



## Candida Diet Vegan Meal Plan

Created by Aeryon Wellness



# Up and Away Vegan

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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# Up and Away Vegan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Avocado Smoothie	Chocolate Avocado Smoothie	Raspberry Chia Protein Pudding	Raspberry Chia Protein Pudding	Grain-Free Coconut Almond Porridge	Grain-Free Coconut Almond Porridge	Chocolate Almond Hemp Seed Porridge
Snack 1	Flax Bread Avocado Toast	Flax Bread Avocado Toast	Detox Charcoal Lemonade	Detox Charcoal Lemonade	Coconut Yogurt Parfait	Coconut Yogurt Parfait	Detox Charcoal Lemonade
Lunch	Pesto Quinoa & White Bean Salad	Pesto Quinoa & White Bean Salad	Mediterranean Goddess Bowl	Mediterranean Goddess Bowl	Mediterranean Goddess Bowl	Lemony Quinoa Lettuce Wraps	Lemony Quinoa Lettuce Wraps
Snack 2	Cucumber & Avocado Salad	Cucumber & Avocado Salad	Green Coconut Ginger Juice	Green Coconut Ginger Juice	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers	Sea Salt & Garlic Crackers
Dinner	Cozy Curried Lentils with Kale & Cauliflower	Cozy Curried Lentils with Kale & Cauliflower	Grilled Vegetable Beach Bowl	Grilled Vegetable Beach Bowl	Chocolate Avocado Smoothie	Lemony Kale & Cauliflower Salad	Lemony Kale & Cauliflower Salad

# Up and Away Vegan

64 items

## Fruits

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- ☐ **6 3/4** Avocado
- ☐ **18 1/2** Lemon
- ☐ **1 1/4 cups** Lemon Juice
- ☐ **1/2** Lime
- ☐ **1 1/2 cups** Raspberries
- ☐ **1 1/4 cups** Strawberries

## Breakfast

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- ☐ **1/4 cup** Almond Butter

## Seeds, Nuts & Spices

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- ☐ **2 tsps** Black Pepper
- ☐ **2 1/16 cups** Chia Seeds
- ☐ **3 tsps** Chili Powder
- ☐ **1 tsp** Cinnamon
- ☐ **1/4 cup** Curry Powder
- ☐ **2 tsps** Garam Masala
- ☐ **1 3/4 tsps** Garlic Powder
- ☐ **3 1/2 tsps** Ground Flax Seed
- ☐ **3 tsps** Hemp Seeds
- ☐ **1 1/8 tsps** Oregano
- ☐ **1 1/2 cups** Pumpkin Seeds
- ☐ **1/4 tsp** Red Pepper Flakes
- ☐ **2 1/4 tsps** Sea Salt
- ☐ **0** Sea Salt & Black Pepper
- ☐ **1 3/4 cups** Sunflower Seeds
- ☐ **1/4 cup** Walnuts

## Vegetables

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- ☐ **2 cups** Alfalfa Sprouts
- ☐ **17 cups** Baby Spinach
- ☐ **2 heads** Cauliflower
- ☐ **4 1/2** Cucumber
- ☐ **10** Garlic
- ☐ **1 1/3 tsps** Ginger
- ☐ **20 cups** Kale Leaves
- ☐ **3 2/3 cups** Parsley
- ☐ **2** Red Bell Pepper
- ☐ **1 1/4 cups** Red Onion
- ☐ **1 head** Romaine Hearts
- ☐ **3** Tomato
- ☐ **2** Yellow Onion
- ☐ **2** Zucchini

## Boxed & Canned

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- ☐ **5 1/8 cups** Canned Coconut Milk
- ☐ **2 cups** Cannellini Beans
- ☐ **3 cups** Dry Green Lentils
- ☐ **7 cups** Quinoa
- ☐ **1/4 cup** Tomato Paste
- ☐ **8 cups** Vegetable Broth

## Baking

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- ☐ **2 cups** Almond Flour
- ☐ **1 tsp** Cacao Nibs
- ☐ **2 tsps** Cocoa Powder
- ☐ **2 tsps** Monk Fruit Sweetener
- ☐ **1/4 cup** Unsweetened Coconut Flakes
- ☐ **1/2 cup** Unsweetened Shredded Coconut
- ☐ **1/4 tsp** Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ **4 slices** Grain-Free Flax Bread
- ☐ **3 cups** Hummus

## Condiments & Oils

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- ☐ **2 tsps** Apple Cider Vinegar
- ☐ **1 1/2 cups** Extra Virgin Olive Oil
- ☐ **1 cup** Green Olives
- ☐ **2/3 cup** Pesto
- ☐ **2/3 cup** Sun Dried Tomatoes
- ☐ **3 tsps** Tahini

## Cold

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- ☐ **6 1/2 cups** Unsweetened Almond Milk
- ☐ **2 cups** Unsweetened Coconut Yogurt

## Other

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- ☐ **3 tsps** Activated Charcoal Powder
- ☐ **3/4 cup** Chocolate Protein Powder
- ☐ **1/2 cup** Vanilla Protein Powder
- ☐ **34 3/4 cups** Water

# Chocolate Avocado Smoothie

5 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### No Chocolate Protein Powder

Use vanilla protein powder or hemp seeds and add cocoa powder.

