

Conquering Cancer - Immune Support Recipes and Ideas

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This program focuses on key nutrients that support the immune system including vitamin A, vitamin C, vitamin E, zinc and selenium. The meal plan is free from all animal products so nutrients are derived exclusively from plant sources.

VITAMIN C

Vitamin C is an essential micronutrient that supports various cellular functions of our immune system. A lack of vitamin C can make you more prone to getting sick. This plan provides an average of 500 mg per day of vitamin C from whole food sources like oranges, red bell peppers, broccoli, and mango.

ZINC

Zinc is an essential mineral critical for immune function. Even a mild to moderate zinc deficiency can impair immune function and increase the risk of respiratory infections. You can find zinc sources in this meal plan from whole grains, legumes, oats, nuts, and seeds.

VITAMIN A

Vitamin A is a fat-soluble antioxidant involved in the cellular immune response and provides enhanced defense against multiple infectious diseases. This meal plan is packed with vitamin A sources like sweet potato, mango, bell peppers, and dark leafy greens. These foods are paired with healthy fats to increase vitamin A absorption.

SELENIUM

Selenium is an essential mineral that is required for the function of almost every arm of the immune system. This program incorporates foods high in selenium like nuts, beans, and oats to help you reach your goal intake.

VITAMIN E

Vitamin E is a powerful antioxidant that helps the body fight off infection. Diets high in vitamin E improve cellular immunity by protecting against cell damage. This program incorporates vitamin E through a daily dose of nuts and nut butter.

High Fat Chocolate Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Water
3 leaves Romaine (roughly chopped)
1/2 Zucchini (chopped, frozen)
1/2 Avocado (frozen)
1/2 Banana (frozen)
1/4 cup Chocolate Protein Powder
1 tbsp Cacao Powder
1 tbsp All Natural Peanut Butter
1 tsp Cacao Nibs (optional, for topping)

DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

NOTES

NO ROMAINE

Use another green such as spinach.

NUT-FREE

Use sunflower seed butter instead of peanut butter, or omit completely.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

NUTRITION

AMOUNT PER SERVING

Calories	476	Vitamin A	7697IU
Fat	27g	Vitamin C	36mg
Carbs	36g	Calcium	215mg
Fiber	15g	Vitamin D	0IU
Sugar	13g	Vitamin E	4mg
Protein	29g	Magnesium	194mg

Blood Orange Tahini Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

- 1 cup Oats (rolled)
- 1 1/4 cups Plain Coconut Milk (unsweetened, from the carton)
- 1 tbsp Chia Seeds
- 2 Blood Orange (small, peeled and chopped)
- 1 tbsp Tahini

NUTRITION

AMOUNT PER SERVING

Calories	345	Vitamin A	663IU
Fat	12g	Vitamin C	83mg
Carbs	53g	Calcium	434mg
Fiber	10g	Vitamin D	63IU
Sugar	17g	Vitamin E	0mg
Protein	9g	Magnesium	78mg

DIRECTIONS

- 01 Add the oats, coconut milk, chia seeds, and chopped oranges to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least 8 hours.
- 02 Remove the oats from the fridge and divide them into jars. Top with tahini. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to three days.

GLUTEN-FREE

Use certified gluten-free oats.

MORE FLAVOR

Add maple syrup or cinnamon.

HOT OR COLD

These oats can be enjoyed hot or cold. Reheat cold oats in the microwave or on the stove top.

NO BLOOD ORANGES

Use regular navel oranges instead.

Curried Tofu Scramble

3 SERVINGS 25 MINUTES



INGREDIENTS

1 tbsp Vegetable Broth
1 Red Bell Pepper (chopped)
1/2 Yellow Onion (chopped)
447 grams Tofu (extra firm, drained and pressed to remove water)
1 tsp Curry Powder
1 tbsp Nutritional Yeast
1/4 tsp Sea Salt
3 cups Arugula

NUTRITION

AMOUNT PER SERVING

Calories	160	Vitamin A	1728IU
Fat	8g	Vitamin C	54mg
Carbs	8g	Calcium	467mg
Fiber	4g	Vitamin D	0IU
Sugar	5g	Vitamin E	1mg
Protein	18g	Magnesium	68mg

DIRECTIONS

- 01 In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
- 02 Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
- 03 Add arugula to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO VEGETABLE BROTH

Use avocado oil or extra virgin olive oil instead.

MORE FLAVOR

Add mushrooms or fresh herbs to the dish.

