



Restore Vegan Meal Planner

Created by Aeryon Wellness



Restore Vegan Meal Planner

Aeryon Wellness

This nutritional planner is a guideline for a balanced healthy approach. As always, we must listen to our bodies and our hunger cues.

The recipes provided may contain ingredients that may cause allergic reactions in some individuals.

These recipes are suggestions only. Do not make a recipe that contains ingredients that you are allergic to. If you are unsure about potential allergic reactions please consult your family physician.

All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions.

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Restore Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Apple Cinnamon Overnight Oats	Apple Cinnamon Overnight Oats	Apple Cinnamon Overnight Oats	Strawberry Kiwi Tropical Smoothie	Strawberry Kiwi Tropical Smoothie	Cinnamon Sweet Potato Smoothie Bowl	Cinnamon Sweet Potato Smoothie Bowl
Snack 1	Cinnamon Protein Energy Bites	Cinnamon Protein Energy Bites	Cinnamon Protein Energy Bites	Cinnamon Protein Energy Bites	Coconut Matcha Latte	Coconut Matcha Latte	Coconut Matcha Latte
Lunch	Mediterranean Goddess Bowl	Chickpea Curry Delight	Chickpea Curry Delight	Baked Tofu & Cabbage with Peanut Ginger Sauce	Baked Tofu & Cabbage with Peanut Ginger Sauce	Pressure Cooker Rice & Bean Burritos	Pressure Cooker Rice & Bean Burritos
Snack 2	Bell Peppers with Guacamole	Bell Peppers with Guacamole	Coconut Chia Seed Yogurt	Bell Peppers with Guacamole	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt
Dinner	Pressure Cooker Kitchari	Pressure Cooker Kitchari	Pressure Cooker Kitchari	Balsamic Roasted Tempeh Bowls	Balsamic Roasted Tempeh Bowls	Balsamic Roasted Tempeh Bowls	Mediterranean Goddess Bowl
Snack 3	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea	Calming Chamomile Lavender Mint Tea

Restore Vegan Meal Planner

83 items

Fruits

- ☐ 2 1/4 Apple
- ☐ 5 1/2 Avocado
- ☐ 1 Banana
- ☐ 2 Kiwi
- ☐ 1 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 1 Lime
- ☐ 1 tbsps Lime Juice
- ☐ 1/2 cup Pineapple
- ☐ 3 cups Strawberries

Breakfast

- ☐ 2 tbsps All Natural Peanut Butter
- ☐ 2 cups Almond Butter
- ☐ 1/4 cup Any Nut Butter
- ☐ 1 tbsps Green Tea Powder
- ☐ 1 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 3/4 tbsps Black Pepper
- ☐ 1 tsp Celtic Grey Sea Salt
- ☐ 3 cups Chia Seeds
- ☐ 2 tbsps Chili Powder
- ☐ 1/2 cup Cinnamon
- ☐ 1 tsp Coriander
- ☐ 2 tbsps Cumin
- ☐ 3 tbsps Curry Powder
- ☐ 1/2 oz Dried Chamomile Flowers
- ☐ 1/2 oz Dried Lavender Flowers
- ☐ 1 1/8 tbsps Dried Peppermint Leaves
- ☐ 1 cup Ground Flax Seed
- ☐ 3 tbsps Italian Seasoning
- ☐ 1/3 tsp Nutmeg
- ☐ 1 tsp Oregano
- ☐ 1 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tbsps Smoked Paprika

Vegetables

- ☐ 23 Carrot
- ☐ 3 heads Cauliflower
- ☐ 3 1/4 cups Cilantro
- ☐ 2 Cucumber
- ☐ 11 Garlic
- ☐ 1 2/3 tbsps Ginger
- ☐ 12 cups Mushrooms
- ☐ 1 cup Parsley
- ☐ 12 cups Purple Cabbage
- ☐ 6 Red Bell Pepper
- ☐ 3 1/2 cups Red Onion
- ☐ 6 Sweet Potato
- ☐ 2 Tomato
- ☐ 2 Yellow Bell Pepper
- ☐ 3 Yellow Onion
- ☐ 11 Zucchini

