

# reclaim

## *Vegan Nutritional Support Planner*



By

**AERYON**  
WELLNESS

# Reclaim 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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# Reclaim Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Kimchi Tofu Scramble	Kimchi Tofu Scramble
Snack 1	Ginger Lemon Juice	Ginger Lemon Juice	Tropical Matcha Smoothie	Tropical Matcha Smoothie	Tropical Matcha Smoothie	Ginger Lemon Juice	Ginger Lemon Juice
Lunch	Squash & Lentil Chili	Squash & Lentil Chili	Baked Tofu & Cabbage with Peanut Ginger Sauce	Baked Tofu & Cabbage with Peanut Ginger Sauce	Smashed Chickpea Salad Wrap	Smashed Chickpea Salad Wrap	Smashed Chickpea Salad Wrap
Snack 2	Blueberry Buckwheat Blender Muffins	Detox Green Smoothie	Detox Green Smoothie	Blueberry Buckwheat Blender Muffins	Blueberry Buckwheat Blender Muffins	Detox Green Smoothie	Blueberry Buckwheat Blender Muffins
Dinner	Creamy Cauliflower Soup	Creamy Cauliflower Soup	Coconut Turmeric Cauliflower	Coconut Turmeric Cauliflower	White Bean, Sweet Potato & Kale Soup	White Bean, Sweet Potato & Kale Soup	White Bean, Sweet Potato & Kale Soup
Snack 3	Lemon Ginger Tea	Lemon Ginger Tea	Warm Citrus, Maple & Ginger Tonic	Warm Citrus, Maple & Ginger Tonic	Warm Citrus, Maple & Ginger Tonic	Lemon Ginger Tea	Lemon Ginger Tea

# Reclaim Vegan Meal Planner

74 items

## Fruits

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- 1 Avocado
- 2 Banana
- 1 1/2 cups Blackberries
- 1 1/2 cups Blueberries
- 3 Clementines
- 9 Lemon
- 3 tbsps Lemon Juice
- 1 tbsp Lime Juice
- 4 Navel Orange
- 6 Pear
- 1 1/2 cups Pineapple
- 1 1/2 cups Strawberries

## Breakfast

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- 2 tbsps All Natural Peanut Butter
- 3 tbsps Almond Butter
- 2 tbsps Green Tea Powder
- 3 tbsps Maple Syrup

## Seeds, Nuts & Spices

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- 2 tsps Black Pepper
- 1/4 cup Chia Seeds
- 1 1/3 tbsps Chili Powder
- 1 1/4 cups Ground Flax Seed
- 3 tbsps Hemp Seeds
- 2 tbsps Herbes De Provence
- 1 tsp Nutmeg
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 2 tbsps Turmeric

## Frozen

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- 2 cups Frozen Banana
- 6 cups Frozen Blueberries
- 2 cups Frozen Edamame

## Vegetables

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- 13 cups Baby Spinach
- 4 cups Butternut Squash
- 1 Carrot
- 3 heads Cauliflower
- 1/2 cup Cilantro
- 3 Cucumber
- 6 Garlic
- 1 2/3 cups Ginger
- 2 Green Bell Pepper
- 2 stalks Green Onion
- 32 cups Kale Leaves
- 4 pieces Mint Leaves
- 1/3 cup Parsley
- 8 cups Purple Cabbage
- 3 tbsps Red Onion
- 6 leaves Romaine
- 1/2 Sweet Onion
- 10 Sweet Potato
- 6 Tomato
- 3 1/2 White Onion
- 3 Zucchini

## Boxed & Canned

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- 5 cups Canned Coconut Milk
- 5 1/4 cups Cannellini Beans
- 2 1/4 cups Chickpeas
- 2 cups Dry Lentils
- 4 cups Quick Oats
- 1/2 cup Tomato Paste
- 4 cups Vegetable Broth
- 15 cups Vegetable Broth, Low Sodium

## Baking

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- 4 cups Buckwheat Flour
- 1/4 cup Nutritional Yeast

## Bread, Fish, Meat & Cheese

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- 2 3/4 lbs Tofu
- 3 Whole Wheat Tortilla

## Condiments & Oils

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- 1 tbsp Coconut Oil
- 3 tbsps Dijon Mustard
- 1 1/3 cups Extra Virgin Olive Oil
- 2 cups Kimchi
- 1 tbsp Sesame Oil
- 1/3 cup Tamari

