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Immune Ninja Support

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Below you will find the dirty dozen from Environmental Working Group (EWG) that lists the top pesticide exposed foods. While protecting our immune system it is best to avoid extra toxic exposure. If possible purchase from this list organically or plant a garden:)

Dirty Dozen™

- Strawberries
- Spinach
- Kale
- Nectarines
- Apples
- Grapes
- Peaches
- Cherries
- Pears
- Tomatoes
- Celery
- Potatoes
- + Hot Peppers

Cheers to Health

Dr. Kerri



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Peanut Butter & Jam Overnight Oats	 Strawberry Almond Protein Smoothie	 Strawberry Almond Protein Smoothie	 Zucchini Breakfast Boats	 Zucchini Breakfast Boats
Snack 1	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Sardine Salad with Peppers, Celery & Blueberries	 Mango  Hard Boiled Eggs	 Mango  Hard Boiled Eggs	 Hummus & Veggies Snack Box	 Hummus & Veggies Snack Box
Lunch	 Creamy Roasted Garlic & Kale Soup with Cauliflower  Mango & Chickpea Quinoa Salad	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Rainbow Chopped Salad Jars	 Burrito Bowl with Quinoa Tofu Taco Filling
Snack 2	 Apple with Almond Butter	 Apple with Almond Butter	 Grapefruit  Toasted Walnuts	 Grapefruit  Toasted Walnuts	 Grapefruit  Toasted Walnuts	 Sardine Spread with Cucumbers  Chopped Bell Peppers	 Sardine Spread with Cucumbers  Chopped Bell Peppers
Dinner	 Zucchini Noodles with Sausage & Tomato Sauce	 Deconstructed Stuffed Peppers	 Creamy Roasted Garlic & Kale Soup with Cauliflower  Mango & Chickpea Quinoa Salad	 Deconstructed Stuffed Peppers	 Garlicky Beef & Greens  Roasted Sweet Potato Rounds	 Burrito Bowl with Quinoa Tofu Taco Filling	 Garlicky Beef & Greens  Roasted Sweet Potato Rounds



Fruits

- ☐ 8 Apple
- ☐ 6 Avocado
- ☐ 8 Banana
- ☐ 8 2/3 cups Blueberries
- ☐ 12 Grapefruit
- ☐ 8 Lemon
- ☐ 2 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 6 Mango
- ☐ 24 cups Strawberries

Breakfast

- ☐ 2 cups All Natural Peanut Butter
- ☐ 1 3/4 cups Almond Butter
- ☐ 1 1/8 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 2/3 tbsps Chili Powder
- ☐ 1 tbsp Cumin
- ☐ 2 tsps Garlic Powder
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/3 cup Italian Seasoning
- ☐ 2 tsps Oregano
- ☐ 1 1/3 tbsps Paprika
- ☐ 1 tsp Red Pepper Flakes
- ☐ 3 1/8 tbsps Sea Salt
- ☐ 3 2/3 cups Walnuts

Vegetables

- ☐ 1 cup Basil Leaves
- ☐ 2 heads Cauliflower
- ☐ 40 stalks Celery
- ☐ 4 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 4 Cucumber
- ☐ 32 Garlic
- ☐ 2 tbsps Ginger
- ☐ 2 Green Bell Pepper
- ☐ 14 stalks Green Onion
- ☐ 24 cups Kale Leaves
- ☐ 4 cups Matchstick Carrots
- ☐ 1 cup Parsley
- ☐ 12 cups Purple Cabbage
- ☐ 26 Red Bell Pepper
- ☐ 1 1/2 cups Red Onion
- ☐ 1 head Romaine Hearts
- ☐ 4 Sweet Potato
- ☐ 32 White Button Mushrooms
- ☐ 10 Yellow Bell Pepper
- ☐ 4 Yellow Onion
- ☐ 16 Zucchini

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 2 cups Brown Rice
- ☐ 13 cups Chickpeas
- ☐ 7 cups Crushed Tomatoes
- ☐ 2 cups Diced Tomatoes
- ☐ 2 cups Organic Salsa
- ☐ 7 1/2 cups Organic Vegetable Broth
- ☐ 1 2/3 cups Quinoa
- ☐ 3 3/4 lbs Sardines

