

# MEAL PLAN FOR *Immune System*

## GROCERIES

MON TUES WED THURS FRI SAT SUN

### PRODUCE

- Avocado -----
- Bell pepper (red) x2 -----
- Broccoli x 1lb. -----
- Cucumber -----
- Green onions -----
- Kale x 10 oz. -----
- Lettuce (butter) -----
- Onion (yellow x2, red x1) -----
- Sweet potatoes x2 -----
- Tomatoes (cherry/grape) -----
- Zucchini -----
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- Shitake mushrooms (dried) -----
- Corn (canned) -----
- Green chiles (canned) -----
- Tomatoes, diced (canned) -----
- Tomato sauce (canned) -----
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- Cauliflower (frozen) x12 oz. -----

### PROTEIN

- Black beans (canned) -----
- Cashews -----
- Cheese (shredded) -----
- Chicken/turkey sausage -----
- Chickpeas (canned) x2 -----
- Eggs -----
- Feta cheese -----
- Heavy cream -----
- Ground beef (lean) -----
- Shrimp x 1 lb. -----
- Smoked salmon -----
- Tofu (soft) -----
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- Bread (WW) -----
- Ramen noodles -----
- Rice (brown) -----
- \* Marinara sauce -----
- \* Miso paste -----
- \* Salsa (jarred) -----

MON

QUICK & EASY RAMEN

TUES

ONE POT BURRITO BOWLS

WED

CHOPPED KALE GREEK SALAD

THURS

CAULIFLOWER & CHICKPEA  
MASALA

FRI

SHEET PAN ROASTED SWEET  
POTATOES, SAUSAGE, &  
BROCCOLI

SAT

CASHEW SHRIMP  
LETTUCE WRAPS

SUN

SALMON,  
AVOCADO &  
SCRAMBLED  
EGGS TOAST