



Plant-Based Immune Support Program

Created by Eating Healthy 4 Life, LLC



Plant-Based Immune Support Program

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	High Fat Chocolate Smoothie	High Fat Chocolate Smoothie	High Fat Chocolate Smoothie	Blood Orange Tahini Overnight Oats	Blood Orange Tahini Overnight Oats	Curried Tofu Scramble	Curried Tofu Scramble
						Toast with Peanut Butter	Toast with Peanut Butter
Snack 1	Toasted Trail Mix	Toasted Trail Mix	Apple with Peanut Butter	Toasted Trail Mix	Toasted Trail Mix	Apples & Almonds	Apples & Almonds
	Chopped Bell Peppers	Chopped Bell Peppers		Chopped Bell Peppers	Chopped Bell Peppers		
Lunch	Hummus & Veggie Wrap	Tofu Cabbage Wraps with Peanut Sauce	Veggie Pita Pizza with Hummus	Crispy Tofu Meal Prep Bowls	Roasted Veggie & Quinoa Bowl	Hummus & Veggie Wrap	Hummus & Veggie Wrap
Snack 2	Apple with Peanut Butter	Apple with Peanut Butter	Crackers & Hummus	Apples & Almonds	Apples & Almonds	Crackers & Hummus	Crackers & Hummus
			Chopped Bell Peppers			Chopped Bell Peppers	Chopped Bell Peppers
Dinner	Tofu Cabbage Wraps with Peanut Sauce	Veggie Pita Pizza with Hummus	Crispy Tofu Meal Prep Bowls	Roasted Veggie & Quinoa Bowl	One Pan Paprika Tofu & Veggies	One Pan Paprika Tofu & Veggies	Roasted Veggie & Quinoa Bowl
					Quinoa	Quinoa	

Plant-Based Immune Support Program

66 items

Fruits

- ☐ 7 Apple
- ☐ 2 1/4 Avocado
- ☐ 1 1/2 Banana
- ☐ 2 Blood Orange
- ☐ 1/4 cup Lemon Juice
- ☐ 1 1/3 tbsps Lime Juice
- ☐ 2/3 Mango

Breakfast

- ☐ 1 cup All Natural Peanut Butter
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 cups Almonds
- ☐ 1/8 tsp Black Pepper
- ☐ 1 tbsp Chia Seeds
- ☐ 2/3 tsp Curry Powder
- ☐ 1/2 tsp Dried Thyme
- ☐ 1 tsp Italian Seasoning
- ☐ 1 1/2 tsps Paprika
- ☐ 1/2 cup Pumpkin Seeds
- ☐ 1 cup Raw Peanuts
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tsps Sesame Seeds

Frozen

- ☐ 1/2 cup Frozen Edamame
- ☐ 1 cup Frozen Mango

Vegetables

- ☐ 2 cups Arugula
- ☐ 2 cups Baby Spinach
- ☐ 2 cups Broccoli
- ☐ 3 1/2 tbsps Cilantro
- ☐ 2 cups Coleslaw Mix
- ☐ 3/4 Cucumber
- ☐ 1 Garlic
- ☐ 2 cups Green Beans
- ☐ 1 1/3 cups Green Cabbage
- ☐ 1 3/4 Orange Bell Pepper
- ☐ 4 1/3 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 15 leaves Romaine
- ☐ 2 Sweet Potato
- ☐ 2 1/4 Yellow Bell Pepper
- ☐ 1/3 Yellow Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 cup Chickpeas
- ☐ 1 1/8 cups Quinoa
- ☐ 1 1/2 cups Vegetable Broth
- ☐ 5 1/4 ozs Whole Grain Crackers

Baking

- ☐ 2 2/3 tbsps All Purpose Gluten-Free Flour
- ☐ 1 1/3 tsps Arrowroot Powder
- ☐ 1 tbsp Cacao Nibs
- ☐ 3 tbsps Cacao Powder
- ☐ 2 tsps Coconut Sugar
- ☐ 2 tsps Nutritional Yeast
- ☐ 1 cup Oats
- ☐ 1/2 cup Raisins