Boxed & Canned

- ☐ 3 1/2 cups Basmati Rice
- ☐ 3 1/2 cups Black Beans
- ☐ 2 cups Canned Coconut Milk
- ☐ 5 1/2 cups Chickpeas
- ☐ 1 1/2 cups Dry Red Lentils
- ☐ 2 cups Organic Vegetable Broth
- ☐ 6 1/2 cups Quinoa
- ☐ 1 1/2 cups Salsa
- ☐ 12 cups Vegetable Broth

Baking

- ☐ 1/4 cup Cacao Powder
- ☐ 1 tbsps Coconut Sugar
- ☐ 1 cup Oat Flour
- ☐ 4 2/3 cups Oats
- ☐ 1 cup Pitted Dates
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 cups Hummus
- ☐ 3 1/3 lbs Tempeh
- ☐ 12 1/4 ozs Tofu

Condiments & Oils

- ☐ 3/4 cup Balsamic Vinegar
- ☐ 3 tbsps Coconut Butter
- ☐ 1/4 cup Coconut Oil
- ☐ 1 1/3 cups Extra Virgin Olive Oil
- ☐ 2 tbsps Tahini
- ☐ 1/4 cup Tamari

Cold

- ☐ 7 1/8 cups Unsweetened Almond Milk
- ☐ 12 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 27 cups Water

☐ **1/4 cup** Turmeric

☐ **3 cups** Walnuts

Frozen

☐ **8** Brown Rice Tortilla

☐ **1 cup** Frozen Cauliflower

☐ **2 cups** Frozen Edamame

☐ **2 cups** Frozen Strawberries

Apple Cinnamon Overnight Oats

10 ingredients · 8 hours · 3 servings



Directions

1. Combine oats, almond milk, chia seeds, maple syrup, cinnamon, nutmeg, vanilla extract and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
2. Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up.
3. Store in the fridge up to 4 days or until ready to eat. Add an extra splash of almond milk and/or a drizzle of honey (optional).

Notes

More Protein

Add hemp seeds or a spoonful of nut butter.

Warm it Up

Heat in the microwave for 30 to 60 seconds before eating.

No Maple Syrup

Use honey to sweeten instead.

Leftovers

Refrigerate in an airtight container for up to four days.

Ingredients

- 1 1/8 cups Oats (quick oats work best)
- 1 1/8 cups Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tsp Maple Syrup
- 3/4 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/3 tsp Vanilla Extract
- 1/3 cup Water
- 3/4 Apple (cored and diced)
- 3/4 cup Walnuts (chopped)

Strawberry Kiwi Tropical Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

Use hemp milk, rice milk, oat milk or water instead of almond milk.

No Chia Seeds

Use ground flax seeds instead.

No Zucchini

Use frozen cauliflower, spinach or kale instead.

Protein Powder

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

Ingredients

1 1/4 cups Unsweetened Almond Milk

1 cup Frozen Strawberries

1 Kiwi (peeled, chopped)

1/4 cup Pineapple (fresh or frozen)

1/2 Zucchini (chopped)

1 tbsp Chia Seeds

2 tbsps Vanilla Protein Powder

Cinnamon Sweet Potato Smoothie Bowl

6 ingredients · 3 hours 25 minutes · 1 serving



Directions

1. Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
2. Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
3. Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

Notes

Sweet Potato

The sweet potato can be steamed ahead of time and frozen for up to one month.

More Fat

Add almond butter.

More Protein

Add collagen powder or protein powder of choice.

More Flavor

Add vanilla, nutmeg or clove.

Additional Toppings

Sliced banana, shredded coconut, chopped almonds, chia seeds or ground flax seeds.

No Bowl

Serve as a smoothie in a glass instead of a bowl.

Ingredients

1 Sweet Potato (small, cut into cubes)

1 cup Water (cold)

1/4 cup Canned Coconut Milk

1/2 Banana (frozen, plus additional fresh banana for optional topping)

1/2 cup Frozen Cauliflower

1 tsp Cinnamon

Cinnamon Protein Energy Bites

10 ingredients · 35 minutes · 14 servings



Directions

1. In a food processor combine quick oats, cacao powder, oat flour, protein powder, dates, ground flax, chia seeds and cinnamon. Fold in the almond butter until a thick dough forms. If it is too thick to work with, add the almond milk.
2. Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage

Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size

One serving is equal to one ball.

Nut-Free

Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder

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

Gluten-Free

Use certified gluten-free quick oats.

No Quick Oats

For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder

Use more oat flour instead.

