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Vegan Nutritional Support Planner



By



Water B Gone 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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Water B Gone Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie	Matcha Overnight Oats	Matcha Overnight Oats	Berry Banana Smoothie	Berry Banana Smoothie	Buckwheat Pineapple Pancakes
Snack 1	Peanut Butter Stuffed Dates	Peanut Butter Stuffed Dates	Strawberry Cranberry Smoothie	Strawberry Cranberry Smoothie	Peanut Butter Stuffed Dates	Peanut Butter Stuffed Dates	Strawberry Cranberry Smoothie
Lunch	Roasted Cauliflower Burrito Bowl	Roasted Cauliflower Burrito Bowl	Chili Lime Tempeh Bowls	Chili Lime Tempeh Bowls	Chickpea Spinach Salad with Tamari Vinaigrette	Chickpea Spinach Salad with Tamari Vinaigrette	Chickpea Spinach Salad with Tamari Vinaigrette
Snack 2	Hummus Kraut & Crackers	Hummus Kraut & Crackers	Fruit Chaat	Fruit Chaat	Hummus Kraut & Crackers	Melon & Pecans	Melon & Pecans
Dinner	Edamame Avocado Toast	Chickpea Crepes with Smashed Avocado	Chickpea Crepes with Smashed Avocado	Pressure Cooker Kitchari	Pressure Cooker Kitchari	Spiralized Veggie Hummus Wraps	Spiralized Veggie Hummus Wraps
Snack 3	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea

Water B Gone Vegan Meal Planner

83 items

Fruits

- ☐ 4 Apple
- ☐ 7 1/2 Avocado
- ☐ 6 Banana
- ☐ 3 cups Grapes
- ☐ 1/2 Honeydew Melon
- ☐ 1/2 Lemon
- ☐ 6 Lime
- ☐ 2 tsps Lime Juice
- ☐ 1 cup Papaya
- ☐ 1 1/2 cups Pineapple

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 7 cups Dandelion Tea
- ☐ 1 tsp Green Tea Powder
- ☐ 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/2 tsp Black Pepper
- ☐ 1 tsp Chaat Masala
- ☐ 1/4 cup Chia Seeds
- ☐ 2 tbsps Chili Powder
- ☐ 1/2 tsp Cinnamon
- ☐ 2 1/2 tbsps Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 2 tsps Garlic Powder
- ☐ 1/4 cup Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/2 cup Pecans
- ☐ 1 3/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 1 tbsp Smoked Paprika
- ☐ 2 tbsps Turmeric
- ☐ 2 tbsps Whole Flax Seeds

Frozen

Vegetables

- ☐ 2 cups Alfalfa Sprouts
- ☐ 6 1/2 cups Baby Spinach
- ☐ 2 Beet
- ☐ 2 Carrot
- ☐ 4 heads Cauliflower
- ☐ 2 1/2 cups Cilantro
- ☐ 8 cups Collard Greens
- ☐ 4 1/4 Cucumber
- ☐ 2 Garlic
- ☐ 2 Green Bell Pepper
- ☐ 2 cups Kale Leaves
- ☐ 1 1/2 cups Mint Leaves
- ☐ 2 Red Bell Pepper
- ☐ 2 Sweet Potato
- ☐ 1 Yellow Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 3 cups Black Beans
- ☐ 2 1/2 cups Chickpeas
- ☐ 1 cup Dry Red Lentils
- ☐ 9 slices Light Rye Crisp Bread
- ☐ 2 cups Lite Coconut Milk
- ☐ 2 cups Quinoa
- ☐ 8 1/2 cups Vegetable Broth

Baking

- ☐ 1/2 tsp Baking Powder
- ☐ 2 cups Buckwheat Flour
- ☐ 1/2 cup Chickpea Flour
- ☐ 2 tsps Nutritional Yeast
- ☐ 2 cups Oats
- ☐ 2 cups Pitted Dates
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 2 3/4 cups Hummus
- ☐ 3 1/2 ozs Sourdough Bread
- ☐ 1 1/8 lbs Tempeh

