

Cold + Flu-Fighting

5-DAY MEAL PLAN

BEFORE YOU START

You're sick, I get it. When you feel tired, achy, feverish and are experiencing other unpleasant symptoms associated with colds and flu, you don't really feel like cooking. This meal plan is designed for limited time in the kitchen. Make a couple batches of soup, and enjoy their nutrient-dense, flu-fighting powers, while you are nourished back to health.

You also might not be hungry and that's okay. You don't have to eat every meal and snack on this meal plan if you don't feel like it. It's important that you have enough calories and nutrients to fight your infection, however, you don't need a large amount of calories when you are sick. Your body needs to focus on healing and fighting the infection, not using all the energy for digestion.

Try to eat at least twice a day, and stay well-nourished. You should, however, try to drink as many of the suggested beverages as you can for immune support and hydration.

PRO TIP: At the start of cold and flu season, make a batch of two of your favorite soups. Put them in individual servings in the freezer. When you start feeling a bug come on, your nourishing soups are already prepared! Just defrost on the stove and enjoy!

DAY 1

BREAKFAST

Warm water with lemon and ginger

2 soft scramble eggs with 1/4 c spinach, 1/2 avocado

1 cup green tea or Chaga mushroom coffee

SNACK

Bone broth with extra minced garlic

1/2 grapefruit

LUNCH

Slow Cooker Healing Chicken Soup*

1 cup ginger, turmeric tea

SNACK

Blueberry smoothie with 1/2 cup blueberries, 1/2 cup coconut milk, 1/2 banana, 1/8 t spirulina, 1 cup spinach, 1 scoop collagen protein, 1 T nut butter

1 cup echinacea tea

DINNER

1 bowl Garlic Soup* with 1/4 avocado

1 cup ginger tea with lemon
or 1 cup Reishi elixir



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DAY 2

BREAKFAST

Warm water with lemon and ginger

2 eggs scramble with mushrooms,
topped with 1/2 avocado

1 cup green tea or Chaga mushroom
coffee

SNACK

Bone broth with extra minced garlic
and with added collagen protein

LUNCH

1 bowl Garlic Soup* with 3 oz
roasted chicken or turkey breast

1 cup licorice tea

SNACK

Homemade trail mix with cashews,
goji berries, cacao nibs, and brazil
nuts

1 cup ginger tea

DINNER

Carrot and Ginger Soup* with 3 oz
roasted chicken or turkey and 1/2
avocado

1 cup ginger tea with lemon

DAY 3

BREAKFAST

Warm water with lemon and ginger
2 soft scramble eggs with 1/4 c
spinach, 2 oz smoked salmon

1 cup green tea or Chaga mushroom
coffee

SNACK

Bone broth with extra minced garlic

1 orange

LUNCH

1 bowl Garlic Soup* with 3 oz
roasted chicken or turkey breast

1 cup echinacea tea

SNACK

Blueberry smoothie with 1/2 cup
blueberries, 1/2 cup coconut milk,
1/2 banana, 1/8 t spirulina, 1 cup
spinach, 1 scoop collagen protein, 1
T almond butter

DINNER

Slow Cooker Healing Chicken Soup*

1/2 avocado

1 cup ginger tea with lemon



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DAY 4

BREAKFAST

Warm water with lemon and ginger

2 soft scramble eggs with 1/4 c spinach, 1/2 avocado

1 cup green tea or Chaga mushroom coffee

SNACK

Bone broth with extra minced garlic and collagen protein

LUNCH

Slow Cooker Healing Chicken Soup
1/2 baked sweet potato with ghee and cinnamon

1 cup milk thistle tea

SNACK

Homemade trail mix with cashews, goji berries, cacao nibs, and brazil nuts
1 cup echinacea tea

DINNER

Carrot and Ginger Soup*
3 oz chicken thigh
Sautéed greens with lemon, coconut aminos, and ghee

1 cup ginger tea with lemon

DAY 5

BREAKFAST

Warm water with lemon and ginger

2 soft scramble eggs with spinach, 2 sardines and 1/2 avocado

1 cup green tea or Chaga mushroom coffee

SNACK

Bone broth with extra minced garlic

1/2 grapefruit

LUNCH

Carrot and Ginger Soup*
3 oz shredded chicken and 1/4 avocado

1 cup ginger, turmeric tea

SNACK

Blueberry smoothie with 1/2 cup blueberries 1/2 cup coconut milk, 1/2 banana, 1/8 t spirulina, 1 cup spinach, 1 scoop collagen protein

1 cup licorice tea

DINNER

1/2 baked sweet potato with ghee and cinnamon, 1 T pumpkin seeds, 3 oz ground beef, 1 cup steamed broccoli with 1 t sesame seeds

1 cup ginger tea with lemon



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RECIPES + RESOURCES

HEALING CHICKEN + VEGETABLE SOUP

[Slow Cooker Healing Chicken Soup](#)

GARIC SOUP RECIPE

[Soothing Garlic Soup from Wellness Mama](#)

GINGER CARROT SOUP RECIPE

[Ginger Carrot Soup from Paleo Leap](#)

OTHER RESOURCES

[8 Ways to Stay Healthy During How to Stay Healthy During Cold and Flu Season](#)

[Cold and Flu Shopping Guide](#)

DISCLAIMER

I am not a doctor, and I don't claim to be one. I can't prevent, treat, cure or diagnose illness or disease. The information presented on this meal plan is not meant to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice, treatment or diagnosis. The purpose of this meal plan is to share knowledge from my research, education, and experience. I encourage you to make your own decisions regarding your health care based on your own research and relationship with your health care professional.