Baking

- ☐ 3 1/3 tbsps Nutritional Yeast
- ☐ 6 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 5 lbs Extra Lean Ground Beef
- ☐ 2 cups Hummus
- ☐ 2 lbs Pork Sausage
- ☐ 1 3/4 lbs Tofu

Condiments & Oils

- ☐ 1 1/4 cups Apple Cider Vinegar
- ☐ 1/2 cup Coconut Aminos
- ☐ 1 tbsp Coconut Oil
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 3/4 cup Mayonnaise
- ☐ 1 1/4 cups Tahini
- ☐ 4 cups Tomato Sauce

Cold

- ☐ 32 Egg
- ☐ 17 1/2 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Vanilla Protein Powder
- ☐ 4 3/4 cups Water



Peanut Butter & Jam Overnight Oats

12 servings

8 hours

Ingredients

2 cups All Natural Peanut Butter (divided)
1 1/8 cups Maple Syrup (divided)
7 1/2 cups Unsweetened Almond Milk
6 cups Oats (quick)
1/3 cup Chia Seeds
12 cups Strawberries (finely chopped)

Directions

- 1 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 2 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 3 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 4 To serve, divide the peanut butter oats between two jars and top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container in the fridge for up to four days.

No Peanut Butter, Use almond butter, cashew butter or sunflower seed butter instead.



Strawberry Almond Protein Smoothie

4 servings

5 minutes

Ingredients

6 cups Strawberries (frozen)
4 Banana (small, frozen)
1 cup Vanilla Protein Powder
1/3 cup Almond Butter
1/4 cup Ground Flax Seed
5 cups Unsweetened Almond Milk

Directions

1

Add all ingredients to a high speed blender and blend until smooth and creamy. Pour into a glass and enjoy!

Notes

Nut-Free, Use sunflower seed butter instead of almond butter and coconut milk instead of almond milk.

No Almond Milk, Use coconut milk or cashew milk instead.

Smoothie Consistency, If the smoothie is too thick, thin with more almond milk or water. If the smoothie is too thin, add some ice cubes and blend to thicken.

More Fiber, Add in some chopped leafy greens like spinach or kale.

Protein Powder, This recipe was developed and tested using a plant-based protein powder.



Zucchini Breakfast Boats

8 servings

30 minutes

Ingredients

8 Zucchini (large, sliced in half lengthwise)
4 Red Bell Pepper (chopped)
2 Yellow Onion (chopped)
32 White Button Mushrooms (chopped)
16 Egg
1 tsp Sea Salt
1 cup Parsley (chopped)
2 2/3 tbsps Nutritional Yeast (optional, for topping)

Directions

- 1 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 2 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 3 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

Serving Size, One serving size is equal to two zucchini boats.

More Flavor, Add additional seasonings and herbs.



Sardine Salad with Peppers, Celery & Blueberries

12 servings

10 minutes

Ingredients

2 1/4 lbs Sardines (packed in oil, drained)
1 1/2 cups Red Onion (minced)
24 stalks Celery (sliced into sticks)
6 Red Bell Pepper (stems and seeds removed, sliced)
6 cups Blueberries

Directions

- 1 Using a fork, mash together the sardines and red onion. Serve alongside the celery, bell pepper and blueberries. Enjoy!

Notes

No Sardines, Use canned tuna instead.
Leftovers, Refrigerate in an airtight container for up to three days.



Mango

8 servings

5 minutes

Ingredients

4 Mango

Directions

- 1 Peel and cut into chunks. Portion into bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is equal to one-half of a medium-sized mango.



Hard Boiled Eggs

8 servings

15 minutes

Ingredients

16 Egg

Directions

- 1 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 2 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 3 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

Notes

Leftovers, Refrigerate in a covered container with the shell on for up to 7 days.

Easier to Peel, Add salt to the water while boiling.



Hummus & Veggies Snack Box

8 servings

5 minutes

Ingredients

4 Red Bell Pepper (sliced)
16 stalks Celery (cut into small stalks)
2 2/3 cups Blueberries
2 cups Hummus

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 days.
No Hummus, Use guacamole or a ready-made dip instead.