Condiments & Oils

- ☐ 3 tbsps Balsamic Vinegar
- ☐ 2 tbsps Coconut Oil
- ☐ 1 1/2 tsps Dijon Mustard
- ☐ 2 1/3 tbsps Extra Virgin Olive Oil
- ☐ 1/2 oz Pickled Red Onions
- ☐ 3/4 cup Sauerkraut
- ☐ 3 tbsps Tamari

Cold

- ☐ 3 cups Plain Coconut Milk
- ☐ 4 1/2 cups Unsweetened Almond Milk
- ☐ 1 cup Unsweetened Coconut Yogurt

Other

- ☐ 10 Ice Cubes
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3 3/4 cups Water
- ☐ 2 servings Whey Protein Powder/vegan Protein Powder

- ☐ **2 cups** Frozen Berries
- ☐ **1 1/2 cups** Frozen Cranberries
- ☐ **1/2 cup** Frozen Edamame
- ☐ **1 1/2 cups** Frozen Strawberries

Bloat-Fighting Tropical Smoothie

9 ingredients · 5 minutes · 2 servings



Directions

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

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

Ingredients

1/2 cup Papaya (chopped)

1/2 cup Pineapple (chopped)

1 Cucumber (chopped)

5 Ice Cubes

1/2 cup Mint Leaves

1 cup Baby Spinach

1 cup Water

1 serving Whey Protein Powder/vegan Protein Powder

1 tbsp Ground Flax Seed

Matcha Overnight Oats

6 ingredients · 8 hours · 2 servings



Directions

1. Add the oats, almond milk, green tea powder, chia seeds, and vanilla extract together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Remove the oats from the fridge. Divide into containers and top with the banana slices. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

Serving Size

One serving is approximately 1 1/2 cups.

Nut-Free

Use a nut-free milk such as oat or soy.

No Banana

Use mixed berries instead.

Additional Toppings

Top with almond butter.

Ingredients

- 1 cup Oats (rolled)
- 1 1/4 cups Unsweetened Almond Milk
- 1/2 tsp Green Tea Powder
- 2 tbsps Chia Seeds
- 1/2 tsp Vanilla Extract
- 1 Banana (sliced)

Berry Banana Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free

Use nut-free milk such as oat milk.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Frozen Berries

1/2 Banana

1 cup Kale Leaves

1/4 cup Vanilla Protein Powder

1 tbsp Whole Flax Seeds

Buckwheat Pineapple Pancakes

10 ingredients · 30 minutes · 4 servings



Directions

1. Mix the flax seed and water together in a large bowl and set aside for five minutes.
2. In the meantime, mix the flour, baking powder, salt and cinnamon together.
3. Add the banana and coconut milk to the flax mixture and mix well. Add the dry ingredients to the wet ingredients and mix until just combined. Add the pineapple and stir until evenly mixed in.
4. Heat a large pan over medium heat and grease with oil. Scoop 1/3 cup of batter at a time into the pan. Flip the pancakes when they bubble on top and continue cooking until they are lightly browned. Repeat with the remaining batter.
5. Serve the pancakes with maple syrup and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for three days. Alternatively, you can freeze the pancakes in an airtight container for up to one month and toast them in the toaster when ready to eat.

Serving Size

One serving is approximately three pancakes.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/4 **cup** Water
- 2 **cups** Buckwheat Flour
- 1/2 **tsp** Baking Powder
- 1/8 **tsp** Sea Salt
- 1/2 **tsp** Cinnamon
- 1 Banana (mashed)
- 2 **cups** Lite Coconut Milk
- 1/2 **cup** Pineapple (chopped)
- 1/4 **cup** Maple Syrup

Peanut Butter Stuffed Dates

3 ingredients · 5 minutes · 1 serving



Directions

1. Open the dates up wide. Spread the peanut butter into the dates. Sprinkle with flaky sea salt, if desired. Enjoy!

Notes

Leftovers

Refrigerate the leftovers in an airtight container for up to three days.

Serving Size

One serving is two peanut butter stuffed dates.

Additional Toppings

Cacao nibs, shredded coconut, or chocolate chips.

Ingredients

1/2 cup Pitted Dates

1 tbsp All Natural Peanut Butter

1/8 tsp Sea Salt (flaky, optional)

Strawberry Cranberry Smoothie

4 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.

No Coconut Milk

Use any other alternative milk.

More Protein

Add a scoop of vanilla or unflavored protein powder.