### Likes it Sweet

Add frozen banana.

### Nut-Free Version

Use coconut milk instead of almond milk and sunflower seed butter instead of almond butter.

## Ingredients

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**1/4** Avocado

**1 cup** Unsweetened Almond Milk

**1 tbsp** Almond Butter

**1 cup** Baby Spinach

**1/4 cup** Chocolate Protein Powder



# Raspberry Chia Protein Pudding

5 ingredients · 30 minutes · 2 servings



## Directions

1. In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Nut-Free

Use coconut milk instead of almond milk.

### Likes it Sweet

Add a drizzle of maple syrup or honey.

### Protein Powder

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

## Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 3/4 cup** Raspberries (divided)
- 2 tbsps** Unsweetened Coconut Flakes

# Grain-Free Coconut Almond Porridge

5 ingredients · 10 minutes · 1 serving



## Directions

1. Add all of the ingredients to a saucepan over medium heat. Whisk continuously until your desired thickness is reached, about 3 to 5 minutes.
2. Divide into bowls and enjoy!

## Notes

### No Rice Milk

Use an alternative milk of your choice.

### Likes it Sweet

Add raisins, dates, maple syrup, honey or your sweetener of choice.

### Leftovers

Refrigerate in an airtight container up to 3 to 5 days.

### Serving Size

One serving is equal to approximately 1 1/4 cup of porridge.

## Ingredients

**3/4 cup** Unsweetened Almond Milk

**1/4 cup** Almond Flour

**1/4 cup** Unsweetened Shredded Coconut

**1 tbsp** Ground Flax Seed

**1/2 tsp** Cinnamon



# Chocolate Almond Hemp Seed Porridge

12 ingredients · 10 minutes · 1 serving



## Directions

1. Heat the coconut milk and water over medium heat. Just before the milk starts to bubble stir in monk fruit sweetener, cocoa powder and vanilla. Whisk until well combined.
2. Reduce heat to low and whisk in the hemp seeds, ground flax and chia seeds. Let it simmer while stirring frequently until the porridge has thickened. If the porridge becomes too thick, add a tablespoon of additional water or coconut milk at a time until desired consistency is reached.
3. Transfer the porridge to a bowl and stir in the almond butter. Top the porridge with the coconut, cacao nibs and strawberries. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. For best results, reheat on the stovetop with additional coconut milk until warmed through. This recipe can also be served chilled.

### Serving Size

One serving is approximately 1 1/2 cups of porridge.

### Nut-Free

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

### More Flavor

Add ground cinnamon.

### Additional Toppings

Top with seeds, chopped nuts or berries.

### No Coconut Milk

Use unsweetened almond milk instead.

## Ingredients

- 1/2 cup Canned Coconut Milk (full fat)
- 1/2 cup Water
- 2 tsps Monk Fruit Sweetener
- 2 tsps Cocoa Powder
- 1/4 tsp Vanilla Extract
- 3 tsps Hemp Seeds
- 1 1/2 tsps Ground Flax Seed
- 1 tbsp Chia Seeds
- 1 tbsp Almond Butter
- 1 tsp Unsweetened Shredded Coconut
- 1 tsp Cacao Nibs
- 1/4 cup Strawberries



# Flax Bread Avocado Toast

4 ingredients · 5 minutes · 2 servings



## Directions

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1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

## Notes

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### More Protein

Top with a poached egg.

### Make Your Own Bread

See our Grain-Free Flax Bread recipe.

## Ingredients

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**2 slices** Grain-Free Flax Bread

**1/2** Avocado

**1/8 tsp** Red Pepper Flakes

**1/8 tsp** Sea Salt

# Detox Charcoal Lemonade

4 ingredients · 10 minutes · 4 servings



## Directions

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1. In a large pitcher, combine all ingredients and stir to mix well. Add ice if desired.
2. Pour into glasses and enjoy!

## Notes

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### Warm it Up

Serve it hot as an elixir.

### Likes it Sweet

Add maple syrup to sweeten.

### Activated Charcoal Powder

A black powder that can be purchased at health food stores or online.

## Ingredients

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**8 cups** Water (cold)

**5** Lemon (juiced)

**1 tbsp** Activated Charcoal Powder

**1/4 tsp** Sea Salt (optional)

# Coconut Yogurt Parfait

3 ingredients · 5 minutes · 1 serving



## Directions

1. Place half the coconut yogurt in a glass jar or bowl. Top with half the walnuts and half the strawberries. Add the remaining coconut yogurt, walnuts and strawberries. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Nut-Free

Use sunflower seeds instead of walnuts.

