

Immune Support Program

Created by Eating Healthy 4 Life, LLC



Immune Support Program

7 days

	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
						Toast with Peanut Butter	Toast with Peanut Butter
Snack 1	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Sardine Salad with Peppers, Celery & Blueberries	Mango	Mango	Hummus & Veggies Snack Box	Hummus & Veggies Snack Box
				Hard Boiled Eggs	Hard Boiled Eggs		
Lunch	Creamy Roasted Garlic & Kale Soup with Cauliflower	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
	Mango & Chickpea Quinoa Salad						
Snack 2	Apple with Almond Butter	Apple with Almond Butter	Grapefruit	Grapefruit	Grapefruit	Sardine Spread with Cucumbers	Sardine Spread with Cucumbers
			Toasted Walnuts	Toasted Walnuts	Toasted Walnuts	Chopped Bell Peppers	Chopped Bell Peppers
Dinner	Zucchini Noodles with Sausage & Tomato Sauce	Deconstructed Stuffed Peppers	Creamy Roasted Garlic & Kale Soup with Cauliflower	Deconstructed Stuffed Peppers	Garlicky Beef & Greens	Burrito Bowl with Quinoa Tofu Taco Filling	Garlicky Beef & Greens
			Mango & Chickpea Quinoa Salad		Roasted Sweet Potato Rounds		Roasted Sweet Potato Rounds

Immune Support Program

73 items

Fruits

- ☐ 2 Apple
- ☐ 1 1/2 Avocado
- ☐ 2 Banana
- ☐ 2 1/8 cups Blueberries
- ☐ 3 Grapefruit
- ☐ 2 Lemon
- ☐ 1/2 Lime
- ☐ 1 1/2 tsps Lime Juice
- ☐ 1 1/2 Mango
- ☐ 6 cups Strawberries

Breakfast

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

Seeds, Nuts & Spices

- ☐ 1 1/2 tsps Chia Seeds
- ☐ 1 1/4 tsps Chili Powder
- ☐ 3/4 tsp Cumin
- ☐ 1/2 tsp Garlic Powder
- ☐ 2 tsps Ground Flax Seed
- ☐ 1 1/8 tsps Italian Seasoning
- ☐ 1/2 tsp Oregano
- ☐ 1 tsp Paprika
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 2 1/3 tsps Sea Salt
- ☐ 1 cup Walnuts

Vegetables

- ☐ 1/4 cup Basil Leaves
- ☐ 1/2 head Cauliflower
- ☐ 10 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 2 tsps Cilantro
- ☐ 1 Cucumber
- ☐ 8 Garlic
- ☐ 1 1/2 tsps Ginger
- ☐ 3 1/2 stalks Green Onion
- ☐ 6 cups Kale Leaves
- ☐ 1 cup Matchstick Carrots
- ☐ 1/2 Orange Bell Pepper
- ☐ 1/4 cup Parsley
- ☐ 3 cups Purple Cabbage
- ☐ 6 1/2 Red Bell Pepper
- ☐ 1/3 cup Red Onion
- ☐ 1/4 head Romaine Hearts
- ☐ 1 Sweet Potato
- ☐ 8 White Button Mushrooms
- ☐ 2 1/2 Yellow Bell Pepper
- ☐ 1 Yellow Onion
- ☐ 4 Zucchini

Boxed & Canned

- ☐ 1/2 cup Black Beans
- ☐ 1/2 cup Brown Rice
- ☐ 3 1/4 cups Chickpeas
- ☐ 1 3/4 cups Crushed Tomatoes
- ☐ 1/2 cup Diced Tomatoes
- ☐ 1/2 cup Quinoa
- ☐ 1/2 cup Salsa
- ☐ 15 ozs Sardines
- ☐ 2 cups Vegetable Broth

Baking

- ☐ 2 1/2 tsps Nutritional Yeast
- ☐ 1 1/2 cups Oats

Bread, Fish, Meat & Cheese

- ☐ 1 1/4 lbs Extra Lean Ground Beef
- ☐ 8 ozs Pork Sausage
- ☐ 7 ozs Tofu
- ☐ 4 slices Whole Grain Bread

Condiments & Oils

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

Cold

- ☐ 8 Egg
- ☐ 1/2 cup Hummus
- ☐ 4 1/3 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3/4 cup Water

Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 3 servings



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 evenly between jars. 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.

Ingredients

1/2 cup All Natural Peanut Butter (divided)

1/4 cup Maple Syrup (divided)

2 cups Unsweetened Almond Milk

1 1/2 cups Oats (quick)

1 1/2 tbsps Chia Seeds

3 cups Strawberries (finely chopped)

Strawberry Almond Protein Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. 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.

Ingredients

1 1/2 cups Strawberries (frozen)

1 Banana (small, frozen)

1/4 cup Vanilla Protein Powder

1 1/2 tbsps Almond Butter

1 tbsp Ground Flax Seed

1 1/4 cups Unsweetened Almond Milk

Zucchini Breakfast Boats

8 ingredients · 30 minutes · 2 servings



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.

Ingredients

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

Toast with Peanut Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Toast the bread slices, then spread on the peanut butter. Enjoy!