More Fiber

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

Ingredients

1 cup Plain Coconut Milk (from the carton)

1/3 cup Unsweetened Coconut Yogurt

1/2 cup Frozen Strawberries

1/2 cup Frozen Cranberries

Roasted Cauliflower Burrito Bowl

11 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
2. While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
3. In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
4. Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

More Flavor

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

Additional Toppings

Serve with corn tortilla chips.

Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

Chili Lime Tempeh Bowls

15 ingredients · 1 hour 40 minutes · 4 servings



Directions

1. In a shallow bowl or zipper-lock bag combine the paprika, half of the chili powder, half of the cumin, half of the garlic powder, and two-thirds of the salt. Stir in the lime juice, vegetable broth and maple syrup and mix well. Add in the tempeh and gently toss to coat the tempeh in the marinade. Let the tempeh marinate for at least one hour or up to 8 hours. If marinating for longer than 1 hour keep the tempeh in the fridge.
2. When the tempeh has finished marinating, preheat your oven to 375°F (190°C) and line a large baking sheet with parchment paper.
3. Add the peppers and onion to a large mixing bowl. Add the remaining chili powder, cumin, garlic, salt and water and toss to coat the vegetables. Transfer the seasoned vegetables to the prepared baking sheet and arrange on one-third of the pan.
4. Gently toss to coat the tempeh in the marinade again then arrange the tempeh evenly on the remaining two-thirds of the baking sheet. Ensure the pieces are not overlapping or touching. Discard any remaining marinade. Bake for 28 to 30 minutes, flipping halfway through, or until the vegetables are tender.
5. Meanwhile, cook the quinoa according to the package directions.
6. Divide the quinoa, tempeh and vegetables between bowls and serve with the sliced avocado. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add cayenne pepper for a spicy tempeh. Use oil to roast the vegetables.

Additional Toppings

Cilantro, salsa, yogurt, diced tomatoes or sliced green onions.

Ingredients

1/2 tsp Smoked Paprika
2 tsps Chili Powder (divided)
2 tsps Cumin (divided)
1 tsp Garlic Powder (divided)
3/4 tsp Sea Salt (divided)
3 Lime (juiced)
1/4 cup Vegetable Broth
1 tsp Maple Syrup
9 ozs Tempeh (cut into thin pieces)
1 Red Bell Pepper (thinly sliced)
1 Green Bell Pepper (thinly sliced)
1/2 Yellow Onion (thinly sliced)
1 tbsp Water
1 cup Quinoa
1 Avocado (sliced)

Chickpea Spinach Salad with Tamari Vinaigrette

7 ingredients · 5 minutes · 1 serving



Directions

1. Add the tamari, balsamic vinegar, and dijon mustard to a jar. Cover, shake well, and set aside.
2. Divide the baby spinach, cucumber and chickpeas onto plates. Top with dressing and avocado slices and enjoy!

Notes

Leftovers

Refrigerate the dressing and salad separately in airtight container for up to 4 to 5 days.

More Flavor

Add grated ginger, minced garlic and/or toasted sesame seeds.

No Balsamic Vinegar

Use red wine vinegar instead.

Ingredients

- 1 **tb**sp Tamari
- 1 **tb**sp Balsamic Vinegar
- 1/2 **ts**p Dijon Mustard
- 1 1/2 **cu**ps Baby Spinach
- 1/4 Cucumber (sliced)
- 1/2 **cu**p Chickpeas (cooked)
- 1/2 Avocado

Hummus Kraut & Crackers

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, combine the hummus and sauerkraut. Spread onto the crisp bread and top with cucumber slices. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the hummus kraut in an airtight container for up to three days.

More Flavor

Season with black pepper to taste.

No Cucumber

Use tomato slices or sprouts instead.

Ingredients

1/4 cup Hummus

1/4 cup Sauerkraut

3 slices Light Rye Crisp Bread

1/2 Cucumber (medium, sliced)

Fruit Chaat

8 ingredients · 10 minutes · 3 servings



Directions

1. Add all the ingredients into a large mixing bowl. Toss until well combined. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1 1/2 cups.

