



MELANI LUST PHOTOGRAPHY

TOBY AMIDOR, MS, RD, CDN, FAND, is a *Wall Street Journal* best-selling cookbook author with more than 200,000 copies in print, and a nationally recognized nutrition expert. She is the founder of Toby Amidor Nutrition where she provides nutrition and food safety consulting services for individuals, restaurants and food brands. A leading dietitian and recipe developer, Toby believes that healthy and wholesome can also be appetizing and delicious. She is also the nutrition expert for FoodNetwork.com, a speaker on a variety of nutrition topics and a spokesperson. Toby lives in New York.

Cover design: Kevin Cockburn/PageWave Graphics Inc.
Front/back cover photographs: Ashley Lima



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NOW MORE THAN EVER
IT'S IMPORTANT TO HAVE A
HEALTHY IMMUNE SYSTEM

Best-selling cookbook author Toby Amidor forgoes the fancy vitamin supplements and shows you how to boost your overall health with ingredients straight from the family fridge.



\$24.95 US/\$29.95 CAN



PRINTED IN CHINA

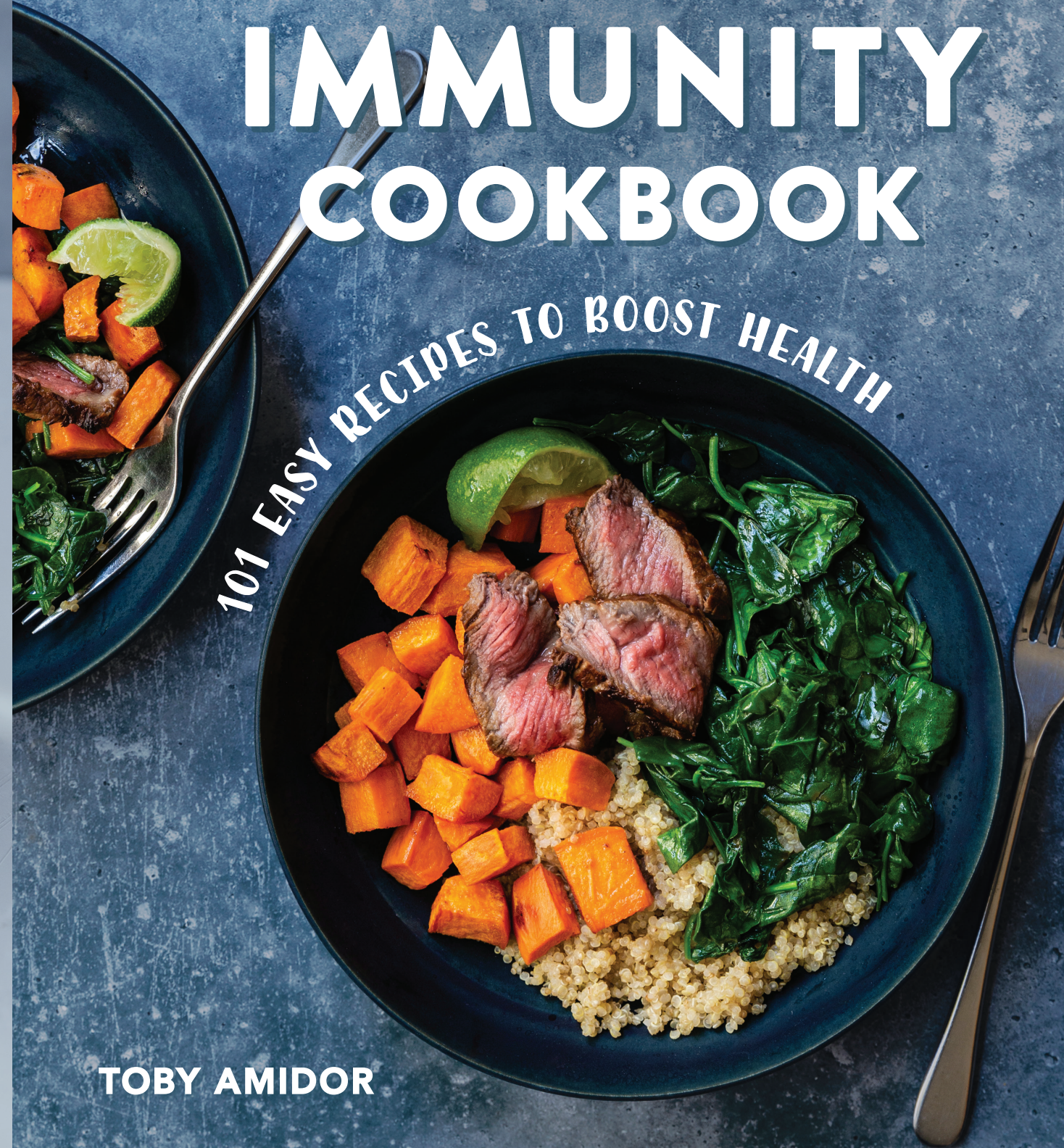
TOBY AMIDOR

THE FAMILY IMMUNITY COOKBOOK



The FAMILY IMMUNITY COOKBOOK

101 EASY RECIPES TO BOOST HEALTH



TOBY AMIDOR

THE BEST WAY TO GOOD
HEALTH IS TO START
WITH GOOD FOOD

The Family Immunity Cookbook includes 25 top superfoods and incorporates them into 101 easy and delicious family-friendly recipes all containing immune-boosting ingredients that deliver the essential nutrients to help provide your body with the strength it needs to stay in tip-top shape.

DID YOU KNOW

- **GARLIC** provides antioxidant vitamin C, vitamin B₆, selenium and potassium?
- **YOGURT** promotes a healthy digestive tract?
- **BEEF** is one of the top sources of zinc?
- **LENTILS** are a good plant-based source of zinc? This legume is also an excellent source of iron and vitamin B₆!
- **AVOCADOS** provide unsaturated fat which helps transport fat-soluble vitamins A, D, E and K throughout the body?

The Family Immunity Cookbook makes healthy cooking easy, accessible and delicious. Best-selling cookbook author and registered dietitian Toby Amidor shares all of her perfected tips and tricks for meal prepping, one-pot, 30-minute and freezer-friendly dishes to minimize the stress associated with cooking.

Enjoy antioxidant-rich Garlic Shrimp with Chickpeas or yummy Pear Salad with Walnuts and Dried Cranberries, top up your daily zinc quota with Steak Pizza with Peppers and Onions, support all-important gut health with Berry-Stuffed French Toast. Each of these delightful, deliciously easy meals include the superfoods that naturally help decrease inflammation and boost antioxidant activity, which in turn help your body defend itself from illness and help promote healing, with each and every bite.