

# Immune System Boosting Foods

Boost immune system with these foods that you can incorporate into healthy smoothies, immunesystem boosting recipes and juices. Get the immunesystem boost you needed by incorporating these foods into your healthy snacks and more!



- ☐ BLUEBERRIES
- ☐ GREEN TEA
- ☐ GARLIC
- ☐ LEMONS
- ☐ LIMES
- ☐ ORANGES
- ☐ SPINACH
- ☐ TURMERIC
- ☐ KIWIS
- ☐ PAPAYA
- ☐ ALMONDS
- ☐ YOGURT
- ☐ POULTRY
- ☐ BROCCOLI