## Cold

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- 4 cups Plain Coconut Milk
- 10 3/4 cups Unsweetened Almond Milk

## Other

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- 15 Ice Cubes
- 1 1/4 cups Vanilla Protein Powder
- 21 1/8 cups Water

# Triple Berry Protein Bowl

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

## Ingredients

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- 1/2 cup** Strawberries (sliced)
- 1/2 cup** Blueberries
- 1/2 cup** Blackberries
- 1 tbsp** Almond Butter
- 1 tbsp** Hemp Seeds
- 2 tbsps** Slivered Almonds
- 1/4 cup** Unsweetened Almond Milk

# Blueberry Detox Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Throw all ingredients, except mint, into a blender . Blend well until smooth. Divide into glasses, top with mint leaves, and enjoy!

## Notes

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### More Protein

Add protein powder, hemp seeds or nut butter.

### No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

### Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

### Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

## Ingredients

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- 1 cup** Frozen Blueberries
- 2 cups** Baby Spinach
- 2 tbsps** Chia Seeds
- 2 cups** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 1 cup** Frozen Banana
- 2 pieces** Mint Leaves

# Kimchi Tofu Scramble

6 ingredients · 10 minutes · 2 servings



## Directions

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1. Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
2. Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
3. Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately one cup.

## Ingredients

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- 1 1/2 **tsps** Sesame Oil
- 1 **lb** Tofu (regular firm, patted dry, crumbled)
- 1 **tbsp** Tamari
- 4 **cups** Kale Leaves (stems removed, finely chopped, packed)
- 2 **tbsps** Nutritional Yeast
- 1 **cup** Kimchi (drained)

# Ginger Lemon Juice

3 ingredients · 5 minutes · 2 servings



## Directions

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1. Combine all ingredients in a high-speed blender. Blend until very smooth.
2. Pour into a glass and enjoy immediately as is, or strain through a fine-mesh sieve or cheesecloth to remove the pulp. Enjoy!

## Notes

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### Leftovers

Refrigerate in a glass jar for up to one day. Freeze leftovers in an ice cube tray for longer.

### Serving Size

One serving is approximately 1/3 cup.

### More Flavor

Add turmeric root or powder.

### Make it Thinner

Add water as needed to thin the juice or to make more.

## Ingredients

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- 1 1/2 tbsps Ginger (peeled, chopped)
- 1 Lemon (peeled, seeds removed)
- 1 Navel Orange (peeled, seeds removed)

# Tropical Matcha Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

## Notes

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### Likes it Sweet

Add honey or pitted dates.

### More Protein

Add vanilla protein powder.

## Ingredients

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- 1 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Ground Flax Seed
- 2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

# Squash & Lentil Chili

9 ingredients · 45 minutes · 2 servings



## Directions

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1. Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
2. Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
3. Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. Enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving is equal to approximately two cups.

### More Flavor

Add smoked paprika and cayenne.

## Ingredients

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- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)

# 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 tbsps Water
- 2 Sweet Potato

# Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 1 serving



## Directions

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1. Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
2. Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

## Notes

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### Leftovers

Store components separately in the fridge until ready to assemble and serve.

### Gluten-Free

Use a gluten-free or brown rice tortilla.

### Serving Size

One serving is equal to one wrap.

## Ingredients

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- 3/4 cup** Chickpeas
- 1 tbsp** Dijon Mustard
- 1 tbsp** Lemon Juice
- 1/16 tsp** Sea Salt
- 1 tbsp** Red Onion (finely chopped)
- 2 tbsps** Parsley (finely chopped)
- 1** Whole Wheat Tortilla (large)
- 2 leaves** Romaine (chopped)

# Blueberry Buckwheat Blender Muffins

8 ingredients · 45 minutes · 8 servings



## Directions

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1. Preheat the oven to 350°F (175°C). Line a muffin tray with liners or use a silicone muffin tray.
2. Add all of the ingredients to a blender and blend until mixed well. Evenly divide the batter between muffin cups. Bake for 35 minutes or until a toothpick comes out clean.
3. Let the muffins thoroughly cool in the muffin tray. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one muffin.

### More Flavor

Add cinnamon, vanilla extract, and/or coconut sugar.

### Additional Toppings

Top with chopped walnuts, pumpkin seeds, and/or oats.

