

October Immunity Menu

Fewer sniffles, more treats. Built for allergy season and cold-and-flu season.

2 adults

~1,140–1,190 cal/day

Budget ~\$135

Dairy-free and gluten-free

Why this menu skips dairy, gluten and added sugar: All three are common inflammatory triggers for a lot of people. Cutting them out for the month gives your body less to react to and more energy to spend fighting off whatever’s going around this season.

	BREAKFAST	LUNCH	DINNER	SNACK	DAILY TOTAL
Monday	Pumpkin Protein Oats GF oats, pumpkin, protein powder, walnuts, almond milk. ~260 cal	Turkey & Apple Harvest Bowl Greens, turkey breast, apple, walnuts, quinoa, balsamic vinaigrette. ~350 cal	Sheet Pan Chicken & Root Vegetables Chicken thigh, Brussels sprouts, sweet potato. <i>Cook a double batch to cover Tuesday's lunch.</i> ~400 cal	Apple Slices + Almond Butter ~155 cal	~1,165
Tuesday	Turkey Sausage & Veggie Skillet Turkey sausage, egg, peppers & onions, berries. ~250 cal	Leftover Sheet Pan Chicken Bowl Monday's extra chicken & veg over greens. ~400 cal	Baked Salmon & Roasted Vegetables Salmon, broccoli, asparagus, olive oil. ~390 cal	Baby Carrots + Hummus + Pumpkin Seeds ~150 cal	~1,190
Wednesday MEATLESS	Pumpkin Protein Smoothie (V) Plant protein, pumpkin, banana, oat milk. ~245 cal	Chickpea, Squash & Tahini Bowl (V) Squash, chickpeas, spinach, tahini. ~350 cal	Chickpea & Butternut Squash Curry (V) Coconut curry, spinach, rice. ~410 cal	Roasted Chickpeas (V) ~145 cal	~1,150
Thursday	Veggie Egg Muffins Eggs, spinach, bell pepper, side of berries. <i>Make ahead.</i> ~245 cal	Chicken & Vegetable Soup Shredded chicken, carrot, celery, onion, rice. <i>Double the batch to cover Friday's lunch.</i> ~350 cal	GF Pasta & Turkey Meatballs GF pasta, turkey meatballs, GF marinara. ~400 cal	Hard-Boiled Egg + Grapes ~145 cal	~1,140
Friday	Turkey Sausage, Egg & Cinnamon Apple Skillet Turkey sausage, egg, apple sautéed in cinnamon. ~250 cal	Leftover Chicken & Vegetable Soup Reheat Thursday's soup. ~350 cal	Herb-Crusted Pork Tenderloin & Brussels Sprouts Pork tenderloin, roasted Brussels sprouts, rice. ~395 cal	Tuna Cucumber Bites ~150 cal	~1,145
Saturday	Savory Veggie Egg Scramble Eggs, egg whites, spinach, bell pepper, berries. ~245 cal	Tuna & White Bean Salad Tuna, white beans, greens, avocado. ~350 cal	Lean Beef & Sweet Potato Skillet Ground beef, sweet potato, peppers & onion. <i>One pan.</i> ~410 cal	Celery + Sunflower Seed Butter ~145 cal	~1,150

This is a sample meal plan. Feel free to swap any meal with one of your personal favorites. This plan is a starting point, not a rulebook. Leftover Tip: Monday's chicken dinner covers Tuesday's lunch, and Thursday's soup batch covers Friday's. Less cooking, lower grocery bill.

Grocery List

October Immunity Menu · 2 adults · estimated ~\$135 · pantry staples (salt, pepper, olive oil, spices) not included

PRODUCE

- ☐ Apples 4
- ☐ Bananas 2
- ☐ Mixed berries 2 cups
- ☐ Grapes 1 bunch
- ☐ Lemons 3
- ☐ Avocados 2
- ☐ Cucumber 1
- ☐ Butternut squash 1 medium
- ☐ Sweet potatoes 4 medium
- ☐ Brussels sprouts 1.5 lb
- ☐ Broccoli 1 head
- ☐ Asparagus 1 bunch
- ☐ Bell peppers 3 medium
- ☐ Carrots 2
- ☐ Baby carrots 1 bag
- ☐ Celery 1 bunch
- ☐ Yellow onions 3
- ☐ Garlic 1 head
- ☐ Romaine lettuce 1 head
- ☐ Mixed greens 2 (5 oz) bags
- ☐ Spinach 2 (5 oz) bags

GRAINS & BAKERY

- ☐ Rice 1 bag
- ☐ GF pasta 1 box
- ☐ Quinoa 1 bag
- ☐ GF rolled oats 1 small bag

PROTEIN: MEAT, FISH & EGGS

- ☐ Eggs 18-count
- ☐ Chicken breast 1 lb
- ☐ Boneless chicken thighs 1 lb
- ☐ Turkey breast, deli-sliced 9 oz
- ☐ Lean turkey breakfast sausage 10 oz
- ☐ Ground turkey 8 oz
- ☐ Salmon fillets 8 oz
- ☐ Canned tuna 3 cans (5 oz each)
- ☐ Pork tenderloin 10 oz
- ☐ Lean ground beef (93/7) 10 oz

DAIRY-FREE & PANTRY

- ☐ Unsweetened almond milk 1 pint
- ☐ Oat milk 1 quart
- ☐ Vanilla protein powder 1 tub
- ☐ Plant-based protein powder 1 tub
- ☐ Walnuts 1 small bag
- ☐ Almond butter 1 jar
- ☐ Sunflower seed butter 1 jar
- ☐ Tahini 1 jar
- ☐ Pumpkin seeds 1 bag
- ☐ Chickpeas, canned 3 cans
- ☐ White beans, canned 1 can
- ☐ Coconut milk, canned 1 can
- ☐ Curry powder 1 jar
- ☐ Pumpkin puree, canned 1 can
- ☐ Hummus 1 tub
- ☐ GF marinara sauce 1 jar
- ☐ Balsamic vinaigrette 1 bottle
- ☐ Light mayo or mustard 1 small jar
- ☐ Chicken broth 1 carton

This is a sample grocery list. Adjust quantities based on your household size and any meal swaps you make.

