



Immunity Support Meal Plan

Created by Little Bird Wellness



Immunity Support Meal Plan

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Seasonal transitions can place extra stress on the immune system, especially in early spring when the body is adjusting from the dry, cold qualities of winter into the damp and shifting energy of the coming season.

This simple, balanced meal plan focuses on nutrient-dense foods that support immune function, steady energy, and digestive health. Each day includes nourishing meals and snacks built around whole foods, protein, healthy fats, and fiber to help keep blood sugar stable while giving the body the building blocks it needs to stay resilient.

Inside you'll find a full week of breakfasts, lunches, dinners, and snacks designed to be approachable, satisfying, and supportive during the late-winter to early-spring transition.

Immunity Support Meal Plan

7 days

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|--|--|--|---|--|--|--|
| Breakfast | Peanut Butter & Jam Overnight Oats | Peanut Butter & Jam Overnight Oats | Spinach Scramble with Fruit | Spinach Scramble with Fruit | Strawberry & Peanut Butter Smoothie | Strawberry & Peanut Butter Smoothie | Strawberry & Peanut Butter Smoothie |
| Snack 1 | Bell Pepper Egg Cups | Bell Pepper Egg Cups | Yogurt & Papaya | Yogurt & Papaya | Brazil Nuts | Bell Pepper Egg Cups | Bell Pepper Egg Cups |
| | | | | | Papaya | | |
| Lunch | Hearty Veggie Bone Broth Soup with Lentils | Hearty Veggie Bone Broth Soup with Lentils | Hearty Veggie Bone Broth Soup with Lentils | Beef & Broccoli | Roasted Sweet Potato & Brussels Sprouts Salad | One Pan Chicken Thighs, Mini Potatoes & Broccoli | Lime Coconut Shrimp & Quinoa |
| | | | | Quinoa | | | |
| Snack 2 | Orange | Orange | Avocado Rice Cake | Avocado Rice Cake | Avocado Rice Cake | Carrots & Guacamole | Carrots & Guacamole |
| Dinner | Grilled Chicken Fajita Salad | Grilled Chicken Fajita Salad | Beef & Broccoli | Roasted Sweet Potato & Brussels Sprouts Salad | One Pan Chicken Thighs, Mini Potatoes & Broccoli | Lime Coconut Shrimp & Quinoa | One Pan Chicken Thighs, Mini Potatoes & Broccoli |
| | | | Quinoa | | | | |

Immunity Support Meal Plan

53 items

Fruits

- 2 1/2 Avocado
- 3 Banana
- 3 Lime
- 4 Navel Orange
- 3 1/2 cups Papaya
- 2 cups Strawberries

Breakfast

- 3/4 cup All Natural Peanut Butter
- 3 1/2 tbsps Maple Syrup
- 3 Plain Rice Cake

Seeds, Nuts & Spices

- 1/4 cup Brazil Nuts
- 1/8 tsp Cayenne Pepper
- 1 tbsp Chia Seeds
- 2 tbsps Fajita Seasoning
- 1 tsp Garlic Powder
- 1 tsp Italian Seasoning
- 2 tps Paprika
- 1/2 tsp Sea Salt
- 0 Sea Salt & Black Pepper

Frozen

- 3 cups Frozen Strawberries

Vegetables

- 10 cups Baby Spinach
- 5 cups Broccoli
- 2 cups Brussels Sprouts
- 5 Carrot
- 3 Garlic
- 1 tsp Ginger
- 1 cup Green Cabbage
- 4 stalks Green Onion
- 1 Honeynut Squash
- 2 cups Mini Potatoes
- 6 Red Bell Pepper
- 1 head Romaine Hearts
- 2 Sweet Potato
- 2 Tomato
- 1 Yellow Bell Pepper
- 2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 1 1/16 quarts Bone Broth
- 1/2 cup Canned Coconut Milk
- 2 1/2 cups Lentils
- 1 1/8 cups Quinoa

Baking

- 1 tbsp Arrowroot Powder
- 1 cup Oats

Bread, Fish, Meat & Cheese

- 1 2/3 lbs Chicken Thighs
- 10 ozs Flank Steak
- 10 ozs Shrimp

Condiments & Oils

- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Green Goddess Salad Dressing
- 2 tbsps Tahini
- 2 tbsps Tamari

Cold

- 14 Egg
- 2 1/2 cups Plain Greek Yogurt
- 3 1/2 cups Unsweetened Almond Milk

Other

- 1 cup Water

Peanut Butter & Jam Overnight Oats

6 ingredients · 8 hours · 2 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.

More Protein

Add protein powder or Greek yogurt. Add additional liquid if it seems too thick.