Bread, Fish, Meat & Cheese

- ☐ 2 1/3 lbs Tofu
- ☐ 4 slices Whole Grain Bread
- ☐ 2 Whole Wheat Pita
- ☐ 3 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1/4 cup Avocado Oil
- ☐ 1 tbsp Balsamic Vinegar
- ☐ 1 1/2 tsps Extra Virgin Olive Oil
- ☐ 1 1/2 tbsps Sesame Oil
- ☐ 3 tbsps Tahini
- ☐ 2 1/2 tbsps Tamari

Cold

- ☐ 2 cups Hummus
- ☐ 1 1/4 cups Plain Coconut Milk

Other

- ☐ 3/4 cup Chocolate Protein Powder
- ☐ 4 cups Water

High Fat Chocolate Smoothie

9 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Romaine

Use another green such as spinach.

Nut-Free

Use sunflower seed butter instead of peanut butter, or omit completely.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1 cup** Water
- 3 leaves** Romaine (roughly chopped)
- 1/2** Zucchini (chopped, frozen)
- 1/2** Avocado (frozen)
- 1/2** Banana (frozen)
- 1/4 cup** Chocolate Protein Powder
- 1 tbsp** Cacao Powder
- 1 tbsp** All Natural Peanut Butter
- 1 tsp** Cacao Nibs (optional, for topping)

Blood Orange Tahini Overnight Oats

5 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
2. Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to three days.

Gluten-Free

Use certified gluten-free oats.

More Flavor

Add maple syrup or cinnamon.

Hot or Cold

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

No Blood Oranges

Use regular navel oranges instead.

Ingredients

1 cup Oats (rolled)

1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)

1 tbsp Chia Seeds

2 Blood Orange (small, peeled and chopped)

1 tbsp Tahini

Curried Tofu Scramble

8 ingredients · 25 minutes · 2 servings



Directions

1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

More Flavor

Add mushrooms or fresh herbs to the dish.

Ingredients

- 2 tsps** Vegetable Broth
- 2/3** Red Bell Pepper (chopped)
- 1/3** Yellow Onion (chopped)
- 10 1/2 ozs** Tofu (extra firm, drained and pressed to remove water)
- 2/3 tsp** Curry Powder
- 2 tsps** Nutritional Yeast
- 1/8 tsp** Sea Salt
- 2 cups** Arugula

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)

Toasted Trail Mix

5 ingredients · 10 minutes · 4 servings



Directions

1. Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
2. Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

Notes

Serving Size

One serving is approximately 3/4 cup of the trail mix.

Serve it With

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

Make it Paleo

Replace peanuts with another type of nut or seed.

Storage

Refrigerate in an air-tight container.

Other Add-Ins

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Ingredients

1 cup Almonds (raw)

1/4 tsp Sea Salt (omit if using salted nuts)

1 cup Raw Peanuts

1/2 cup Pumpkin Seeds

1/2 cup Raisins

Chopped Bell Peppers

3 ingredients · 5 minutes · 7 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 3/4 Yellow Bell Pepper

1 3/4 Orange Bell Pepper

1 3/4 Red Bell Pepper

Apple with Peanut Butter

2 ingredients · 3 minutes · 1 serving



Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

- 1 Apple
- 2 tbsps All Natural Peanut Butter

Apples & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Core apple and cut it into slices. Serve with almonds.

Ingredients

- 1 Apple (sliced)
- 1/4 cup Almonds

Hummus & Veggie Wrap

6 ingredients · 5 minutes · 1 serving



Directions

1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

Notes

Gluten-Free

Use a brown rice tortilla instead.

Oil-Free

Use an oil-free hummus.

More Flavor

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Ingredients

1 Whole Wheat Tortilla (large)

1/4 cup Hummus

2 leaves Romaine (large, whole)

1/4 Avocado (sliced)

1/4 Cucumber (sliced)

1/4 Red Bell Pepper (sliced)

Crackers & Hummus

2 ingredients · 5 minutes · 3 servings



Directions

1. Dip the crackers into the hummus and enjoy!

Ingredients

5 1/4 ozs Whole Grain Crackers

3/4 cup Hummus

Tofu Cabbage Wraps with Peanut Sauce

13 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
2. While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
3. Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

Notes

Leftovers

Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cabbage leaf wraps.