### Additional Toppings

Add nut or seed butter, chia seeds, cinnamon or shredded coconut on top.

## Ingredients

**1 cup** Unsweetened Coconut Yogurt (divided)

**2 tbsps** Walnuts (roughly chopped, divided)

**1/2 cup** Strawberries (chopped, divided)



# Pesto Quinoa & White Bean Salad

6 ingredients · 30 minutes · 2 servings



## Directions

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1. Cook the quinoa according to package directions. Let it cool for 10 to 15 minutes.
2. In a mixing bowl combine the pesto and lemon juice. Add the cooled quinoa, cannellini beans, and red onion and stir to combine. Season the salad with salt and pepper to taste.
3. Divide between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately equal to 1 1/2 cups.

### More Flavor

Add fresh garlic, extra lemon juice, or red pepper flakes.

### More Veggies

Serve salad over mixed greens or add tomato, cucumber, or bell pepper.

### No Cannellini Beans

Use chickpeas or another white bean, like navy beans, instead.

### Meal Prep

Use cooked quinoa to save time.

## Ingredients

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**1/2 cup** Quinoa (dry)

**1/3 cup** Pesto

**1 1/2 tbsps** Lemon Juice

**1 cup** Cannellini Beans (cooked, drained and rinsed)

**1/4 cup** Red Onion (finely chopped)

Sea Salt & Black Pepper (to taste)



# Mediterranean Goddess Bowl

14 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. Optional Step: Place a frying pan over medium heat and add a splash of oil. Add spinach and saute just until wilted. Remove from heat and set aside. (Note: You can skip this step and add the spinach in raw if you prefer.)
3. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
4. Divide quinoa between bowls, top with sauteed spinach, tomato, red onion, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. 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
- 4 cups** Baby Spinach
- 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

# Lemony Quinoa Lettuce Wraps

9 ingredients · 30 minutes · 2 servings



## Directions

1. Cook the quinoa according to package directions then transfer to a mixing bowl to cool slightly.
2. In a small mixing bowl combine the lemon juice, garlic and salt.
3. Add the parsley, avocado, cucumber and sunflower seeds to the cooked quinoa. Stir to combine. Add the lemon juice mixture and stir. Season the quinoa salad with additional salt or lemon juice if needed.
4. To serve, divide the quinoa salad between lettuce leaves. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Keep the quinoa and lettuce leaves separate.

### Serving Size

One serving is approximately three lettuce wraps.

### Additional Toppings

Chopped green onion, diced tomatoes, or more herbs.

### More Flavor

Add extra virgin olive oil or avocado oil to taste.

### More Protein

Add flaked tuna or salmon, cooked chopped chicken or chickpeas.

### No Romaine

Use another lettuce instead.

## Ingredients

- 1/2 cup** Quinoa (uncooked)
- 1** Lemon (juiced)
- 1** Garlic (clove, small, minced)
- 1/2 tsp** Sea Salt
- 1/2 cup** Parsley (finely chopped)
- 1** Avocado (diced)
- 1/4** Cucumber (finely chopped)
- 2 tbsps** Sunflower Seeds
- 1/2 head** Romaine Hearts (leaves separated)



# Cucumber & Avocado Salad

5 ingredients · 5 minutes · 1 serving



## Directions

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1. In a bowl, add the cucumber, avocado, lemon juice, parsley and sea salt and toss to combine. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days. For best results, cut and add the avocado just prior to enjoying.

### More Flavor

Add chili flakes or cayenne.

### Additional Toppings

Nuts, seeds or additional vegetables.

## Ingredients

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**1/2** Cucumber (sliced)

**1/2** Avocado

**1 1/2 tsp** Lemon Juice

**1 tbsp** Parsley (chopped)

**1/8 tsp** Sea Salt

# Green Coconut Ginger Juice

5 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine all ingredients in a high-speed blender. Blend for 30 seconds or until very smooth.
2. Enjoy immediately as is, or strain through a fine mesh sieve to remove the pulp.

## Notes

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### Make it Sweeter

Add maple syrup, honey or monk fruit sweetener.

### Make it Thicker

Add avocado, greek yogurt or frozen cauliflower.

## Ingredients

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**1/3 cup** Canned Coconut Milk

**2/3 cup** Water

**1/4** Lime (juiced)

**1 cup** Baby Spinach

**2 tsps** Ginger (grated)



# Sea Salt & Garlic Crackers

7 ingredients · 30 minutes · 4 servings



## Directions

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1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Combine all ingredients in a bowl and let sit for 1 to 2 minutes. Transfer to the baking sheet and press down evenly into a thin layer.
3. Bake for 20 minutes. Then use a spatula to carefully flip over and bake for an additional 5 minutes.
4. Let cool completely, then break apart into pieces. (Note: the crackers will harden as they cool.)
5. Enjoy!

