

water b göne

Nutritional Support Planner



By



Water B Gone Anti-Inflammatory 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.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Aeryon Wellness Inc, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

Water B Gone Anti-Inflammatory Meal Planner

7 days

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|-----------|---|---|--|--|--|--|---|
| Breakfast | Citrus Cauliflower Porridge | Citrus Cauliflower Porridge | Chocolate Orange Ginger Smoothie Bowl | Chocolate Orange Ginger Smoothie Bowl | Blueberry Coconut Smoothie | Blueberry Coconut Smoothie | Spinach Scrambled Eggs with Orange & Papaya |
| Snack 1 | Citrus Avocado Smoothie | Citrus Avocado Smoothie | Everything Bagel Soft Scramble on Crackers | Citrus Avocado Smoothie | Citrus Avocado Smoothie | Everything Bagel Soft Scramble on Crackers | Everything Bagel Soft Scramble on Crackers |
| Lunch | Barley, Apple & Goat Cheese Chicken Salad | Asparagus, Soba & Tempeh | Asparagus, Soba & Tempeh | Ginger Salmon Patties with Fennel & Cucumber Salad | Ginger Salmon Patties with Fennel & Cucumber Salad | Black Bean, Tofu & Cilantro Lime Salad | Black Bean, Tofu & Cilantro Lime Salad |
| Snack 2 | Berry Coconut Smoothie | Berry Coconut Smoothie | Peanut Butter & Banana Chia Pudding | Peanut Butter & Banana Chia Pudding | Berry Coconut Smoothie | Berry Coconut Smoothie | Peanut Butter & Banana Chia Pudding |
| Dinner | Tomato Shakshuka | Sheet Pan Salmon & Squash with Miso Orange Dressing | Coconut Turkey Curry | Coconut Turkey Curry | Sardine Spaghetti | Sardine Spaghetti | Tomato Shakshuka |

Water B Gone Anti-Inflammatory Meal Planner

79 items

Fruits

- ☐ 1 Apple
- ☐ 4 1/2 Avocado
- ☐ 3 Banana
- ☐ 1 Blood Orange
- ☐ 2 Lemon
- ☐ 5 Lime
- ☐ 2 tbsps Lime Juice
- ☐ 2 1/2 Navel Orange
- ☐ 1/2 cup Papaya
- ☐ 1/4 cup Pomegranate Seeds

Breakfast

- ☐ 1/3 cup All Natural Peanut Butter
- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/4 cup Almonds
- ☐ 1 1/8 cups Chia Seeds
- ☐ 1 tsp Cumin
- ☐ 1 1/2 tsps Everything Bagel Seasoning
- ☐ 1 tsp Paprika
- ☐ 2 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 2/3 tbsps Sesame Seeds
- ☐ 1 1/3 tbsps Taco Seasoning
- ☐ 1 tsp Turmeric

Frozen

- ☐ 2 1/2 cups Frozen Banana
- ☐ 2 cups Frozen Berries
- ☐ 2 cups Frozen Blueberries
- ☐ 16 Ice Cubes

Vegetables

- ☐ 3 cups Asparagus
- ☐ 9 cups Baby Spinach
- ☐ 2 cups Basil Leaves
- ☐ 4 1/2 cups Butternut Squash
- ☐ 2 1/2 cups Cauliflower Rice
- ☐ 3 1/3 Cucumber
- ☐ 2 bulbs Fennel
- ☐ 1/2 cup Fresh Dill
- ☐ 2 Garlic
- ☐ 1/3 cup Ginger
- ☐ 5 stalks Green Onion
- ☐ 4 cups Microgreens
- ☐ 12 cups Mixed Greens
- ☐ 1/2 cup Parsley
- ☐ 1/4 cup Shallot
- ☐ 2 Yellow Onion

Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 14 1/8 ozs Buckwheat Soba Noodles
- ☐ 7 1/2 cups Canned Coconut Milk
- ☐ 6 cups Canned Whole Tomatoes
- ☐ 6 slices Light Rye Crisp Bread
- ☐ 2 1/2 cups Lite Coconut Milk
- ☐ 1/2 cup Millet
- ☐ 11 1/4 ozs Sardines
- ☐ 9 1/16 ozs Whole Wheat Spaghetti

Baking

- ☐ 2 tbsps Cacao Nibs
- ☐ 1/4 cup Cacao Powder
- ☐ 2 tsps Orange Extract

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Chicken Breast
- ☐ 2 lbs Extra Lean Ground Turkey
- ☐ 1/4 cup Goat Cheese
- ☐ 3 lbs Salmon Fillet
- ☐ 1 1/2 lbs Tempeh
- ☐ 2 lbs Tofu

