

5-Day Immune Boosting Vegetarian Meal Plan



MONDAY

**Romesco Roasted Pepper
Soup with Lentils**
Serves 6

TUESDAY

15 Minute Buddha Bowls
Serves 4

WEDNESDAY

Kimchi Udon Noodles
Serves 3

THURSDAY

Vegan Breakfast Tacos
Serves 6

FRIDAY

Veggie Pizza
Serves 8

PRODUCE	COLD	PANTRY
<input type="checkbox"/> Garlic (5 cloves) <input type="checkbox"/> Roasted red peppers (2) <input type="checkbox"/> Roma tomatoes (3) <input type="checkbox"/> Cherry tomatoes (1 cup) <input type="checkbox"/> Avocado (2) <input type="checkbox"/> Red onion (1) <input type="checkbox"/> Carrots (2) <input type="checkbox"/> Radishes (1 bunch) <input type="checkbox"/> Eggplant (1) <input type="checkbox"/> Zucchini (1) <input type="checkbox"/> Red and yellow bell pepper (1 each) <input type="checkbox"/> Leafy greens (spinach, kale, or lettuce) <input type="checkbox"/> Spinach (2 handfuls) <input type="checkbox"/> Parsley (for garnish) <input type="checkbox"/> Blueberries (1 cup) <input type="checkbox"/> Mandarin oranges (4)	<input type="checkbox"/> Butter (2 Tbsp) <input type="checkbox"/> Plain Greek yogurt (¼ cup) <input type="checkbox"/> Mozzarella (1 cup) <input type="checkbox"/> Orange juice (¼ cup) <input type="checkbox"/> Eggs (3) <input type="checkbox"/> Silken tofu (1 12.3 oz package) <input type="checkbox"/> Hummus (2 Tbsp) <input type="checkbox"/> Kimchi (1½ cups) SPICES <input type="checkbox"/> Smoked paprika (1 tsp) <input type="checkbox"/> Cinnamon (½ tsp) <input type="checkbox"/> Turmeric (¼ tsp) <input type="checkbox"/> Sesame seeds	<input type="checkbox"/> Vegetable broth (5 ½ cups) <input type="checkbox"/> Red lentils (1 cup, dried) <input type="checkbox"/> Chickpeas (2 15-oz cans) <input type="checkbox"/> Almond butter (¼ cup) <input type="checkbox"/> Lemon juice (1 Tbsp) <input type="checkbox"/> Lime juice (for garnish) <input type="checkbox"/> Honey (2 Tbsp) <input type="checkbox"/> Grains (cooked quinoa, couscous, bulgur, or brown rice) <input type="checkbox"/> Udon noodles (½ lb, dried) <input type="checkbox"/> Tahini (2 Tbsp) <input type="checkbox"/> Tamari (1 Tbsp, sub soy sauce) <input type="checkbox"/> Sriracha (2 tsp) <input type="checkbox"/> Maple syrup (1 tsp) <input type="checkbox"/> Nutritional yeast (¼ cup) <input type="checkbox"/> Instant yeast (1 ¼ -oz package) <input type="checkbox"/> All-purpose flour (3 ½ cups) <input type="checkbox"/> Flour or corn tortillas (6 medium) <input type="checkbox"/> Tomato sauce (½ cup)

YOU PROBABLY ALREADY HAVE Olive Oil, Salt, Pepper

*Ingredients for the bonus snack recipe can be found at our [Kombucha guide](#).