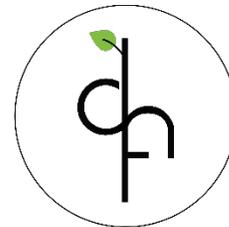


SMART EATING with
Wellness Chef

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CREATE HEALTHY FOOD

“What Do I need to do to avoid getting sick?” “What food should I eat to make my body resist the virus?” “What juices will keep me healthy?”

These are just some of the many questions I’m getting now in the middle of the COVID-19 outbreak.

2 Months ago, in the wake of the Documentary of Connor McDavid's remarkable recovery from injury – it was “What did you feed Connor to help him recover?”

The answer is simple: *He ate the same way my family and clients eat!*

That's right - There are no “Wonder Foods & Juices” or “Magic Bullets” that will make us Super Strong to conquer any sickness or injury. Really, our fight to resist sickness at any time should have already been a part of our daily regimen months, yes, years ago.

The Daily Habit of **Eating Smart:**

Simple, unprocessed and Clean Foods; Variety, in Moderation and Balance.

These fundamental principles help to strengthen our Immune System and other bodily systems so that when problems arise, we are equipped to fight.

After all, a professional athlete trains diligently so that when he needs to perform, he can dig deep and find the power to do so!

During this unparalleled time, it is crucial to ensure we are all eating the right things and avoiding items that may not be doing us the good we think.

Now is the time to focus on building Immunity and consume foods that will help to support and strengthen the Army Within!

Simple Immune Builders:

Root vegetables are a potent way to getting the right nutrients to support your immune system. Beets of 3 colours, Gold Red & Candy Cane, Watermelon Radish, Daikon and Black Radish, Celery Root, really the list is endless.

Rich in Antioxidants, Anti Inflammatory, Detoxification, promoting healthy gut bacteria – all the essentials to supporting your immune system.

This recipe is simple as it includes everything you can find in the produce section of the grocery store.

It also uses another crucial element to immune function and gut health: Apple Cider Vinegar

Apple Cider Vinegar is fermented and thus great for supporting healthy bacteria in your gut. It also contains antibacterial properties to help kill of bad bacteria in your Body.

Super Roots Salad

Serves 4

- Baby Greens like Kale or Spinach, optional
- 1 med Watermelon Radish, peeled & sliced thin
- 1 med Golden Beet, peeled & sliced thin
- 1 med Celery Root, peeled & sliced thin
- ½ med Leek, sliced
- 1/3 cup Apple Cider Vinegar
- Toasted Pumpkin
- Salt to taste

Heat a little olive oil in pan and toast pumpkin seeds with a little salt. Turn off heat and toss together – set aside to cool.

Put all fresh ingredients in a bowl and add apple cider vinegar, toss and let it sit for 5 minutes to allow all the juices from the root vegetables to be released. This is only dressing you need....no salt needed as there is plenty of sodium in the Vinegar and Vegetables.

Put mixed salad on a serving plate, pour liquid over the veggies and sprinkle toasted seeds on top.

Simple and bursting with wonderful flavour and health!!

FOOD INSIGHT:

Government & Health Officials are cautioning people to be cautious with raw foods and bacteria that may be present from handlers.

It may be prudent at this time to avoid produce that needs to be eaten raw; like salad greens and other fragile vegetables & fruits. Perhaps using good quality vegetable soap can assist. Peeling your produce is also beneficial. Given the fact that we're still feeling the chill of winter, maybe it's a good idea to stay away from those types of foods right now; it's cold and the body is really looking for warmth, so roasted veggies, soups and stews are a better choice!

Everything in this booklet is part of the Nutritional support that we provide for general health maintenance. You know your body and its needs.

Be smart, use discernment & eat in moderation. Do not do anything that will compromise your health.

Remember that good nutrition habits can have lasting benefits that will **last a life time!**

Good Health to You!

Andy Muto
Wellness Chef

References & additional reading:

Staying Healthy With Nutrition: Dr. Elson Haas, MD. www.elsonhaas.com

Worlds Healthiest Foods: www.whfoods.com