



Immune Health Meal Prep

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Fruits

- 2 Banana

Breakfast

- 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- 2 tbsps Chia Seeds
- 1 tsp Cinnamon
- 2 tpsps Everything Bagel Seasoning
- 1 1/2 cups Pumpkin Seeds
- 1/4 tsp Sea Salt
- 1 tsp Turmeric

Frozen

- 1 1/2 cups Frozen Berries
- 1 cup Frozen Pineapple

Vegetables

- 1 cup Baby Spinach
- 1 cup Broccoli
- 2 Carrot
- 4 stalks Green Onion
- 1 Orange Bell Pepper
- 1 Red Bell Pepper
- 2/3 cup Red Onion

Boxed & Canned

- 12 ozs Chickpea Pasta
- 2 cups Marinara Sauce
- 4 ozs Rice Vermicelli Noodles
- 1 unit Vegan Sausage

Baking

- 1 tsp Baking Powder
- 1 tbsp Nutritional Yeast
- 1/2 cup Oat Flour
- 2 cups Oats

Bread, Fish, Meat & Cheese

- 1 1/2 lbs Tofu

Condiments & Oils

- 1 tbsp Coconut Oil
- 2 2/3 tpsps Miso Paste
- 1/4 cup Soy Sauce, Low Sodium

Cold

- 1/2 cup Soy Milk
- 1 cup Unsweetened Almond Milk
- 2 ozs Vegan Cheese Shreds

Other

- 2 Egg Replacer
- 1/4 cup Protein Powder
- 1/2 cup Vanilla Protein Powder
- 6 cups Water



Mason Jar Ramen Tofu Soup

4 servings
25 minutes

Ingredients

- 1 1/2 lbs Tofu (diced)
- 2 Carrot (medium, finely chopped or cut into ribbons)
- 1 Red Bell Pepper (medium, diced)
- 1 cup Broccoli (chopped into florets)
- 4 stalks Green Onion (chopped)
- 1/4 cup Soy Sauce, Low Sodium
- 2 2/3 tbsps Miso Paste
- 2 tsps Everything Bagel Seasoning
- 4 ozs Rice Vermicelli Noodles (dry)
- 6 cups Water (boiling)

Nutrition

Amount per serving	
Calories	309
Fat	10g
Carbs	36g
Fiber	5g
Sugar	6g
Protein	21g
Cholesterol	0mg
Sodium	1215mg
Vitamin A	6649IU
Vitamin C	62mg
Calcium	549mg
Iron	5mg

Directions

- 1 In a mason jar, layer the tofu, carrots, bell peppers, broccoli, green onions, soy sauce, miso paste, everything bagel seasoning, and noodles. Secure the lid and store in the fridge until ready to eat.
- 2 To serve, pour boiling water into the jar, covering the ingredients. Secure lid and shake carefully or use a spoon to gently push the noodles into the water.
- 3 Let it sit for six to eight minutes or until the noodles are tender. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate the prepared vegetables and noodles mix in a mason jar for up to three days.

Serving Size: One serving is one mason jar soup or 2 2/3 cups. A one-liter mason jar was used to make this recipe.

More Flavor: Add ginger, lemon juice, sesame oil, sriracha and/or Thai chili.

Additional Toppings: Fresh cilantro or Thai basil.



Pizza Pasta Supreme

4 servings
40 minutes

Ingredients

2/3 cup Red Onion (fine dice)
1 Orange Bell Pepper (diced)
12 ozs Chickpea Pasta
2 cups Marinara Sauce
1 tbsp Nutritional Yeast
2 ozs Vegan Cheese Shreds
1 unit Vegan Sausage

Nutrition

Amount per serving	
Calories	453
Fat	14g
Carbs	63g
Fiber	15g
Sugar	12g
Protein	28g
Cholesterol	0mg
Sodium	509mg
Vitamin A	494IU
Vitamin C	99mg
Calcium	219mg
Iron	9mg

Directions

- 1 Preheat oven to 400 F.
- 2 In a large skillet, add the diced red onions and bell peppers; sauté over medium heat until they soften, approximately 9 to 10 minutes. Add a tablespoon or so of water if they start to stick and/or to prevent burning. Place aside.
- 3 In the meantime, cook the pasta according to package directions.
- 4 In a large bowl, add the marinara sauce, nutritional yeast, sautéed onions and bell peppers, and combine. Then add the cooked pasta, stir to combine. Pour into a casserole dish and top with the vegan cheese and sliced sausage. Bake for 20-30 minutes, until cheese melts. Enjoy!



Immune-Boosting Smoothie Cubes (Make Ahead Smoothie)

3 servings
15 minutes

Ingredients

1 Banana
1 cup Frozen Pineapple
1/4 cup Protein Powder
2 tbsps Chia Seeds
1 tsp Turmeric
1 cup Baby Spinach
1/4 cup Vanilla Protein Powder
1 cup Unsweetened Almond Milk

Directions

- 1 Place all of the ingredients in a blender and blend until smooth. Pour into ice cube trays then freeze them overnight and for up to 3 months.
- 2 When ready to make the smoothie, the night before, put 4 cubes in a glass and refrigerate overnight. In the morning, add a liquid and shake/stir and drink! Alternatively you can add the immunity smoothie cubes to liquid in a blender instead and blend whenever you want a smoothie.

Nutrition

Amount per serving	
Calories	144
Fat	4g
Carbs	21g
Fiber	5g
Sugar	10g
Protein	9g
Cholesterol	1mg
Sodium	76mg
Vitamin A	1161IU
Vitamin C	33mg
Calcium	260mg
Iron	2mg



Muffin Snack Boxes (Immune-Boosting)

6 servings

35 minutes

Ingredients

- 1 Banana (mashed)
- 2 Egg Replacer
- 1/4 cup Maple Syrup
- 1/2 cup Soy Milk
- 1/2 cup Oat Flour
- 2 cups Oats (rolled)
- 1/4 cup Vanilla Protein Powder
- 1 tsp Baking Powder
- 1 tsp Cinnamon
- 1/4 tsp Sea Salt
- 1 tbsp Coconut Oil (melted)
- 1 1/2 cups Frozen Berries (thawed)
- 1 1/2 cups Pumpkin Seeds

Nutrition

Amount per serving	
Calories	439
Fat	21g
Carbs	48g
Fiber	8g
Sugar	15g
Protein	19g
Cholesterol	1mg
Sodium	201mg
Vitamin A	19IU
Vitamin C	12mg
Calcium	148mg
Iron	5mg

Directions

- 1 Preheat the oven to 350F (177°C). Line a muffin tray with liners or use a silicone muffin tray.
- 2 Add mashed banana, eggs, maple syrup and almond milk to a medium-sized bowl. Mix well.
- 3 In a large bowl, whisk the oat flour, rolled oats, protein powder, baking powder, cinnamon and sea salt. Combine the wet ingredients into the dry then add the melted coconut oil. Mix again until combined.
- 4 Fold the thawed berries into the mixture. Once combined, scoop into the muffin tray and bake for 18 to 20 minutes. Remove and let cool. Divide into snack boxes - two muffins/box. Serve with 1/4 cup pumpkin seeds in each box and 3 Sambucol gummies.

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze in a storage bag for up to three months.

Serving Size: One serving size is equal to one oatmeal cup.

Nut-Free: Use boxed coconut milk instead of almond milk.

No Frozen Berries: Use fresh berries instead.

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

No Protein Powder: Omit or use collagen instead.