Ingredients

1/3 cup Oats (quick)

1/4 cup Oat Flour

1/4 cup Vanilla Protein Powder

1/4 cup Ground Flax Seed

2 tbsps Chia Seeds

1 1/2 tsps Cinnamon

1/2 cup Almond Butter

1/4 cup Pitted Dates

1 tbsp Unsweetened Almond Milk (optional; if needed)

1 tbsp Cacao Powder

Coconut Matcha Latte

5 ingredients · 10 minutes · 1 serving



Directions

1. In your blender, combine the hot water, coconut milk, matcha, coconut butter, and coconut sugar (if using). Blend until creamy and frothy. Pour into a mug and enjoy!

Notes

Coconut Butter

Made from the ground meat of a coconut, it is sweeter and creamier than coconut oil. It's sold at most grocery stores and health food stores. Alternatively, you can use coconut oil instead.

More Protein

Add a scoop of collagen or gelatin protein.

Make it Vegan

Use maple syrup instead of honey.

Ingredients

- 1 cup Water (hot)
- 1/2 cup Canned Coconut Milk
- 1 tsp Green Tea Powder
- 1 tbsp Coconut Butter
- 1 tsp Coconut Sugar (optional)

Mediterranean Goddess Bowl

16 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
3. Divide quinoa between bowls, top with bell pepper, tomato, red onion, purple cabbage, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Top with sliced avocado. Enjoy!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

- 1 cup** Quinoa (uncooked)
- 1 1/2 cups** Water
- 1** Yellow Bell Pepper (chopped)
- 1 tbsp** Tahini
- 1/4 cup** Extra Virgin Olive Oil
- 1/2 tsp** Oregano
- 1/2 tsp** Black Pepper
- 1/2** Lemon (juiced)
- 1** Tomato (diced)
- 1/4 cup** Red Onion (finely diced)
- 1** Cucumber (diced)
- 1/2 cup** Parsley (finely chopped)
- 1 cup** Hummus
- 1 tbsp** Chili Powder
- 2 cups** Purple Cabbage (chopped)
- 1** Avocado

Chickpea Curry Delight

19 ingredients · 45 minutes · 2 servings



Directions

1. Heat a large saucepan over medium-low heat and melt the coconut oil. Add the onion, garlic and ginger. Cook for 2-3 minutes, stirring frequently.
2. Add the spices and cook for 1 minute, until fragrant. Add the water to deglaze the pan, then stir in the nut butter.
3. Add the vegetable broth and almond milk. Stir until all is smoothly combined. Add the salt.
4. Add the pepper, zucchini, carrots and chickpeas and stir well to mix. Simmer uncovered for 20 minutes, stirring occasionally.
5. Stir in the lime juice and cilantro. Divide into bowls, and top with more cilantro if desired. Enjoy!

Notes

Leftovers

Store in the fridge up to 4 days or freeze.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 Yellow Onion (medium, diced)
- 1 Garlic (cloves, minced)
- 1 1/2 **tsps** Ginger (grated)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Coriander
- 1/2 **tsp** Cinnamon
- 1 1/2 **tsps** Turmeric
- 2 **tbsps** Water
- 2 **tbsps** Any Nut Butter
- 1 **cup** Organic Vegetable Broth
- 1/2 **cup** Unsweetened Almond Milk
- 1/2 **tsp** Celtic Grey Sea Salt
- 1/2 Red Bell Pepper (sliced)
- 1/2 Zucchini (sliced)
- 1 Carrot (medium, peeled and sliced)
- 2 **cups** Chickpeas (cooked)
- 1/2 Lime (juiced)
- 2 **tbsps** Cilantro (chopped)

Baked Tofu & Cabbage with Peanut Ginger Sauce

9 ingredients · 40 minutes · 2 servings



Directions

1. Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Arrange the cabbage and sweet potato cubes on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
4. Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
5. Add the baked vegetables to a plate and top with sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari

Use coconut aminos instead.

More Carbs

Serve with rice or quinoa instead of cauliflower rice.

