural way. The recipes include juices, smoothies, soups, snacks, and nutritious meals with ingredients that directly strengthen the body's defenses.

Our goal is to offer tasty and healthy alternatives that can be easily incorporated into your routine. With proper nutrition, it is possible to increase resistance to diseases, reduce inflammation, and improve quality of life. Shall we begin this journey toward well-being and health?

CHAPTER 1:

Essential Vitamins and Minerals for Immunity

VITAMIN C

A powerful antioxidant that fights infections, aids in the production of white blood cells, and strengthens the body's natural barriers.

Sources: Orange, acerola cherry, kiwi, bell pepper, strawberry, guava.

Benefits: Reduces the duration of colds, speeds up wound healing, and combats free radicals.

VITAMIN D

Essential for activating immune defenses, regulating calcium metabolism, and contributing to bone health.

Sources: Sun exposure, eggs, fatty fish (salmon, sardines), mushrooms.

Benefits: Enhances immune response and reduces the risk of respiratory infections.

VITAMIN A

Important for the integrity of mucous membranes and skin, strengthening natural defenses.

Sources: Carrot, pumpkin, mango, spinach, sweet potato.

Benefits: Protects vision, strengthens the skin, and boosts immunity.

ZINC

A key mineral for the multiplication of immune cells and combating inflammation.

Sources: Nuts, pumpkin seeds, beef, seafood.

Benefits: Promotes wound healing, fights infections, and reduces cold symptoms.

SELENIUM

Acts as an antioxidant, preventing cellular damage.

Sources: Brazil nuts, seafood, mushrooms, eggs.

Benefits: Protects against oxidative stress and strengthens the immune system.



CHAPTER 2:

Healthy Habits to Boost Immunity

Quality Sleep: Sleeping 7 to 9 hours per night regulates hormones and strengthens immunity.

Regular Physical Exercise: Activities like walking, yoga, and strength training help stimulate the immune system.



Stress Management:

Breathing techniques, meditation, and mindfulness reduce cortisol, a hormone that weakens immunity.

Hydration: Drinking at least 2 liters of water per day aids in nutrient transport and toxin elimination.

Sun Exposure: 15 minutes of daily sunlight helps with vitamin D production.

CHAPTER 3:

Strengthening Juices, Smoothies, and Shakes

1. ANTIOXIDANT GREEN JUICE

Ingredients:

1 kale leaf

1/2 green apple with skin

1/2 lemon (juice)

1 teaspoon chia seeds

200 ml coconut water

Preparation: Blend all ingredients until smooth. Drink without straining.

Benefits: Rich in fiber, antioxidants, and has a low glycemic index.



2. GREEN BROTH WITH KALE AND SWEET POTATO

Ingredients:

1 medium cooked sweet potato
1 chopped kale leaf
1 minced garlic clove
1 tablespoon olive oil
500 ml water
Salt to taste

Preparation: Blend the sweet potato with water. Sauté the garlic in olive oil, add the kale, and then the sweet potato cream. Cook for a few minutes and adjust the salt.

Benefits: Sweet potato releases sugar slowly, and kale is rich in fiber.

3. LENTIL AND VEGETABLE SOUP

Ingredients:

1 cup lentils
1 chopped carrot
1 chopped zucchini
1 minced garlic clove
1 tablespoon olive oil
Salt, pepper, and turmeric to taste
1 liter water

Preparation: Sauté the garlic in olive oil, add the carrot, zucchini, and lentils. Cover with water, season, and cook until the lentils are soft.

Benefits: Lentils are high in fiber and protein, promoting satiety and glycemic control.

4. BAKED ZUCCHINI FRITTERS

Ingredients:

1 grated zucchini

1 egg

2 tablespoons oat flour

1 tablespoon grated parmesan cheese (optional)

Salt, pepper, and oregano to taste

Preparation: Mix all ingredients, shape into fritters, and bake in a preheated oven at 180°C for 25 minutes or until golden.

Benefits: Low in carbohydrates and rich in fiber, ideal for controlling blood sugar.

