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Food of the Month

July: Garlic

- ◆ Garlic strengthens the immune system as well as helps to fight chest infections, coughs and congestion.
- ◆ In the winter months garlic is a great food to boost your immune system and ward off colds and flu.
- ◆ Garlic contains high levels of iodine which makes it a very effective treatment for hyperthyroid conditions.
- ◆ LDL cholesterol is no friend of garlic and the aortic plaque deposits that gather on the walls of your body's veins can be reduced with the use of garlic too.
- ◆ When crushed or bruised, garlic releases Allicin which is a sulphuric compound that is a natural antibiotic.
- ◆ Garlic is a great source of vitamin B6 which is needed for a healthy immune system and the efficient growth of new cells.

Nutritional Information: per 100gr Garlic

Calories	623
Protein	6.36g
Carbohydrate	33.06g
Fat Total	0.5g



RECIPE:

Baked Salmon with Garlic

- 4 x small garlic cloves minced
- 1 x Heaped Tablespoon chopped fresh parsley
- 4 x Tablespoons extra virgin olive oil
- 2 x Tablespoons lemon juice
- 4 x Salmon fillets
- Freshly ground salt and pepper

Directions

Heat oven 375 degrees

Lightly grease a 9 by 13 inch baking pan or line with foil.

Combine Garlic, parsley and olive in a small bowl and blend well.

Arrange salmon in baking pan and spread garlic mixture evenly over salmon.

Bake for 20 minutes.