Ingredients

- 6 1/8 ozs Tofu (extra firm, cubed)
- 1 cup Frozen Edamame
- 2 tbsps Tamari (divided)
- 4 cups Purple Cabbage (cut into 1-inch strips)
- 1 tbsp All Natural Peanut Butter
- 1 tsp Ginger (fresh, grated)
- 1 1/2 tsps Lime Juice
- 1 1/2 tsps Water
- 2 Sweet Potato

Pressure Cooker Rice & Bean Burritos

12 ingredients · 30 minutes · 4 servings



Directions

1. Turn your pressure cooker to sauté mode and add the oil. Add the onion and bell pepper and cook, stirring often for one to two minutes. Then add the smoked paprika, cumin, and salt and continue cooking until softened, about two to three more minutes. Deglaze the pot with a splash of water if needed. Turn the sauté mode off.
2. Add the beans, rice, salsa, and water and stir to combine. Put the lid on and set to "sealing" then press manual/pressure cooker and cook for five minutes on high pressure. Once finished, let the pressure release naturally for five minutes, then do a quick release.
3. Layer the bean and rice mixture onto your tortilla and top with mashed avocado, if using. Fold in the sides and roll into a burrito.
4. Heat a non-stick pan over medium heat and add your burrito seam side down and cook for two to three minutes, then flip and cook the other side for one to two minutes, until slightly browned. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is equal to one burrito.

More Flavor

Add minced garlic and/or chili powder when cooking the onions and peppers Add cilantro to the mashed avocado.

Ingredients

- 2 **tsps** Extra Virgin Olive Oil
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 2 **tsps** Smoked Paprika
- 1 **tsp** Cumin
- 1/4 **tsp** Sea Salt
- 1 **3/4 cups** Black Beans (cooked, rinsed)
- 1 **cup** Basmati Rice
- 3/4 **cup** Salsa
- 1 **1/2 cups** Water
- 4 Brown Rice Tortilla
- 1 Avocado (mashed, optional)

Bell Peppers with Guacamole

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, mash the avocado and combine with the lemon juice and sea salt. Adjust flavors as needed.
2. Serve the guacamole with red bell pepper slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic, red onion, tomatoes, jalapeño and/or cilantro to the guacamole.

No Red Bell Pepper

Use cucumber slices, carrot sticks, or crackers instead.

Ingredients

- 1/2 Avocado (medium)
- 2 **tsps** Lemon Juice
- 1/8 **tsp** Sea Salt (or more to taste)
- 1 Red Bell Pepper (medium, sliced)

Coconut Chia Seed Yogurt

5 ingredients · 30 minutes · 3 servings



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and walnuts, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

3 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

1 tbsp Cinnamon

3/4 cup Strawberries (chopped)

2 2/3 tbsps Walnuts

Pressure Cooker Kitchari

13 ingredients · 30 minutes · 4 servings



Directions

1. Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
2. Divide between bowls and top with cilantro. Enjoy!

Notes

Serving Size

One serving is equal to about 2 cups.

No Basmati Rice

Use brown rice and increase cooking time.

No Red Lentils

Use yellow split peas. Increase cooking time to 17 minutes at pressure.

Stove Top

Increase broth to 5.5 cups and cook covered for about 25 minutes.

More Vegetables

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

Ingredients

- 1/2 cup Basmati Rice (dry)
- 1/2 cup Dry Red Lentils
- 1 tsp Cumin
- 1 tbsp Turmeric
- 1 tbsp Curry Powder
- 1 head Cauliflower (chopped into florets)
- 1 Carrot (medium, diced)
- 4 cups Vegetable Broth
- 1 tbsp Coconut Oil
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 cup Cilantro (chopped)
- 1/2 cup Chickpeas

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

1/4 cup Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tbsp Italian Seasoning
1 1/8 lbs Tempeh
1 cup Red Onion (medium, sliced)
6 Carrot (medium, peeled and chopped)
4 cups Mushrooms (quartered)
3 Zucchini (sliced)
1 1/2 cups Quinoa (dry)
2 1/2 cups Water

Calming Chamomile Lavender Mint Tea

4 ingredients · 10 minutes · 1 serving



Directions

1. Combine the dried chamomile, lavender and mint in a tea infuser. Steep in hot water for at least 5 minutes, or until your desired strength. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately one cup.

More Flavor

Sweeten with honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

Large Batch

Increase the serving size of the dried chamomile, lavender and mint leaves. Combine and store in a jar. Scoop 2 teaspoons for every cup of hot water.

Ingredients

1/16 oz Dried Chamomile Flowers

1/16 oz Dried Lavender Flowers

1/2 tsp Dried Peppermint Leaves

1 cup Water (hot)