Toast with Peanut Butter

1 SERVING 5 MINUTES



INGREDIENTS

2 slices Whole Grain Bread (or any type of bread)

2 tbsps All Natural Peanut Butter (or any nut butter)

NUTRITION

AMOUNT PER SERVING

Calories	412	Vitamin A	0IU
Fat	20g	Vitamin C	0mg
Carbs	43g	Calcium	100mg
Fiber	8g	Vitamin D	0IU
Sugar	9g	Vitamin E	3mg
Protein	18g	Magnesium	119mg

DIRECTIONS

01 Toast the bread slices, then spread on the peanut butter. Enjoy!

NOTES

TOPPING IDEAS

Banana slices, jam, honey, cinnamon, chia seeds, hemp seeds apple slices or fresh berries.

Toasted Trail Mix

4 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Almonds (raw)
1/4 tsp Sea Salt (omit if using salted nuts)
1 cup Raw Peanuts
1/2 cup Pumpkin Seeds
1/2 cup Raisins

NUTRITION

AMOUNT PER SERVING

Calories	566	Vitamin A	3IU
Fat	44g	Vitamin C	1mg
Carbs	32g	Calcium	150mg
Fiber	9g	Vitamin D	0IU
Sugar	17g	Vitamin E	13mg
Protein	23g	Magnesium	261mg

DIRECTIONS

- 01 Toss almonds and salt in a large pan over medium-low heat and toast for 2-3 minutes. Add peanuts and toss occasionally until the sides start to brown and it becomes fragrant. Remove from heat and transfer to a bowl.
- 02 Add pumpkin seeds and raisins. Let cool completely before serving. Enjoy!

NOTES

SERVING SIZE

One serving is approximately 3/4 cup of the trail mix.

SERVE IT WITH

Fruit, yogurt, oatmeal or overnight oats. Or enjoy it alone as a crunchy snack.

MAKE IT PALEO

Replace peanuts with another type of nut or seed.

STORAGE

Refrigerate in an air-tight container.

OTHER ADD-INS

Pecans, walnuts, cashews, hazelnuts, Brazil nuts, macadamia, pistachios, sunflower seeds, coconut flakes, dried cranberries, dried blueberries, goji berries, dried cherries, banana chips, dark chocolate chips and/or cacao nibs.

Chopped Bell Peppers

4 SERVINGS 5 MINUTES



INGREDIENTS

- 1 Yellow Bell Pepper
- 1 Orange Bell Pepper
- 1 Red Bell Pepper

NUTRITION

AMOUNT PER SERVING

Calories	20	Vitamin A	1024IU
Fat	0g	Vitamin C	123mg
Carbs	5g	Calcium	7mg
Fiber	1g	Vitamin D	0IU
Sugar	1g	Vitamin E	0mg
Protein	1g	Magnesium	9mg

DIRECTIONS

- 01 Remove stems and seeds of each bell pepper and cut into slices. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 to 4 days.

Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple
1/2 cup All Natural Peanut Butter

NUTRITION

AMOUNT PER SERVING

Calories	287	Vitamin A	98IU
Fat	17g	Vitamin C	8mg
Carbs	32g	Calcium	27mg
Fiber	6g	Vitamin D	0IU
Sugar	22g	Vitamin E	3mg
Protein	8g	Magnesium	63mg

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Apples & Almonds

1 SERVING 5 MINUTES



INGREDIENTS

1 Apple (sliced)
1/4 cup Almonds

DIRECTIONS

01 Core apple and cut it into slices. Serve with almonds.

NUTRITION

AMOUNT PER SERVING

Calories	302	Vitamin A	99IU
Fat	18g	Vitamin C	8mg
Carbs	33g	Calcium	107mg
Fiber	9g	Vitamin D	0IU
Sugar	20g	Vitamin E	9mg
Protein	8g	Magnesium	106mg

Hummus & Veggie Wrap

2 SERVINGS 5 MINUTES



INGREDIENTS

2 Whole Wheat Tortilla (large)
1/2 cup Hummus
4 leaves Romaine (large, whole)
1/2 Avocado (sliced)
1/2 Cucumber (sliced)
1/2 Red Bell Pepper (sliced)

NUTRITION

AMOUNT PER SERVING

Calories	382	Vitamin A	5978IU
Fat	23g	Vitamin C	47mg
Carbs	39g	Calcium	168mg
Fiber	13g	Vitamin D	0IU
Sugar	5g	Vitamin E	3mg
Protein	11g	Magnesium	117mg

DIRECTIONS

- 01 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 02 Serve immediately and enjoy!

NOTES

GLUTEN-FREE

Use a brown rice tortilla instead.

OIL-FREE

Use an oil-free hummus.