Nut-Free

Use sunflower seed butter instead of peanut butter.

Additional Toppings

Add crushed peanuts and/or sesame seeds on top.

Ingredients

- 10 1/2 ozs Tofu (extra firm, drained)
- 2 tsps Avocado Oil
- 1 1/3 tsps Arrowroot Powder
- 2 tsps Tamari (divided)
- 2 2/3 tsps All Natural Peanut Butter
- 1 1/3 tsps Lime Juice
- 2 tsps Coconut Sugar
- 1 1/3 tsps Sesame Oil
- 1 1/3 tsps Water
- 2/3 Mango (diced)
- 2/3 Red Bell Pepper (chopped)
- 1 1/3 cups Green Cabbage (pulled apart into leaves)
- 3 1/2 tsps Cilantro (optional, chopped)

Veggie Pita Pizza with Hummus

5 ingredients · 15 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
3. Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
4. Let cool slightly and slice. Enjoy!

Notes

No Olive Oil

Use coconut oil, avocado oil, ghee or butter instead.

No Whole Wheat Pita

Use tortillas or flatbread instead.

Prep Ahead

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Red Bell Pepper (thinly sliced)
- 1/2 Zucchini (medium, sliced)
- 1/2 **cup** Hummus
- 2 Whole Wheat Pita

Crispy Tofu Meal Prep Bowls

13 ingredients · 20 minutes · 2 servings



Directions

1. Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
2. Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
3. Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
4. Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 to 4 days.

Save Time

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

No Tofu

Use a protein of your choice instead like roasted chickpeas, edamame, or tempeh.

Ingredients

2 2/3 tbsps All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
8 ozs Tofu (firm, sliced and patted dry)
1 tbsp Sesame Oil
2 tbsps Avocado Oil
1 tbsp Balsamic Vinegar
1 1/2 tsps Tamari
1 1/2 tsps Maple Syrup
2 cups Baby Spinach
2 cups Coleslaw Mix
1 cup Frozen Mango (thawed)
1/2 cup Frozen Edamame (thawed)
1 1/2 tsps Sesame Seeds

Roasted Veggie & Quinoa Bowl

12 ingredients · 40 minutes · 3 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
3. While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
4. While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
5. To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

Notes

Leftovers

Store in the fridge for up to four days.

Serving Size

One serving equals approximately 2 1/2 cups of veggies and quinoa.

No Quinoa

Use rice or cauliflower rice instead.

No Broth

Use water instead.

Cooked Chickpeas

Use cooked chickpeas from the can to save time.

More Flavor

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.

Ingredients

- 2 cups** Broccoli (chopped into florets)
- 2** Sweet Potato (medium, cut into 1/2-inch cubes)
- 1 cup** Chickpeas (cooked)
- 1/4 cup** Lemon Juice (divided)
- 1 tsp** Italian Seasoning
- 1/4 tsp** Sea Salt
- 2/3 cup** Quinoa (uncooked)
- 1 1/2 cups** Vegetable Broth
- 2 tbsps** Tahini
- 2 tbsps** Water (warm)
- 1 1/2 tbsps** Maple Syrup
- 1 tbsp** Pumpkin Seeds (optional)

One Pan Paprika Tofu & Veggies

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 450°F (232°C) and line a baking sheet with foil.
2. In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
3. Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
4. Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
5. Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

No Tofu

Use tempeh or chickpeas in the paprika mixture instead.

Ingredients

- 1 Garlic (cloves, minced)
- 1 1/2 **tsps** Paprika
- 1/2 **tsp** Dried Thyme
- 1/2 **tsp** Sea Salt
- 1/8 **tsp** Black Pepper
- 1 1/2 **tbsps** Avocado Oil (divided)
- 8 **ozs** Tofu (firm, patted dry and cubed)
- 1/2 **cup** Red Onion (sliced)
- 1/2 Yellow Bell Pepper (roughly chopped)
- 2 **cups** Green Beans (trimmed and halved)

Quinoa

2 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. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 3/4 cup.

Ingredients

1/2 cup Quinoa (uncooked)

3/4 cup Water