Condiments & Oils

- ☐ 3 1/3 tbsps Avocado Oil
- ☐ 1/4 cup Balsamic Vinaigrette
- ☐ 1/2 cup Black Olives
- ☐ 1/2 cup Cilantro Lime Dressing
- ☐ 2 tbsps Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Miso Paste
- ☐ 1/3 cup Rice Vinegar
- ☐ 1/2 cup Sun Dried Tomatoes

Cold

- ☐ 2 1/2 tsps Butter
- ☐ 12 Egg
- ☐ 2 tbsps Orange Juice
- ☐ 1/2 cup Plain Greek Yogurt
- ☐ 3 cups Unsweetened Almond Milk

Other

- ☐ 2 cups Coconut Water
- ☐ 5 1/2 ozs Collagen Powder
- ☐ 1/4 cup Pearl Barley
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 1 cup Water

Citrus Cauliflower Porridge

7 ingredients · 15 minutes · 1 serving



Directions

1. Add the cauliflower, collagen powder, milk, and maple syrup to a small pot. Bring the pot to a light boil, and then reduce to a simmer for five to seven minutes.
2. Remove the pot from the heat and mix in the chia seeds. Serve the mixture in a bowl. Top with the blood orange and pomegranate seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Bee pollen, hemp seeds, chopped walnuts, blueberries, and/or yogurt.

No Maple Syrup

Use stevia, monk fruit sweetener, or honey and adjust accordingly.

Ingredients

3/4 cup Cauliflower Rice
3/4 oz Collagen Powder
1 1/4 cups Lite Coconut Milk
1 tbsp Maple Syrup
3 tbsps Chia Seeds
1/2 Blood Orange (sliced)
2 tbsps Pomegranate Seeds

Chocolate Orange Ginger Smoothie Bowl

8 ingredients · 10 minutes · 1 serving



Directions

1. Add the banana, cauliflower rice, ginger, cacao, collagen, orange extract, and half of the orange to a blender or food processor and blend until a smooth consistency is achieved. You may need to stop and scrape down the sides or use a tamper while blending.
2. Transfer to a bowl. Top with the remaining orange and cacao nibs. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/2 cups

Make it Vegan

Use plant-based protein or hemp seeds in place of the collagen powder.

Additional Toppings

Add chocolate chips, shredded coconut, or candied ginger.

Ingredients

- 1 cup Frozen Banana
- 1/2 cup Cauliflower Rice (frozen)
- 1 tbsp Ginger (fresh, grated)
- 2 tbsps Cacao Powder
- 2/3 oz Collagen Powder
- 1 tsp Orange Extract
- 1 Navel Orange (peeled, chopped, divided)
- 1 tbsp Cacao Nibs (optional)

Blueberry Coconut Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately 1 1/3 cup.

Make it Vegan

Use coconut or cashew yogurt instead.

More Fiber

Add a combination of chia seeds, hemp seeds, and baby spinach before blending.

Ingredients

1 cup Coconut Water

1 cup Frozen Blueberries

1/4 cup Frozen Banana

1/4 cup Plain Greek Yogurt

1/4 cup Vanilla Protein Powder

Spinach Scrambled Eggs with Orange & Papaya

8 ingredients · 15 minutes · 1 serving



Directions

1. Crack the eggs into a bowl and whisk well. Add the spinach, dill, onion, salt, and pepper. Mix to combine.
2. Heat the butter in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
3. Add the scramble to a plate along with the papaya and orange. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Dairy-Free

Use avocado oil or extra virgin olive oil instead of butter.

More Flavor

Add feta cheese or parmesan cheese.

Additional Toppings

Hot sauce, chili flakes, or dried herbs.

Ingredients

2 Egg

1 cup Baby Spinach (roughly chopped)

1 tbsp Fresh Dill (finely chopped)

1 stalk Green Onion (green part only, chopped)

Sea Salt & Black Pepper (to taste)

1 tsp Butter

1/2 cup Papaya

1/2 Navel Orange (peeled and sectioned)

Citrus Avocado Smoothie

5 ingredients · 10 minutes · 1 serving



Directions

1. Combine all the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

More Flavor

Add your sweetener of choice. Add protein powder, collagen powder, hemp seeds, blueberries, or spinach.

