

# Immune Boosting Foods

@holistic.better



## January 2026

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

MUPI<sup>TM</sup>-XL

DERMÂDEW<sup>TM</sup> PMX  
ANTHITCH LOTION

# January

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1 New Year	2	3	4
5	6	7	8	9	10	11
12	13	14 Makar Sankranti / Pongal	15	16	17	18
19	20	21	22	23	24 National Girl Child Day	25
26 Republic Day	27	28	29	30	31	

# High Protein... Breakfast Options

@health24z



Chia Seeds Water



Almonds  
10 count



Scrambled Eggs  
2 count



Cheese Slice  
1 count



Chia Seeds Pudding



Pumpkin Seeds  
1 TSP



Boiled Eggs  
2 count



Apple  
1 count



Oatmeal



peanut butter  
1 tbsp



Greek Yogurt  
1 cup



Berries  
1/2 cup

## February 2026

M	2	9	16	23
T	3	10	17	24
W	4	11	18	25
T	5	12	19	26
F	6	13	20	27
S	7	14	21	28
S	1	8	15	22

MUPI-XL

DERMÂDEW™ PMX  
ANTH-ITCH LOTION

# February

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
						Maha Shivaratri
16	17	18	19	20	21	22
23	24	25	26	27	28	

# Veg Protein Source

Quantity-100gm

## Paneer



- Protein-18gm
- Carbs-22gm
- Fat-3gm
- Cal-282

## Tofu



- Protein-17gm
- Carbs-3gm
- Fat-9gm
- Cal-144

## Tempeh



- Protein-20gm
- Carbs-7.6gm
- Fat-10.8gm
- Cal-192

## Soya



- Protein-54gm
- Carbs-36gm
- Fat-1.5gm
- Cal-325

## Soyabean



- Protein-36gm
- Carbs-30gm
- Fat-20gm
- Cal-446

## Chickpeas



- Protein-19gm
- Carbs-61gm
- Fat-6
- Cal-364

## Rajma



- Protein-24gm
- Carbs-60gm
- Fat-0.8gm
- Cal-333

## Chana



- Protein-20gm
- Carbs-63gm
- Fat-6gm
- Cal-378

## Curd



- Protein-4gm
- Carbs-3gm
- Fat-5gm

## Green Peas



- Protein-5.4gm
- Carbs-16gm
- Fat-0.2gm

## Roasted Chana Moong



- Protein-21gm
- Carbs-60.54gm
- Fat-6.4gm



- Protein-24gm
- Carbs-60gm
- Fat-1gm

# March 2026

M	30	2	9	16	23
T	31	3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

# March

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30	31 Mahavir Jayanti					1
2	3 Holika Dahan	4 Holi	5	6	7	8 International Women's Day
9	10	11	12	13	14	15
16	17	18	19 Ugadi / Gudi Padwa	20 Eid-ul-Fitr (Ramzan Id)*	21	22
23	24	25	26	27 Rama Navami	28	29

\*Tentative date for Eid festivals.

# Foods High in Magnesium



1 oz Almonds  
80mg

1 cup Edamame  
100mg

1oz Pumpkin Seeds  
168mg



1/2 Avocado  
65mg



1 oz Cashews  
83mg



1 cup cooked  
spinach 158mg



1 cup Black Beans  
120mg



1 banana  
39mg



1 oz Dark Choc  
65mg

## April 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

MUPI<sup>TM</sup>-XL

DERMÂDEW<sup>TM</sup> PMX  
ANTH-TCH LOTION

# April

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3 Good Friday	4	5
6	7 World Health Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

# EAT YOUR RETINOL



MANGO



GUAVA



EGG YOLKS



BUTTERNUT  
SQUASH



CARROTS



PUMPKIN



GRAPEFRUIT



SWISS CHARD



WATERMELON



APRICOTS



SWEET  
POTATOES



BELL PEPPERS



KALE



CARROT JUICE



BEEF LIVER

Grok

## May 2026

M	4	11	18	25	
T	5	12	19	26	
W	6	13	20	27	
T	7	14	21	28	
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