Portion Guide

How to measure each meal to hit the calories listed on your October menu

Why this matters: the calorie estimates are based on standard portion sizes. Use this guide alongside the menu to measure out each meal. These are estimates, so exact ingredient brands can shift numbers slightly. Use your own judgment and adjust as needed. Every meal this month is also dairy-free, gluten-free and free of added sugar, three common inflammatory triggers, which is the whole point this time of year.

Monday			~1,165 cal
BREAKFAST	Pumpkin Protein Oats: 1/4 cup GF oats, 1/4 cup pumpkin puree, 1 scoop protein powder, 1/2 cup unsweetened almond milk, 1/2 tbsp walnuts, cinnamon.		~260
LUNCH	Turkey & Apple Harvest Bowl: 2 cups mixed greens, 4.5 oz turkey breast, 1/2 apple, 1 tbsp walnuts, 1/3 cup cooked quinoa, balsamic vinaigrette.		~350
DINNER	Sheet Pan Chicken & Root Vegetables: 4 oz chicken thigh, 1/2 cup Brussels sprouts, 1 small sweet potato, olive oil, rosemary. <i>Cook a double batch to cover Tuesday's lunch.</i>		~400
SNACK	Apple Slices + Almond Butter: 1 small apple, sliced, 1 tbsp almond butter.		~155
Tuesday			~1,190 cal
BREAKFAST	Turkey Sausage & Veggie Skillet: 2.5 oz turkey sausage, 1 egg, peppers & onions, small side of berries.		~250
LUNCH	Leftover Sheet Pan Chicken Bowl: Monday's extra chicken thigh & vegetables over a bed of greens.		~400
DINNER	Baked Salmon & Roasted Vegetables: 4 oz salmon, 1.5 cups broccoli, 1 cup asparagus, olive oil.		~390
SNACK	Baby Carrots + Hummus + Pumpkin Seeds: 1 cup carrots, 2.5 tbsp hummus, 1 tsp pumpkin seeds.		~150
Wednesday MEATLESS			~1,150 cal
BREAKFAST	Pumpkin Protein Smoothie (V): 1 scoop plant protein powder, 1/3 cup pumpkin puree, 1/2 banana, 3/4 cup oat milk, cinnamon.		~245
LUNCH	Chickpea, Squash & Tahini Bowl (V): 1 cup chickpeas, 1/2 cup butternut squash, 1 tbsp tahini, 1 tbsp pumpkin seeds, spinach.		~350
DINNER	Chickpea & Butternut Squash Curry (V): 1.25 cups chickpea & squash curry, 1/4 cup rice.		~410
SNACK	Roasted Chickpeas (V): 1/2 cup.		~145
Thursday			~1,140 cal
BREAKFAST	Veggie Egg Muffins: 3 muffins (eggs, spinach, bell pepper), 1/3 cup berries. <i>Make ahead.</i>		~245
LUNCH	Chicken & Vegetable Soup: 4 oz shredded chicken breast, 1 cup carrot/celery/onion, 1/3 cup rice, broth. <i>Double the batch to cover Friday's lunch.</i>		~350
DINNER	GF Pasta & Turkey Meatballs: 1.5 oz GF pasta (dry), 4 oz turkey meatballs, 1/2 cup GF marinara.		~400
SNACK	Hard-Boiled Egg + Grapes: 1 egg, 3/4 cup grapes.		~145
Friday			~1,145 cal
BREAKFAST	Turkey Sausage, Egg & Cinnamon Apple Skillet: 2.5 oz turkey sausage, 1 egg, 1/3 cup diced apple sautéed with cinnamon in 1 tsp olive oil or coconut oil.		~250
LUNCH	Leftover Chicken & Vegetable Soup: Reheat Thursday's batch, always an easy win.		~350
DINNER	Herb-Crusted Pork Tenderloin & Brussels Sprouts: 5 oz pork, 1 cup Brussels sprouts, 1/3 cup rice.		~395
SNACK	Tuna Cucumber Bites: 2.5 oz canned tuna, cucumber rounds, light mayo or mustard.		~150
Saturday			~1,150 cal
BREAKFAST	Savory Veggie Egg Scramble: 2 whole eggs + 1 egg white, spinach & bell pepper, 1/4 cup berries, olive oil.		~245
LUNCH	Tuna & White Bean Salad: 4 oz canned tuna, 1/2 cup white beans, 2 cups greens, 2 tbsp avocado, dressing.		~350
DINNER	Lean Beef & Sweet Potato Skillet: 5 oz lean ground beef (93/7), 1 small sweet potato, peppers & onion, olive oil. <i>One pan.</i>		~410
SNACK	Celery + Sunflower Seed Butter: Celery sticks, 1.25 tbsp sunflower seed butter.		~145

A couple of notes: portions are estimated based on standard ingredient brands. A free app like MyFitnessPal or Cronometer can fine-tune things to your exact products if you want it dialed in further. If you're on the Vitality Transformations App, you can also log your meals right there. Monday's chicken dinner and Thursday's soup are both built as double batches on purpose: cook once, eat twice.