Ingredients

- 1 1/2 cups Grapes (halved)
- 2 Apple (small, chopped)
- 1 Banana (medium, sliced)
- 1/4 Lemon (juiced)
- 1/4 cup Mint Leaves (chopped)
- 1/2 tsp Chaat Masala
- 1/4 tsp Cumin (ground)
- 1/8 tsp Sea Salt

Melon & Pecans

2 ingredients · 2 minutes · 1 serving



Directions

1. Place the melon and pecans on a plate. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Store nuts and melon separately.

Nut-Free

Use pumpkin seeds or sunflower seeds instead.

Serving Size

1/4 melon is approximately equal to one cup.

Additional Toppings

Drizzle with a bit of raw honey for extra sweetness.

Ingredients

1/4 Honeydew Melon (small, peeled, seeds removed, and chopped)

1/4 cup Pecans (whole or chopped)

Edamame Avocado Toast

5 ingredients · 10 minutes · 2 servings



Directions

1. Cook the edamame in salted boiling water for three to four minutes. Set aside.
2. Spread the avocado on the toast and top with the edamame, red onions, and sesame seeds. Enjoy!

Notes

Leftovers

Do not open and mash the avocado until ready to serve. Refrigerate the cooked edamame in an airtight container for up to three days.

Serving Size

One serving is one piece of toast.

Additional Toppings

Sprinkle with chilli flakes.

Gluten-Free

Use gluten-free bread.

More Flavor

Top with olive oil or flavor-infused oil.

Ingredients

- 1/2 cup Frozen Edamame
- 1 Avocado (medium, mashed)
- 3 1/2 ozs Sourdough Bread (toasted)
- 1/2 oz Pickled Red Onions
- 1 tsp Sesame Seeds (black)

Chickpea Crepes with Smashed Avocado

7 ingredients · 30 minutes · 1 serving



Directions

1. In a medium-sized bowl, whisk together the flour, water, and half the salt until well combined. Let sit for 20 minutes.
2. In a small bowl, mash the avocado. Add the hemp seeds, nutritional yeast, and the remaining salt. Set aside.
3. Heat the oil in a large nonstick skillet over medium heat. Once hot, add the chickpea batter and swirl the pan to create an even layer. Cook for three to four minutes, until set. The sides will pull away from the pan and you will be able to flip the crepe over with a spatula. Once flipped, cook for three minutes longer.
4. Remove the crepe and transfer to a plate. Add the avocado mixture to half the crepe and fold the other half over. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one crepe.

More Flavor

Add turmeric and/or nutritional yeast to the batter.

Additional Toppings

Add cooked veggies, microgreens, fresh herbs, or chili flakes on top.

Ingredients

- 1/4 cup Chickpea Flour
- 1/4 cup Water
- 1/4 tsp Sea Salt (divided)
- 1/2 Avocado (medium)
- 1 tbsp Hemp Seeds
- 1 tsp Nutritional Yeast
- 1/2 tsp Extra Virgin Olive Oil

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

Spiralized Veggie Hummus Wraps

8 ingredients · 20 minutes · 4 servings



Directions

1. Spiralize your beet, zucchini and sweet potato and transfer to a large mixing bowl. If you do not have a spiralizer, just use a box grater. Toss with extra virgin olive oil and sea salt and black pepper to taste.
2. Lay your collard green wraps across a clean counter. Spread a large spoonful of hummus across each. Next add the sprouts and top with spiralized veggies. Wrap and secure with a toothpick if needed. Enjoy!

Notes

More Protein

Cook up some quinoa ahead of time and add to each wrap.

More Carbs

Wrap in a gluten-free tortilla.

No Spiralizer

Use a box grater to grate your veggies.

Storage

These keep well in the fridge for 2 days.

Ingredients

1 Beet

1 Zucchini

1 Sweet Potato

1 **tbsp** Extra Virgin Olive Oil

Sea Salt & Black Pepper (to taste)

4 **cups** Collard Greens (washed and stems removed)

1 **cup** Hummus

1 **cup** Alfalfa Sprouts

Dandelion Tea

1 ingredient · 5 minutes · 1 serving



Directions

1. Pour tea into a mug and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Like it Sweet

Add sweetener of choice to taste.

More Flavor

Add milk of choice to taste.

Ingredients

1 cup Dandelion Tea (brewed)