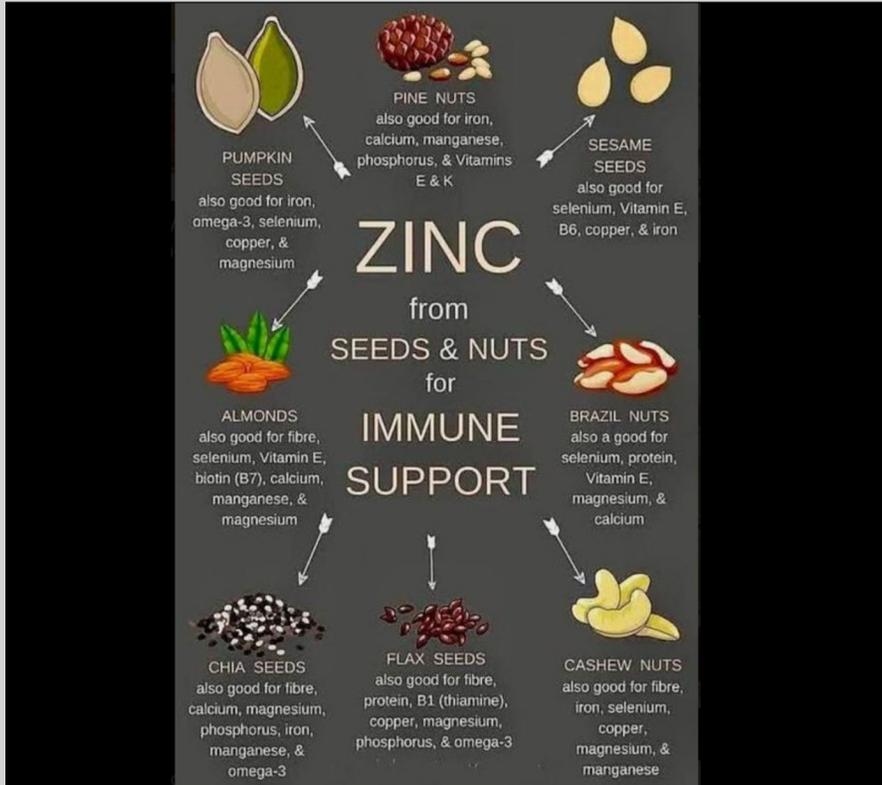
MUPI-XL

DERMÂDEW™ PMX  
ANTH-ITCH LOTION

# May

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1 Labour Day / Maharashtra Day	2	3
4	5	6	7	8	9	10 Mother's Day
11	12 International Nurses Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



## June 2026

M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

**MUPI-XL**

**DERMÂDEW™** PMX  
ANTH-TCH LOTION

# June

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

International Yoga Day

Muharram / Ashura\*

Eid-ul-Adha (Bakri Id)\*

\*Tentative date for Eid festivals.

# LOWER BLOOD SUGAR NATURALLY



**Cinnamon**  
Improves insulin sensitivity



**Fenugreek**  
May lower fasting glucose



**Berries**  
Slows carbohydrate absorption



**Apple Cider Vinegar**  
Lowers glucose response



**Turmeric**  
Increases insulin sensitivity



**Leaf Greens**  
Improves glucose control



**Nuts**  
Reduces blood sugar spike



**Chia Seeds**  
Lowers post-meal glucose

July 2026

M	6	13	20	27	
T	7	14	21	28	
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

MUPI-XL

DERMÂDEW™ PMX ANTI-ITCH LOTION

# July

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1 National doctor's day	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

# 20 VITAMIN D-RICH FOODS



## August 2026

M	31	3	10	17	24
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

MUPI<sup>TM</sup>-XL

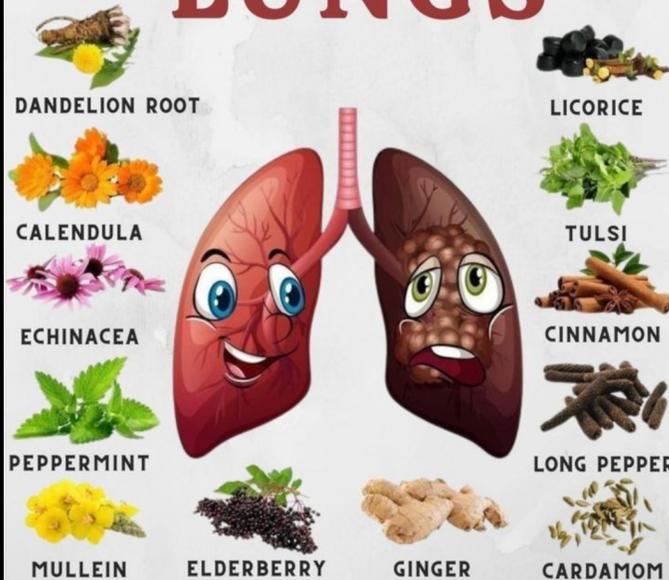
DERMÂDEW<sup>TM</sup> PMX  
ANTH-ITCH LOTION