Notes

Topping Ideas

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Ingredients

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

Sardine Salad with Peppers, Celery & Blueberries

5 ingredients · 10 minutes · 3 servings



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.

Ingredients

9 ozs Sardines (packed in oil, drained)

1/3 cup Red Onion (minced)

6 stalks Celery (sliced into sticks)

1 1/2 Red Bell Pepper (stems and seeds removed, sliced)

1 1/2 cups Blueberries

Mango

1 ingredient · 5 minutes · 2 servings



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.

Ingredients

1 Mango

Hard Boiled Eggs

1 ingredient · 15 minutes · 2 servings



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.

Ingredients

4 Egg

Hummus & Veggies Snack Box

4 ingredients · 5 minutes · 2 servings



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.

Ingredients

- 1 Red Bell Pepper (sliced)
- 4 stalks Celery (cut into small stalks)
- 2/3 cup Blueberries
- 1/2 cup Hummus

Creamy Roasted Garlic & Kale Soup with Cauliflower

8 ingredients · 1 hour 15 minutes · 2 servings



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.

Ingredients

- 6 Garlic (cloves, peeled and trimmed)
- 1/2 Yellow Onion (large, roughly chopped)
- 1/2 head Cauliflower (sliced into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- 2 tsps Italian Seasoning
- 1/2 tsp Sea Salt
- 4 cups Kale Leaves (packed)
- 2 cups Vegetable Broth (divided)

Mango & Chickpea Quinoa Salad

9 ingredients · 15 minutes · 2 servings



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.

Ingredients

- 2 2/3 tbsps Quinoa (uncooked)
- 1/3 cup Water
- 2 tbsps Cilantro (chopped)
- 1/4 cup Chickpeas (cooked)
- 3 ozs Tofu (extra firm, patted dry, cubed)
- 1/4 tsp Sea Salt
- 1/2 Lime (juiced)
- 1/2 Avocado (sliced)
- 1/2 Mango (sliced)

Rainbow Chopped Salad Jars

9 ingredients · 15 minutes · 3 servings



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.

Ingredients

- 1/3 cup** Tahini
- 2** Lemon (juiced)
- 1/2 tsp** Sea Salt
- 2 tbsps** Water
- 3 cups** Chickpeas (cooked, from the can)
- 1 cup** Cherry Tomatoes
- 1 cup** Matchstick Carrots
- 1** Yellow Bell Pepper (chopped)
- 3 cups** Purple Cabbage (chopped)

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice the apple and cut away the core. Dip it into almond butter and enjoy!

Notes

Nut-Free

Use sunflower seed butter instead of almond butter.

Ingredients

1 Apple

2 tbsps Almond Butter

Grapefruit

1 ingredient · 5 minutes · 1 serving



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.

Ingredients

1 Grapefruit

Toasted Walnuts

1 ingredient · 15 minutes · 3 servings



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.

Ingredients

1 cup Walnuts (shelled)

Sardine Spread with Cucumbers

4 ingredients · 5 minutes · 2 servings



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.

Ingredients

6 ozs Sardines (in oil, drained)

3 tbsps Mayonnaise

1/3 cup Apple Cider Vinegar

1 Cucumber (sliced)

Chopped Bell Peppers

3 ingredients · 5 minutes · 2 servings



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.

Ingredients

- 1/2 Yellow Bell Pepper
- 1/2 Orange Bell Pepper
- 1/2 Red Bell Pepper

Zucchini Noodles with Sausage & Tomato Sauce

5 ingredients · 20 minutes · 2 servings



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.

Ingredients

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

Deconstructed Stuffed Peppers

12 ingredients · 50 minutes · 3 servings



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. This dish will thicken as it cools, so you may want to add a bit of water when you reheat it until your desired consistency is reached.

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.

Ingredients

- 1/2 cup Brown Rice
- 12 ozs Extra Lean Ground Beef
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 Red Bell Pepper (chopped)
- 1 1/2 tsps Italian Seasoning
- 1 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Red Pepper Flakes
- 1 3/4 cups Crushed Tomatoes (from the can)
- 1/2 cup Diced Tomatoes (from the can)
- 1/4 cup Water
- 3 stalks Green Onion (chopped, divided)

No Brown Rice

Use white rice, quinoa or cauliflower rice instead.

Garlicky Beef & Greens

7 ingredients · 20 minutes · 2 servings



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.

Ingredients

- 2 tbsps** Coconut Aminos
- 2** Garlic (clove, minced)
- 1 1/2 tps** Ginger (fresh, grated or minced)
- 1/2 stalk** Green Onion (chopped)
- 8 ozs** Extra Lean Ground Beef
- 2 cups** Kale Leaves (finely chopped)
- 1/8 tsp** Sea Salt

Roasted Sweet Potato Rounds

2 ingredients · 35 minutes · 2 servings



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 it With

A side dish, with guacamole, or with your favorite dressing for dipping. You can also use them as a burger bun replacement!

Ingredients

- 1 Sweet Potato (medium, washed and scrubbed)
- 3/4 tsp Coconut Oil

Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 2 servings



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.

Ingredients

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