## Ingredients

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- 1/2 Banana (mashed)
- 1 cup Frozen Blueberries
- 1 cup Buckwheat Flour
- 1 tbsp Ground Flax Seed
- 1/4 cup Water
- 1 cup Canned Coconut Milk
- 1/3 cup Extra Virgin Olive Oil
- 1 cup Quick Oats

# Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



## Directions

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1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

## Notes

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### No Kale

Use spinach.

### No Pear

Use apples.

### Metabolism Boost

Add 1/4 tsp cayenne pepper.

### Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

### More Protein

Add a scoop of protein powder or hemp seeds.

## Ingredients

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- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

# Creamy Cauliflower Soup

11 ingredients · 1 hour · 2 servings



## Directions

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1. Add coconut oil to a large pot and place over medium heat. Saute the onions and carrots for about 5 minutes or until soft and golden.
2. Add the cauliflower and cook until it browns (about 5 minutes).
3. Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
4. Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
5. With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
6. Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately 1.5 cups of soup.

### More Flavor

Add fresh garlic, additional salt, and/or black pepper.

## Ingredients

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- 1 1/2 **tsps** Coconut Oil
- 1/4 Sweet Onion (chopped)
- 1/2 Carrot (chopped)
- 1/2 **head** Cauliflower (cut into florets)
- 1 **cup** Vegetable Broth
- 1/2 **cup** Water
- 1/2 **cup** Canned Coconut Milk
- 1/8 **tsp** Sea Salt (or more to taste)
- 1/2 **tsp** Nutmeg
- 1/2 Avocado (peeled and sliced)
- 1 **stalk** Green Onion (chopped)

# Coconut Turmeric Cauliflower

6 ingredients · 30 minutes · 4 servings



## Directions

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1. Heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
2. Once bubbles start to appear in the sauce, add the cauliflower florets and reduce the heat slightly. Cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
3. Divide the cauliflower mixture between bowls. Top with cilantro and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add garlic powder or chilli flakes to the sauce.

### Additional Toppings

Top with sesame seeds.

## Ingredients

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- 2 cups Plain Coconut Milk (from the carton)
- 1 tbsp Turmeric
- 1 tsp Sea Salt
- 1 tsp Black Pepper
- 1 head Cauliflower (chopped into florets)
- 1/4 cup Cilantro (chopped)

# White Bean, Sweet Potato & Kale Soup

8 ingredients · 30 minutes · 5 servings



## Directions

1. Heat a large pot over medium heat and add a splash of vegetable broth. Once hot add the onion and sauté for about five minutes, until softened. Add the garlic and herbes de provence and cook for one minute, until fragrant.
2. Add the sweet potato, beans, and remaining vegetable broth and bring to a boil. Reduce the heat to low and simmer, covered, for about 15 minutes, until the potato is softened.
3. Add the kale and cook for an additional five minutes. Season with salt and pepper. Divide evenly between bowls, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

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

### Additional Toppings

Top with fresh herbs such as parsley.

## Ingredients

- 5 cups** Vegetable Broth, Low Sodium (divided)
- 1/2** White Onion (large, chopped)
- 2** Garlic (cloves, minced)
- 2 tsps** Herbes de Provence
- 2** Sweet Potato (large, cut into cubes)
- 1 3/4 cups** Cannellini Beans (drained, rinsed)
- 4 cups** Kale Leaves (chopped)
- Sea Salt & Black Pepper (to taste)

# Lemon Ginger Tea

3 ingredients · 10 minutes · 2 servings



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving equals approximately 2 cups.

### More Flavor

Add mint leaves, honey or your sweetener of choice.

### Enjoy it Cold

Add ice cubes.

## Ingredients

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**2 1/2 cups** Water

**3 tbsps** Ginger (peeled, sliced)

**1/2** Lemon

# Warm Citrus, Maple & Ginger Tonic

4 ingredients · 10 minutes · 1 serving



## Directions

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1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Use the end of a wooden spoon to mash the clementine in a mug. Add the hot ginger water and maple syrup to the mug. Stir until dissolved. Enjoy!

## Notes

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### Leftovers

Refrigerate for up to seven days and reheat over the stovetop (optional). As the ginger will continue to steep, you may need to add more water if it is too spicy.

### More Flavor

Use the zest of the clementine.

### No Maple Syrup

Use raw honey instead.

### No Clementine

Use lemon juice or apple cider vinegar instead.

## Ingredients

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- 1 1/2 cups Water
- 1 1/2 tbsps Ginger (sliced)
- 1 Clementines (peeled)
- 1 tbsp Maple Syrup