Ingredients

- 1/3 cup All Natural Peanut Butter (divided)
- 3 tbsps Maple Syrup (divided)
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Oats
- 1 tbsp Chia Seeds
- 2 cups Strawberries (finely chopped)

Spinach Scramble with Fruit

6 ingredients · 10 minutes · 1 serving



Directions

1. Whisk the eggs in a small bowl and season with salt and pepper. Set aside.
2. Heat the oil in a pan over medium heat. Add the spinach and cook until wilted and then add the tomato. Continue to cook for two to three minutes more until the tomatoes have softened. Season the vegetables with salt and pepper.
3. Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through.
4. Transfer the eggs to a plate. Serve with orange slices and enjoy!

Notes

Leftovers

Best served immediately.

More Flavor

Add dried herbs and spices like garlic powder.

No Spinach

Use kale instead.

No Oranges

Serve with sliced strawberries or apple slices instead.

Ingredients

- 3 Egg
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 2 cups Baby Spinach
- 1 Tomato (medium, diced)
- 1 Navel Orange (sliced)

Strawberry & Peanut Butter Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Dairy-Free

Use dairy-free yogurt.

Nut-Free

Use sunflower seed butter instead.

More Protein

Add collagen or protein powder.

More Fiber

Add frozen cauliflower, ground flax, and/or chia seeds. Add spinach or romaine for additional leafy greens.

Ingredients

3/4 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yogurt

1 cup Frozen Strawberries

1 Banana (frozen)

2 tbsps All Natural Peanut Butter

Bell Pepper Egg Cups

3 ingredients · 20 minutes · 2 servings



Directions

1. Preheat oven to 425°F (218°C).
2. Slice pepper in half and carve out the seeds.
3. Crack an egg into the cavity of each half and bake on a baking sheet for 10 to 15 minutes, depending on how you like your eggs. Remove from oven and season with sea salt and black pepper to taste. Enjoy!

Notes

More Flavour

Roast the red pepper in the oven before cracking the egg into them.

Added Touch

Sprinkle with cheese during the last 2 minutes.

Serve it With

Toast for dipping or our Grain-Free Flax Bread.

More Protein

If it is a large bell pepper, fill remaining space with egg whites for added protein.

Ingredients

- 2 Red Bell Pepper
- 4 Egg
- Sea Salt & Black Pepper (to taste)

Yogurt & Papaya

2 ingredients · 5 minutes · 1 serving



Directions

1. Serve the yogurt with chopped papaya. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

Additional Toppings

Top with granola, raisins, nuts, and/or seeds. Add honey, maple syrup, and/or cinnamon.

Ingredients

1/2 cup Plain Greek Yogurt

1 cup Papaya (peeled, seeds removed, chopped)

Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Papaya

1 ingredient · 5 minutes · 1 serving



Directions

1. Peel the papaya and discard the seeds. Slice into cubes and divide into bowls. Enjoy!

Ingredients

1 1/2 cups Papaya

Hearty Veggie Bone Broth Soup with Lentils

12 ingredients · 35 minutes · 3 servings



Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for three to five minutes or until softened.
2. Add the carrot, sweet potato, squash, garlic, and salt. Cook for six to seven minutes or until they begin to soften.
3. Add the cabbage, Italian seasoning, and broth.
4. Bring to a boil, then lower the heat to a simmer. Add the spinach and lentils, then partially cover the pot with a lid. Cook for an additional five to seven minutes or until the vegetables are tender or cooked to your liking.
5. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size

One serving is approximately two heaping cups.

No Bone Broth

Use chicken or beef broth instead, or vegetable broth to make it vegan.

No Honeynut Squash

Use butternut squash or additional sweet potato instead.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 1 Carrot (large, peeled, cubed)
- 1 Sweet Potato (medium, white, peeled, cubed)
- 1 Honeynut Squash (medium, peeled, seeds removed, cubed)
- 1 Garlic (clove, minced)
- 1/4 **tsp** Sea Salt
- 1 **cup** Green Cabbage (sliced)
- 1 **tbsp** Italian Seasoning
- 1 **quart** Bone Broth
- 2 **cups** Baby Spinach
- 1 **cup** Lentils (cooked)

Orange

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges or peel and section. Enjoy!

Ingredients

1 Navel Orange

Avocado Rice Cake

2 ingredients · 5 minutes · 1 serving



Directions

1. Mash the avocado with a fork and spread over the rice cake. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. For best results, assemble the rice cake just before serving.

No Plain Rice Cake

Use brown rice cakes or crackers instead.

Ingredients

- 1/2 Avocado
- 1 Plain Rice Cake

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

1. Peel and slice carrots into sticks.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots into the guac & enjoy!

Notes

Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

Ingredients

- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)

Grilled Chicken Fajita Salad

10 ingredients · 35 minutes · 2 servings



Directions

1. In a bowl, combine the chicken, half of the oil, lime juice, and fajita seasoning.
2. Preheat the grill to medium heat. Grill the chicken for seven to eight minutes per side or until cooked through. Let the chicken rest for five minutes before slicing.
3. While the chicken is cooking, heat the remaining oil in a pan on the other side of the grill. Add the bell peppers, onion, salt, and pepper. Sauté for 10 to 15 minutes or until tender and browned. Alternatively, use a grill basket and toss the vegetables in oil ahead of time.
4. Divide the lettuce, chicken, vegetables, and dressing evenly into bowls or plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Add the dressing when ready to serve.