Ingredients

- 1/2 Avocado
- 1/3 Cucumber (medium)
- 1 Lime (juiced, zested)
- 4 Ice Cubes
- Sea Salt & Black Pepper (to taste, optional)

Everything Bagel Soft Scramble on Crackers

6 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet over medium-low heat. Once hot, add the butter. Once melted, add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the skillet until fluffy and barely set, about two minutes. They should still look slightly runny on top. Remove from the heat, season with salt and pepper and set aside.
2. Top the rye crackers with avocado and season with half of the everything bagel seasoning. Add the eggs on top and season with the remaining everything bagel seasoning. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is two crisp breads.

More Flavor

Add chili flakes on top.

Gluten-Free

Use a gluten-free cracker or bread instead.

Dairy-Free

Cook eggs in oil or use dairy-free butter.

Ingredients

1/2 tsp Butter

2 Egg (whisked)

Sea Salt & Black Pepper (to taste)

2 slices Light Rye Crisp Bread

1/2 Avocado (mashed or sliced)

1/2 tsp Everything Bagel Seasoning (divided)

Barley, Apple & Goat Cheese Chicken Salad

8 ingredients · 25 minutes · 2 servings



Directions

1. Cook the barley according to package instructions. Set aside.
2. Preheat a non-stick skillet over medium heat. Add 1/4 of the balsamic vinaigrette, the chicken and the shallot. Cook for seven to 10 minutes or until the chicken is cooked through.
3. Divide the cooked barley, chicken, greens, and apple evenly between bowls. Top with cheese, almonds, and the remaining balsamic vinaigrette. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Gluten-Free

Use brown rice or quinoa instead of barley.

More Flavor

Cook the barley in chicken broth instead of water. Swap the goat cheese for blue cheese.

Additional Toppings

Basil, green onions, chives, seeds and/or other roasted nuts.

Ingredients

1/4 cup Pearl Barley (uncooked, rinsed and drained)

1/4 cup Balsamic Vinaigrette (divided)

8 ozs Chicken Breast (diced)

1/4 cup Shallot (thinly sliced)

4 cups Mixed Greens

1 Apple (cored, diced)

1/4 cup Goat Cheese (crumbled)

1/4 cup Almonds (roasted, chopped)

Asparagus, Soba & Tempeh

8 ingredients · 15 minutes · 4 servings



Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
3. In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
4. Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Add sliced green onions or red pepper flakes.

Ingredients

- 7 1/16 ozs Buckwheat Soba Noodles (dry, uncooked)
- 1 1/2 cups Asparagus (trimmed, cut into bite sized pieces)
- 3 tbsps Miso Paste
- 2 tbsps Rice Vinegar
- 1 tsp Ginger (fresh, minced)
- 3 tbsps Water
- 12 ozs Tempeh (cut into strips)
- 2 tpsps Sesame Seeds

Ginger Salmon Patties with Fennel & Cucumber Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
2. In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
3. Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
4. Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
5. Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers

Refrigerate in separate airtight containers for up to three days.

Serving Size

One serving is equal to two patties

More Flavor

Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings

Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in advance

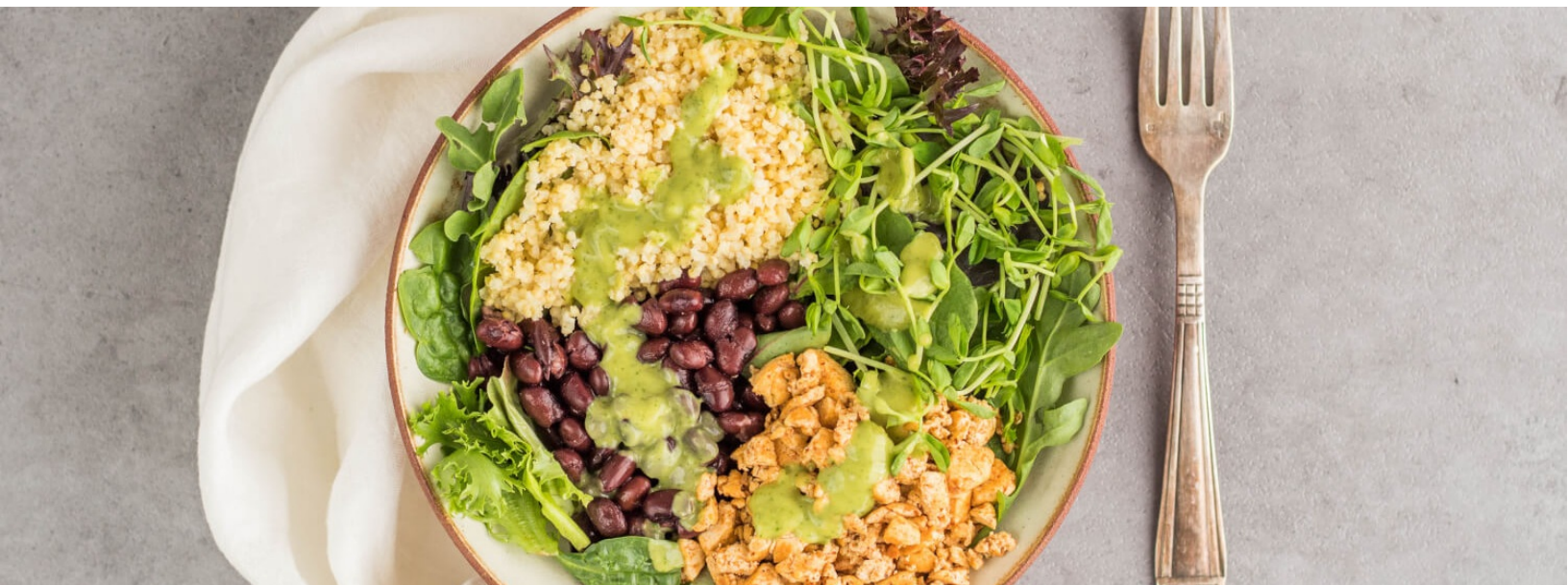
The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.