MORE FLAVOR

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

EASY EATING

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Crackers & Hummus

1 SERVING 5 MINUTES



INGREDIENTS

50 grams Whole Grain Crackers
1/4 cup Hummus

DIRECTIONS

01 Dip the crackers into the hummus and enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	387	Vitamin A	17IU
Fat	21g	Vitamin C	0mg
Carbs	43g	Calcium	36mg
Fiber	5g	Vitamin D	0IU
Sugar	6g	Vitamin E	2mg
Protein	8g	Magnesium	61mg

Tofu Cabbage Wraps with Peanut Sauce

3 SERVINGS 50 MINUTES



INGREDIENTS

447 grams Tofu (extra firm, drained)
1 tbsp Avocado Oil
2 tsps Arrowroot Powder
3 tsps Tamari (divided)
1/4 cup All Natural Peanut Butter
2 tsps Lime Juice
1 tbsp Coconut Sugar
2 tsps Sesame Oil
2 tsps Water
1 Mango (diced)
1 Red Bell Pepper (chopped)
2 cups Green Cabbage (pulled apart into leaves)
1/3 cup Cilantro (optional, chopped)

NUTRITION

AMOUNT PER SERVING

Calories	442	Vitamin A	2637IU
Fat	27g	Vitamin C	117mg
Carbs	36g	Calcium	477mg
Fiber	7g	Vitamin D	0IU
Sugar	26g	Vitamin E	4mg
Protein	24g	Magnesium	120mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Slice the tofu into cubes and pat dry with a paper towel, pressing gently to remove excess liquid. Add the tofu to a small bowl and toss with avocado oil, arrowroot powder and half the tamari. Place on the baking sheet and cook for 25 to 30 minutes, flipping halfway through.
- 02 While the tofu is cooking, add the remaining tamari, peanut butter, lime juice, coconut sugar, sesame oil and water to a blender and process until smooth.
- 03 Place the tofu, along with the mango and pepper into the cabbage leaves. Top with the peanut sauce and cilantro, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate leftover tofu and toppings separately in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cabbage leaf wraps.

NUT-FREE

Use sunflower seed butter instead of peanut butter.

ADDITIONAL TOPPINGS

Add crushed peanuts and/or sesame seeds on top.

Veggie Pita Pizza with Hummus

2 SERVINGS 15 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil
1/2 Red Bell Pepper (thinly sliced)
1/2 Zucchini (medium, sliced)
1/2 cup Hummus
2 Whole Wheat Pita

NUTRITION

AMOUNT PER SERVING

Calories	359	Vitamin A	1044IU
Fat	16g	Vitamin C	47mg
Carbs	48g	Calcium	48mg
Fiber	8g	Vitamin D	0IU
Sugar	5g	Vitamin E	2mg
Protein	12g	Magnesium	103mg

DIRECTIONS

- 01 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 02 In a large pan, heat the olive oil over medium-high heat. Cook the bell pepper and zucchini slices until tender and lightly browned.
- 03 Spread hummus over the pita and top with the bell pepper and zucchini. Place onto the baking sheet and bake for 8 to 10 minutes or until the pita is toasted.
- 04 Let cool slightly and slice. Enjoy!

NOTES

NO OLIVE OIL

Use coconut oil, avocado oil, ghee or butter instead.

NO WHOLE WHEAT PITA

Use tortillas or flatbread instead.

PREP AHEAD

Cook the bell pepper and zucchini slices ahead of time and refrigerate in an airtight container up to 3 to 5 days.

Crispy Tofu Meal Prep Bowls

4 SERVINGS 20 MINUTES



INGREDIENTS

1/3 cup All Purpose Gluten-Free Flour
Sea Salt & Black Pepper (to taste)
450 grams Tofu (firm, sliced and patted dry)
2 tbsps Sesame Oil
1/4 cup Avocado Oil
2 tbsps Balsamic Vinegar
1 tbsp Tamari
1 tbsp Maple Syrup
4 cups Baby Spinach
4 cups Coleslaw Mix
2 cups Frozen Mango (thawed)
1 cup Frozen Edamame (thawed)
1 tbsp Sesame Seeds

NUTRITION

AMOUNT PER SERVING

Calories	487	Vitamin A	6821IU
Fat	30g	Vitamin C	77mg
Carbs	40g	Calcium	450mg
Fiber	9g	Vitamin D	0IU
Sugar	20g	Vitamin E	2mg
Protein	20g	Magnesium	108mg

DIRECTIONS

- 01 Combine flour, salt and pepper in a bowl. Coat tofu slices with the flour mixture and set aside.
- 02 Heat sesame oil in a large pan over medium-high heat. Cook the tofu slices for about 3 to 5 minutes each side, or until golden. Add more sesame oil if necessary. Transfer to a plate lined with paper towel.
- 03 Meanwhile, combine avocado oil, balsamic vinegar, tamari and maple syrup in a small mason jar. Cover with a lid and shake before serving.
- 04 Divide spinach, coleslaw, mango, edamame, tofu slices and sesame seeds between containers. Drizzle your desired amount of dressing over top, or store it in a separate container to add just before serving. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 to 4 days.