## Notes

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### Storage

Refrigerate in an air-tight container up to 1 week.

### Serve Them With

Hummus, nut butter, cheese, on top of salad or soup.

## Ingredients

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**1/2 cup** Sunflower Seeds

**1/2 cup** Pumpkin Seeds

**1/2 cup** Chia Seeds

**1/2 cup** Almond Flour

**1/2 tsp** Sea Salt

**1 1/2 tsps** Garlic Powder

**1/2 cup** Water

# Cozy Curried Lentils with Kale & Cauliflower

11 ingredients · 40 minutes · 8 servings



## Directions

1. In a pot over medium-high heat, sauté the onions with a splash of the vegetable broth. Cook until browned, stirring frequently and adding more broth as needed to prevent the onions from sticking.
2. Add the garlic, curry powder, garam masala, half the salt and tomato paste. Stir for one minute.
3. Add the remaining vegetable broth, coconut milk and lentils. Bring to a simmer and cook for 20 minutes. Add the cauliflower and simmer for another 15 minutes or until tender.
4. Stir in the kale leaves until wilted and season to your preference with the remaining salt. Divide into bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Include a pinch of cinnamon and cumin, maple syrup, celery, carrots, grated ginger, and/or bay leaves..

### Additional Toppings

Top with yogurt, cream, parsley, brown rice, barley, quinoa or crusty bread.

## Ingredients

- 1 Yellow Onion (diced)
- 4 cups Vegetable Broth (divided)
- 3 Garlic (cloves, minced)
- 2 tbsps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Sea Salt (divided)
- 2 tbsps Tomato Paste
- 2 cups Canned Coconut Milk (full fat)
- 1 1/2 cups Dry Green Lentils
- 1/2 head Cauliflower (chopped into small florets)
- 3 cups Kale Leaves (stems removed, chopped)



# Grilled Vegetable Beach Bowl

14 ingredients · 30 minutes · 4 servings



## Directions

1. Combine your quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling reduce to a simmer and cover. Let simmer for 12 to 15 minutes or until water is absorbed. Remove from heat, fluff with a fork and set aside.
2. Heat your barbecue over medium heat. Toss red pepper and zucchini in a splash of extra virgin olive oil and season with sea salt and pepper. Grill your red pepper and zucchini for about 5 minutes a side.
3. While your veggies cook, prepare your dressing by combining sun dried tomatoes, olive oil, sea salt, black pepper, garlic, apple cider vinegar and oregano in your blender or food processor. Add ½ cup warm water and blend until smooth.
4. Toss your kale in a bit of extra virgin olive oil and sautee in a frying pan over medium heat just until wilted. Remove from heat immediately.
5. Transfer your veggies off the grill and coarsely chop. Divide quinoa into bowls and top with grilled veggies. Add wilted kale, diced avocado and sprouts. Drizzle with desired amount of sun dried tomato dressing. Enjoy!

## Notes

### No Grill

Roast vegetables in the oven at 425°F (218°C) for 20 to 30 minutes.

## Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Red Bell Pepper (sliced into quarters)
- 1 Zucchini (sliced into quarters)
- 1/3 cup Sun Dried Tomatoes
- 4 cups Kale Leaves (chopped)
- 1/4 cup Extra Virgin Olive Oil
- 1/4 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Oregano
- 1 Avocado (peeled and sliced)
- 1 cup Alfalfa Sprouts

# Lemony Kale & Cauliflower Salad

8 ingredients · 15 minutes · 4 servings



## Directions

1. In a mixing bowl combine the lemon juice, garlic powder and salt. Add in the kale to the mixing bowl and use your hands to massage the lemon juice into the kale leaves. Mix in the parsley and olives. Set aside.
2. Add the cauliflower florets to a food processor and pulse until the cauliflower has a rice-like consistency. Do this in batches, if needed.
3. Add the cauliflower and oil to the kale mixture and stir to mix well. Season with additional salt, if needed. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is approximately 1 cup of salad.

### More Flavor

Add chopped tomatoes, peppers or black olives. Serve with lemon wedges.

### Meal Prep

Make the cauliflower rice head of time or use store-bought cauliflower rice instead.

## Ingredients

- 1/2 cup** Lemon Juice
- 1/2 tsp** Garlic Powder
- 1/4 tsp** Sea Salt
- 3 cups** Kale Leaves (finely chopped)
- 1/2 cup** Parsley (chopped)
- 1/2 cup** Green Olives (pitted, chopped)
- 1/2 head** Cauliflower (small, chopped into florets)
- 2 tbsps** Extra Virgin Olive Oil