Ingredients

- 2 1/2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **tbsp** Lime Juice
- 1 **tsp** Maple Syrup
- 1/4 **tsp** Sea Salt (divided)
- 1 Cucumber (large, thinly sliced)
- 1 **bulb** Fennel (small, thinly sliced)
- 1/4 **cup** Fresh Dill (chopped)
- 12 **ozs** Salmon Fillet (skinless, chopped into small chunks)
- 2 **stalks** Green Onion (chopped)
- 1 **tbsp** Ginger (grated)

Black Bean, Tofu & Cilantro Lime Salad

9 ingredients · 25 minutes · 3 servings



Directions

1. Cook the millet according to package instructions. Set aside.
2. Press the tofu with paper towels to remove excess moisture.
3. Heat the oil in a skillet over medium-high heat. Add the tofu, breaking it up as it cooks, stirring frequently, for four to six minutes or until golden. Add the water and the taco seasoning and continue cooking for two minutes. Set aside to cool.
4. Divide the greens, microgreens, beans, cooked millet, and tofu evenly between bowls and top with the dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Cook the millet in broth instead of water. Serve with tortilla chips.

Additional Toppings

Salsa, avocado, cilantro, green onions, seeds, roasted nuts and/or a dressing of your choice.

Ingredients

- 1/4 cup** Millet (dry)
- 1 lb** Tofu (firm)
- 1 tbsp** Avocado Oil
- 1/4 cup** Water
- 2 tsps** Taco Seasoning
- 4 cups** Mixed Greens
- 2 cups** Microgreens
- 1/2 cup** Black Beans (cooked and rinsed)
- 1/4 cup** Cilantro Lime Dressing

Berry Coconut Smoothie

4 ingredients · 5 minutes · 2 servings



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 3/4 cup.

More Flavor

Add baby spinach, hemp seeds, and/or chia seeds before blending.

Make it Vegan

Omit collagen powder and use plant-based protein powder.

Ingredients

1 cup Canned Coconut Milk (full fat)

1/2 cup Frozen Berries

1/4 Avocado

2/3 oz Collagen Powder

Peanut Butter & Banana Chia Pudding

5 ingredients · 3 hours 5 minutes · 2 servings



Directions

1. Add the milk, peanut butter, and maple syrup to a jar and shake well until the peanut butter has been incorporated with the milk. Add the chia seeds and shake again to combine.
2. Refrigerate for at least three hours or until chilled.
3. To serve, divide the chia pudding between bowls and top with the sliced banana. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Slice the banana just before serving.

More Flavor

Add cinnamon, sea salt, and/or vanilla extract.

Additional Toppings

Berries, honey, or extra peanut butter.

No Peanut Butter

Use almond butter or sunflower seed butter instead.