Creamy Roasted Garlic & Kale Soup with Cauliflower

8 servings
1 hour 15 minutes

Ingredients

24 Garlic (cloves, peeled and trimmed)
2 Yellow Onion (large, roughly chopped)
2 heads Cauliflower (sliced into florets)
1/3 cup Extra Virgin Olive Oil (divided)
2 2/3 tbsps Italian Seasoning
2 tsps Sea Salt
16 cups Kale Leaves (packed)
7 1/2 cups Organic Vegetable Broth (divided)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers, Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With, An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick, If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.



Mango & Chickpea Quinoa Salad

8 servings

15 minutes

Ingredients

2/3 cup Quinoa (uncooked)
1 1/3 cups Water
1/2 cup Cilantro (chopped)
1 cup Chickpeas (cooked)
12 ozs Tofu (extra firm, patted dry, cubed)
1 tsp Sea Salt
2 Lime (juiced)
2 Avocado (sliced)
2 Mango (sliced)

Directions

- 1 Combine quinoa and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 13 to 15 minutes or until water is absorbed. Remove lid and fluff with a fork.
- 2 Once cooled, combine the quinoa with the remaining ingredients in a large bowl. Adjust salt as needed. Divide between bowls and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to four days.

Serving Size, Each serving equals approximately 1 1/2 cups of salad.

More Flavor, Add chilli powder or red pepper flakes.

Additional Toppings, Add in cucumber, corn, red onion and/or green bell pepper.



Rainbow Chopped Salad Jars

12 servings

30 minutes

Ingredients

- 1 1/4 cups Tahini
- 8 Lemon (juiced)
- 2 tsps Sea Salt
- 1/2 cup Water
- 12 cups Chickpeas (cooked, from the can)
- 4 cups Cherry Tomatoes
- 4 cups Matchstick Carrots
- 4 Yellow Bell Pepper (chopped)
- 12 cups Purple Cabbage (chopped)

Directions

- 1 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 2 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 3 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

Notes

Storage, Keeps well in the fridge for up to 4 days.

No Tahini, Use a nut butter or sunflower seed butter instead.



Apple with Almond Butter

4 servings

5 minutes

Ingredients

4 Apple
1/2 cup Almond Butter

Directions

- 1 Slice apple and cut away the core.
:
- 2 Dip into almond butter.
:
- 3 Yummmmm.



Grapefruit

4 servings

5 minutes

Ingredients

4 Grapefruit

Directions

- 1 Cut grapefruit in half and place in a bowl. Use a sharp knife to cut around the circumference. Use a spoon to scoop out individual sections. Enjoy!

Notes

Cut the flavour, Sprinkle with a pinch of sea salt.



Toasted Walnuts

12 servings

15 minutes

Ingredients

3 2/3 cups Walnuts (shelled)

Directions

- 1 Preheat oven to 350°F (177°C) and spread the walnuts across a baking sheet lined with parchment paper. Toast in the oven for 5 to 10 minutes, tossing at the halfway point.
- 2 Remove from oven, let cool and enjoy!

Notes

Extra Flavour, Sprinkle with sea salt or spices of your choice.



Sardine Spread with Cucumbers

8 servings

5 minutes

Ingredients

1 1/2 lbs Sardines (in oil, drained)
3/4 cup Mayonnaise
1 1/4 cups Apple Cider Vinegar
4 Cucumber (sliced)

Directions

- 1 In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
- 2 Serve alongside cucumber slices and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately one cup.

More Flavor, Add black pepper or your choice of fresh or dried herbs.

No Cucumbers, Use bell pepper slices, carrot sticks, celery sticks or crackers instead.



Chopped Bell Peppers

8 servings

5 minutes

Ingredients

- 2 Yellow Bell Pepper
- 2 Green Bell Pepper
- 2 Red Bell Pepper

Directions

- 1 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 4 days.



Zucchini Noodles with Sausage & Tomato Sauce

8 servings

20 minutes

Ingredients

- 2 lbs Pork Sausage (Italian)
- 4 Yellow Bell Pepper (thinly sliced)
- 4 cups Tomato Sauce
- 8 Zucchini (medium size, spiralized into noodles)
- 1 cup Basil Leaves (chopped)

Directions

- 1 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 2 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 3 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

Notes

Leftovers, For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

No Pork, Use chicken, turkey, lamb or veggie sausages instead.