5. YOGURT WITH BERRIES AND SEEDS

Ingredients:

1 pot of unsweetened natural yogurt

1/2 cup chopped strawberries

1 tablespoon chia or flaxseeds

Ground cinnamon to taste

Preparation: Mix the yogurt with the fruits, seeds, and finish with cinnamon.

Benefits: Berries are antioxidants, and seeds help with blood sugar control.

CHAPTER 4:

Weekly Meal Plan for Immunity

MONDAY

Breakfast:

Spinach and chia omelette

1 slice of unsweetened whole grain bread

Unsweetened green tea

Morning Snack:

1 unsweetened natural yogurt with 1 tablespoon flaxseeds

Lunch:

Grilled chicken fillet with turmeric

Quinoa with parsley

Green leaf salad with olive oil and lemon

Afternoon Snack:

Mixed nuts (Brazil nuts, walnuts, and almonds)

Dinner:

Pumpkin soup with ginger

1 slice of whole grain bread

TUESDAY

Breakfast:

Berry smoothie with almond milk and chia

1 tablespoon pumpkin seeds

Morning Snack:

1 apple with skin

Lunch:

Grilled fish with olive oil and herbs

Sweet potato mash

Steamed broccoli and carrot salad

Afternoon Snack:

1 handful of Brazil nuts

Dinner:

Chicken broth with quinoa and spinach





WEDNESDAY

Breakfast:

Oatmeal pancake with chia

Unsweetened hibiscus tea

Morning Snack:

1 natural yogurt with chopped strawberries

Lunch:

Grilled lean meat (round steak)

Brown rice with broccoli

Arugula, tomato, and cucumber salad

Afternoon Snack:

1 boiled egg

Dinner:

Lentil soup with vegetables

THURSDAY

Breakfast:

Avocado smoothie with cacao and almond milk

1 slice of whole grain bread with unsweetened peanut butter

Morning Snack:

1 pear with skin

Lunch:

Roast chicken with saffron

Quinoa with grated carrot

Lettuce, tomato, and olive oil salad

Afternoon Snack:

Mixed walnuts and almonds

Dinner:

Green broth with kale and sweet potato





FRIDAY

Breakfast:

Natural yogurt with chia and berries

Ginger tea

Morning Snack:

1 kiwi

Lunch:

Grilled fish with herbs

Brown rice

Sauteed broccoli in olive oil

Afternoon Snack:

1 slice of white cheese with chia

Dinner:

Pumpkin cream with ginger and shredded chicken

SATURDAY

Breakfast:

Omelette with tomato and spinach

1 slice of whole grain bread

Morning Snack:

1 handful of nuts

Lunch:

Grilled chicken fillet

Yam mash

Green leaf salad with olive oil

Afternoon Snack:

1 natural yogurt with flaxseeds

Dinner:

Vegetable soup with chicken



SUNDAY

Breakfast:

Passion fruit smoothie with chia and coconut water

1 slice of whole grain bread with peanut butter

Morning Snack:

1 apple with skin

Lunch:

Baked fish with lemon

Brown rice with broccoli

Arugula and tomato salad

Afternoon Snack:

Mixed walnuts and almonds

Dinner:

Chicken broth with quinoa and vegetables

IMPORTANT TIPS:

Hydration: Drink at least 2 liters of water per day.

Natural Seasonings: Use turmeric, ginger, garlic, and natural herbs to boost immunity.

Low Glycemic Fruits: Prefer fruits like strawberries, blackberries, kiwi, apples, and pears.

Fiber: Include seeds (chia, flaxseed) and whole grains to control blood sugar.

INTRODUCTION

Strengthening the immune system is an ongoing process that involves daily, mindful choices. A diet rich in vitamins, minerals, and bioactive compounds plays a key role in this process. The recipes presented in this guide are crafted with natural ingredients that have anti-inflammatory, antioxidant, and immune-boosting properties.

Incorporating these foods into your routine not only enhances disease resistance but also contributes to physical and mental well-being. Regular physical activity, quality sleep, proper hydration, and stress management are complementary habits that amplify the effects of a healthy diet.

With dedication and small daily changes, it is possible to build a more balanced routine and a more resilient body. May this guide inspire you to take care of your health in a delicious and natural way!

INVEST IN YOURSELF. INVEST IN YOUR IMMUNITY!