SAVE TIME

Leave the tofu uncooked and add it to the mason jar with the dressing. Let marinate until ready to serve.

NO TOFU

Use a protein of your choice instead like roasted chickpeas, edamame, or tempeh.

Roasted Veggie & Quinoa Bowl

3 SERVINGS 40 MINUTES



INGREDIENTS

2 cups Broccoli (chopped into florets)
2 Sweet Potato (medium, cut into 1/2-inch cubes)
1 cup Chickpeas (cooked)
1/4 cup Lemon Juice (divided)
1 tsp Italian Seasoning
1/4 tsp Sea Salt
2/3 cup Quinoa (uncooked)
1 1/2 cups Vegetable Broth
2 tbsps Tahini
2 tbsps Water (warm)
1 1/2 tbsps Maple Syrup
1 tbsp Pumpkin Seeds (optional)

NUTRITION

AMOUNT PER SERVING

Calories	434	Vitamin A	12965...
Fat	11g	Vitamin C	65mg
Carbs	72g	Calcium	159mg
Fiber	12g	Vitamin D	0IU
Sugar	15g	Vitamin E	2mg
Protein	16g	Magnesium	165mg

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Transfer the chopped broccoli, sweet potatoes and chickpeas to the prepared baking sheet. Season the vegetables with half of the lemon juice, Italian seasoning and sea salt. Bake for 30 to 35 minutes until vegetables are very tender and chickpeas are crispy.
- 03 While the vegetables are roasting, add the quinoa and broth to a medium pot with a tight-fitting lid. Bring to a boil, cover with lid and reduce heat to low. Cook until the liquid is absorbed and quinoa is tender. Remove from heat and set aside.
- 04 While the quinoa is cooking, combine the tahini, warm water, maple syrup and remaining lemon juice in a small bowl. Whisk until smooth. Season with additional salt if needed.
- 05 To assemble, divide the quinoa and roasted vegetables between bowls. Drizzle with tahini sauce and top with pumpkin seeds (optional). Enjoy!

NOTES

LEFTOVERS

Store in the fridge for up to four days.

SERVING SIZE

One serving equals approximately 2 1/2 cups of veggies and quinoa.

NO QUINOA

Use rice or cauliflower rice instead.

NO BROTH

Use water instead.

COOKED CHICKPEAS

Use cooked chickpeas from the can to save time.

MORE FLAVOR

Roast the vegetables in oil. Add salt, pepper and garlic to the dressing.

One Pan Paprika Tofu & Veggies

4 SERVINGS 30 MINUTES



INGREDIENTS

2 Garlic (cloves, minced)
1 tbsp Paprika
1 tsp Dried Thyme
1 tsp Sea Salt
1/4 tsp Black Pepper
3 tbsps Avocado Oil (divided)
450 grams Tofu (firm, patted dry and cubed)
1 cup Red Onion (sliced)
1 Yellow Bell Pepper (roughly chopped)
4 cups Green Beans (trimmed and halved)

NUTRITION

AMOUNT PER SERVING

Calories	254	Vitamin A	1644IU
Fat	17g	Vitamin C	101mg
Carbs	17g	Calcium	381mg
Fiber	6g	Vitamin D	0IU
Sugar	6g	Vitamin E	1mg
Protein	14g	Magnesium	78mg

DIRECTIONS

- 01 Preheat oven to 450°F (232°C) and line a baking sheet with foil.
- 02 In a large mixing bowl, add garlic, paprika, thyme, salt, pepper and 2/3 of the avocado oil. Whisk until combined.
- 03 Add the sliced tofu into the bowl and toss well to coat. Transfer to the baking sheet.
- 04 Add red onion, bell pepper and green beans to the same bowl and toss with remaining avocado oil. Transfer to a baking sheet and bake the tofu and veggies for 20 minutes.
- 05 Remove from the oven and divide onto plates. Adjust seasoning as needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container up to 3 days.

NO TOFU

Use tempeh or chickpeas in the paprika mixture instead.

Quinoa

4 SERVINGS 15 MINUTES



INGREDIENTS

1 cup Quinoa (uncooked)
1 1/2 cups Water

NUTRITION

AMOUNT PER SERVING

Calories	156	Vitamin A	6IU
Fat	3g	Vitamin C	0mg
Carbs	27g	Calcium	29mg
Fiber	3g	Vitamin D	0IU
Sugar	0g	Vitamin E	1mg
Protein	6g	Magnesium	86mg

DIRECTIONS

- 01 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.