Additional Toppings, Top with nutritional yeast or chili flakes.

Make it Vegan, Use a vegan sausage or chickpeas instead.



Deconstructed Stuffed Peppers

12 servings

50 minutes

Ingredients

2 cups Brown Rice
3 lbs Extra Lean Ground Beef
2 tbsps Extra Virgin Olive Oil
6 Red Bell Pepper (chopped)
2 tbsps Italian Seasoning
1 1/3 tbsps Paprika
2 tsps Sea Salt
1 tsp Red Pepper Flakes
7 cups Crushed Tomatoes (from the can)
2 cups Diced Tomatoes (from the can)
3 cups Water
12 stalks Green Onion (chopped, divided)

Directions

- 1 Cook the rice according to the package directions.
- 2 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 3 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with Italian Seasoning, paprika, salt and red pepper flakes.
- 4 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 5 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

More Flavor, Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

No Red Bell Pepper, Use any colour of bell pepper instead.

No Beef, Use ground pork or sausage meat instead.

No Brown Rice, Use white rice, quinoa or cauliflower rice instead.



Garlicky Beef & Greens

8 servings
20 minutes

Ingredients

1/2 cup Coconut Aminos
8 Garlic (clove, minced)
2 tbsps Ginger (fresh, grated or minced)
2 stalks Green Onion (chopped)
2 lbs Extra Lean Ground Beef
8 cups Kale Leaves (finely chopped)
1/2 tsp Sea Salt

Directions

- 1 In a small mixing bowl combine the coconut aminos, garlic, ginger and green onion. Set aside.
- 2 Heat a large skillet over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the cooked beef to a bowl and set aside. Drain any excess drippings from the pan.
- 3 To the same pan add the kale leaves and cook until wilted and tender. Add the cooked beef back to the pan with the kale and season with the salt.
- 4 Add the coconut aminos sauce and stir to combine. Let the sauce bubble and thicken for 1 to 2 minutes. Remove the pan from heat and divide between plates. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving is approximately 1 cup.

More Flavor, Add sesame oil, lime juice, red pepper flakes or a drizzle of honey.

Additional Toppings, Top with sesame seeds or chopped cilantro. Serve over top of cooked rice, quinoa or cauliflower rice.

No Beef, Use ground chicken, turkey or pork instead.

No Coconut Aminos, Use tamari or other soy-based sauce instead.



Roasted Sweet Potato Rounds

8 servings

35 minutes

Ingredients

4 Sweet Potato (medium, washed and scrubbed)
1 tbsp Coconut Oil

Directions

- 1 Preheat oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 Slice the sweet potatoes into 1/2 inch rounds and place them on the baking sheet.
- 3 Brush the slices with melted coconut oil, then flip them over and repeat.
- 4 Place in the oven and bake for 30 to 35 minutes, flipping them at the halfway point. The rounds should be starting to brown on each side.
- 5 Remove from oven. Season them with your favourite spices (we like sea salt and cinnamon) and enjoy!

Notes

Serve Them As, A side dish, with guacamole, or with our Vegan Ranch Dressing for dipping. You can also use them as a burger bun replacement!



Burrito Bowl with Quinoa Tofu Taco Filling

8 servings
35 minutes

Ingredients

- 1 cup Quinoa (uncooked)
- 1 lb Tofu (extra firm, crumbled)
- 1/4 cup Extra Virgin Olive Oil
- 1 2/3 tbsps Chili Powder
- 1 tbsp Cumin
- 2 tsps Oregano
- 2 tsps Garlic Powder
- 1 tsp Sea Salt
- 2 cups Organic Salsa (divided)
- 2 tsps Lime Juice
- 2 tsps Nutritional Yeast
- 4 Red Bell Pepper (sliced)
- 1 head Romaine Hearts (chopped)
- 2 cups Black Beans (cooked)
- 4 Avocado (diced)

Directions

- 1 Cook quinoa according to package directions.
- 2 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 3 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 4 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 5 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 6 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings, Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.