Serving Size

One serving is approximately one cup of lettuce, 2/3 cup of chicken, and 3/4 cup of vegetables.

Additional Toppings

Shredded cheese and fresh herbs like parsley and cilantro.

No Green Goddess Dressing

Use cilantro lime dressing or fresh-squeezed lime juice instead.

More Carbs

Add quinoa or rice.

Ingredients

- 10 ozs** Chicken Thighs (boneless, skinless)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1** Lime (small, juiced)
- 2 tbsps** Fajita Seasoning
- 1** Red Bell Pepper (medium, sliced)
- 1** Yellow Bell Pepper (medium, sliced)
- 1** Yellow Onion (small, sliced)
- Sea Salt & Black Pepper (to taste)
- 1 head** Romaine Hearts (shredded)
- 1/4 cup** Green Goddess Salad Dressing

Beef & Broccoli

8 ingredients · 15 minutes · 2 servings



Directions

1. In a small bowl, whisk together the broth, tamari, garlic, ginger, and arrowroot powder until no clumps remain.
2. Heat a skillet over medium heat and add the oil. Once it is hot, add the steak slices and cook for 3 to 4 minutes. Add the sauce to the pan and cook for an additional minute. Add the broccoli, stir and then cover and cook for an additional 3 minutes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add toasted sesame oil once finished cooking.

Additional Toppings

Add cauliflower rice. Top with sliced green onion and/or sesame seeds.

No Arrowroot Powder

Use cornstarch or tapioca flour instead.

No Bone Broth

Use chicken, beef or vegetable broth instead.

Ingredients

- 2 **2/3 fl ozs** Bone Broth
- 2 **tbsps** Tamari
- 2 **Garlic** (cloves, minced)
- 1 **tsp** Ginger (fresh, minced)
- 1 **tbsp** Arrowroot Powder
- 1/2 **tsp** Extra Virgin Olive Oil
- 10 **ozs** Flank Steak (sliced against the grain)
- 3 **cups** Broccoli (florets, chopped)

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

Roasted Sweet Potato & Brussels Sprouts Salad

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, and cayenne pepper in a jar. Season with salt and pepper. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use chickpeas, tempeh, or tofu instead.

No Maple Syrup

Use honey instead.

Ingredients

- 1 Sweet Potato (medium, sliced into 1 inch cubes)
- 2 cups Brussels Sprouts (washed and halved)
- 2 tpsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Tahini
- 1 1/2 tpsps Maple Syrup
- 2 tbsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 4 cups Baby Spinach (chopped)

One Pan Chicken Thighs, Mini Potatoes & Broccoli

7 ingredients · 50 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C). Grease a baking dish.
2. Add all of the ingredients except for the green onions to the baking dish and toss well. Bake for 30 minutes.
3. Toss the chicken in the residual juices and return to the oven for 15 to 20 minutes or until the chicken is cooked through and the potatoes are tender.
4. Garnish with the green onions. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is 1 1/2 cups.

More Flavor

Add bell peppers and zucchini.

Additional Toppings

Chopped cilantro, parsley, hot sauce, and/or sprouts.

Ingredients

- 1 lb Chicken Thighs (boneless, skinless, chopped)
- 2 cups Broccoli (chopped into florets)
- 2 cups Mini Potatoes (quartered)
- 2 tsps Extra Virgin Olive Oil
- 2 tsps Paprika
- 1 tsp Garlic Powder
- 2 stalks Green Onion (chopped)

Lime Coconut Shrimp & Quinoa

9 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to the package directions.
2. Meanwhile, heat the oil in a pan over medium heat. Add the zucchini and bell pepper, and cook for five to six minutes, stirring occasionally, until tender and lightly browned.
3. Add the shrimp, coconut milk, salt, and pepper. Stir to combine and bring to a simmer. Simmer for five minutes or until the shrimp are cooked and the flavors are well combined.
4. Remove from the heat and add the lime juice. Divide the quinoa and shrimp mixture evenly between bowls. Top with green onion and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2/3 cup of quinoa and one cup of shrimp and veggies.

More Flavor

Add chili flakes and broccoli to the shrimp mixture.

Additional Toppings

Sesame seeds and/or cilantro.

Ingredients

- 2/3 cup** Quinoa (dry, rinsed)
- 1/2 tsp** Extra Virgin Olive Oil
- 1** Zucchini (large, cut into big chunks)
- 1** Red Bell Pepper (medium, sliced)
- 10 ozs** Shrimp (medium, peeled, deveined)
- 1/2 cup** Canned Coconut Milk
- Sea Salt & Black Pepper (to taste)
- 1** Lime (medium, juiced)
- 2 stalks** Green Onion (chopped)