No Banana

Use berries instead.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 2 tbsps** All Natural Peanut Butter
- 2 tsps** Maple Syrup
- 1/4 cup** Chia Seeds
- 1** Banana (sliced)

Tomato Shakshuka

9 ingredients · 15 minutes · 2 servings



Directions

1. Heat olive oil in a large pan over medium-high heat. Add chopped onion and cook until soft, about 2 minutes.
2. Add garlic, cumin, paprika and sea salt. Stir until combined and fragrant, about 30 seconds.
3. Add tomatoes with the juice and roughly crush with your spatula. Bring to a simmer, stirring occasionally. Stir in chopped basil. (Note: the tomato juice will reduce a bit. If you prefer a thicker sauce, leave out the tomato juice.)
4. Using a spatula or the back of a spoon, create pockets in the tomato sauce. Crack an egg into each pocket, cover the pan and cook until the eggs are set, about 5-7 minutes.
5. Scoop into separate bowls and enjoy!

Notes

More Protein

Add more eggs.

Serve it With

Toast, brown rice, or quinoa.

Make it Spicy

Garnish with red pepper flakes.

No Basil

Use spinach instead.

Extra Toppings

Top with chopped cilantro, green onions or avocado slices.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Paprika
- 1/2 **tsp** Sea Salt
- 3 **cups** Canned Whole Tomatoes
- 1 **cup** Basil Leaves (chopped)
- 2 Egg

Sheet Pan Salmon & Squash with Miso Orange Dressing

8 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. Toss the squash with 1/3 of the oil, salt, and pepper and arrange on the baking sheet. Bake in the oven for 15 minutes.
3. Remove the baking sheet and reduce the oven to 400°F (205°C). Move the squash around to make room for the salmon. Cover the salmon with 1/3 of the oil. Season with salt and pepper. Bake for 13 to 15 minutes, or until the salmon is cooked through. Let cool slightly and then roughly flake the salmon with a fork and set aside.
4. Meanwhile, in a small bowl or jar, combine the remaining oil, miso paste, orange juice, and rice vinegar. Mix or shake well to combine.
5. Place the squash onto a platter and top with the salmon. Top with the miso sauce and garnish with sesame seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is approximately two cups.

More Flavor

Add minced ginger to the miso dressing, and/or sesame oil.

Additional Toppings

Top with cilantro.

Ingredients

4 1/2 cups Butternut Squash (peeled, seeds removed, cubed)

2 tbsps Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

1 1/2 lbs Salmon Fillet

1 tbsp Miso Paste (white)

2 tbsps Orange Juice

1 tbsp Rice Vinegar

1 tsp Sesame Seeds

Coconut Turkey Curry

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat the oil in a large skillet over medium heat. Once hot, add the onion and cook until softened, about five minutes. Add the ginger and cook for one minute, stirring often.
2. Add the turkey, turmeric, and salt. Cook, stirring often until the turkey is cooked through, about nine to ten minutes. Add the coconut aminos and coconut milk. Bring to a boil, then reduce the heat and simmer for five to eight minutes.
3. Turn off the heat and add the spinach. Stir until just wilted. Add the lime juice. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is about 3/4 cup.

Make it Vegan

Use cubed tofu instead of turkey.

More Flavor

Add garlic, fish sauce, and/or chopped chili pepper for heat.

Serve it With

Serve with rice, cauliflower rice, noodles, or flatbread.

Ingredients

- 2 **tsps** Avocado Oil
- 1/2 Yellow Onion (chopped)
- 1 **tsp** Ginger (minced)
- 1 **lb** Extra Lean Ground Turkey
- 1/2 **tsp** Turmeric (ground)
- 1/2 **tsp** Sea Salt
- 1 **tbsp** Coconut Aminos
- 1 **3/4 cups** Canned Coconut Milk (full fat)
- 4 **cups** Baby Spinach
- 1/2 Lime (juiced)

Sardine Spaghetti

7 ingredients · 20 minutes · 2 servings



Directions

1. Cook the spaghetti according to package directions, reserving roughly one cup of cooking water.
2. In a bowl, combine the sardines, sun dried tomatoes, lemon zest, juice, olives, and parsley.
3. Toss the hot pasta with the sardine mixture. Add some of the reserved pasta water, a little at a time, as necessary. Toss to coat and season with salt and pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Gluten-Free

Use brown rice spaghetti or gluten-free pasta of choice.

More Flavor

Add garlic oil, a pinch of red pepper flakes, and/or pesto.

Additional Toppings

Fresh basil, microgreens, and parmesan cheese.

No Sardines

Use canned tuna.

Ingredients

4 1/2 ozs Whole Wheat Spaghetti

5 2/3 ozs Sardines (packed in oil, drained, chopped)

1/4 cup Sun Dried Tomatoes (chopped)

1 Lemon (small, juice and zest)

1/4 cup Black Olives (pitted, sliced)

1/4 cup Parsley (finely chopped)

Sea Salt & Black Pepper (to taste)