# August

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
31					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
					Independence Day	
17	18	19	20	21	22	23
24	25	26	27	28	29	30
	Onam			Raksha Bandhan		

# BEST HERBS FOR LUNGS



## September 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

MUPI<sup>TM</sup>-XL

DERMÂDEW<sup>TM</sup> PMX  
ANTHITCH LOTION

# September

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4 Janmashtami	5	6
7	8	9	10	11	12	13
14 Ganesh Chaturthi	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

*Food to*  
**Boost Collagen**



Cacao



Flex seeds



Salmon



Garlic



Avocados



Berries



Bell Peppers



Nut & Seeds



Bone Broth

**October 2026**

M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	

# October

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2 Gandhi Jayanti	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20 Dussehra / Dasara & World's Osteoporosis Day	21	22	23	24	25
26	27	28	29	30	31	

## 7-DAY HEALTH FOOD PLAN

	BREAKFAST	LUNCH	DINNER
MONDAY	 Overnight oats Strawberries egg	 Chicken salad with egg eg	 Salmon, rice and broccoll
TUESDAY	 Avocado toast with an-ego	 Quinoa and black bean salad	 Stuffed bellipp peppers
WEDNSDAY	 Yogurt + granolla amid berries	 Tuna a avocado wrap	 Grilled chicken potatoes green
FRIDAY	 Tegeradle omelette	 Lentil soup	 Shrimp couscous and asparagus
SUNDAY	 Chia pudding with raspberries	 Grilled vegetable pasta salad	 Chicken quinoa bowi

## November 2026

M	30	2	9	16	23
T		3	10	17	24
W		4	11	18	25
T		5	12	19	26
F		6	13	20	27
S		7	14	21	28
S	1	8	15	22	29

MUPI<sup>TM</sup>-XL

DERMÂDEW<sup>TM</sup> PMX  
ANTH-ITCH LOTION

# November

# 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
30						1
2	3	4	5	6	7	8 Diwali / Deepavali
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24 Guru Nanak Jayanti	25	26	27	28	29

## MY TOP 20 FAVORITE MEDICINAL PLANTS ARE



**ALOE VERA**  
Soothes burns,  
skin repair



**PEPPERMINT**  
Eases digestion,  
reduces headaches



**LAVENDER**  
Calming, sleep aid

**CHAMOMILE**  
Reduces anxiety,  
anti-inflammatory



**ECHINACEA**  
Boosts immunity,  
fights colds



**GINGER**  
Relieves nausea,  
anti-inflammatory



**TURMERIC**  
Anti-inflammatory,  
antioxidant



**GARLIC**  
Antibacterial, supports  
heart health



**THYME**  
Antibacterial, respiratory  
support



**ELDERBERRY**  
boosts immune system,  
decrease length and severity  
of cold



**FRANKINCENSE**  
Promotes sleep, reduces  
stress



**GINSENG**  
Increases energy, supports  
cognitive function



**CALENDULA**  
Heals wounds, soothes  
skin



**ROSEMARY**  
Enhances memory,  
reduces stress,  
promotes hair growth



**ST. JOHN'S WORT**  
may help with  
depression and mood  
support



**CLARY SAGE**  
Eases menstrual cramping,  
hormone support



**ARNICA**  
eases pain, reduces  
inflammation



**YARROW**  
Stops bleeding, promotes  
healing



**LEMON BALM**  
Calms anxiety,  
improves sleep



**CINNAMON**  
Regulates blood sugar,  
antioxidant

## December 2026

M	7	14	21	28	
T	1	8	15	22	29
W	2	9	16	23	30
T	3	10	17	24	31
F	4	11	18	25	
S	5	12	19	26	
S	6	13	20	27	

MUPI<sup>TM</sup>-XL

DERMÂDEW<sup>TM</sup> PMX  
ANTH-ITCH LOTION

# December

2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
				Christmas		
28	29	30	31			
			New Year's Eve			