



U Got This Meal Planner

Created by Aeryon Wellness



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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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U Got This Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Greek Yogurt with Strawberries & Bee Pollen	Greek Yogurt with Strawberries & Bee Pollen	Strawberry Kefir Smoothie	Strawberry Kefir Smoothie	Strawberry Kefir Smoothie	Spelt Pancakes	Cleaned Up Eggs Benedict
Snack 1	Creamy Mango Green Smoothie	Creamy Mango Green Smoothie	Creamy Mango Green Smoothie	Rice Cakes with Avocado & Egg	Rice Cakes with Avocado & Egg	Rice Cakes with Avocado & Egg	Creamy Mango Green Smoothie
Lunch	Veggie & Tofu Curry with Rice	Veggie & Tofu Curry with Rice	Veggie & Tofu Curry with Rice	Halloumi Avocado Toast	Halloumi Avocado Toast	Turkey, Avocado & Black Bean Wrap	Turkey, Avocado & Black Bean Wrap
Snack 2	Avocado & Mustard Tuna Hand Rolls	Avocado & Mustard Tuna Hand Rolls	Orange, Carrot & Turmeric Smoothie	Orange, Carrot & Turmeric Smoothie	Orange, Carrot & Turmeric Smoothie	Sardine Spread with Cucumbers	Sardine Spread with Cucumbers
Dinner	Salmon, Dill & Potato Hash	Salmon, Dill & Potato Hash	Grilled Chicken with Cucumber Salad	Grilled Chicken with Cucumber Salad	Grilled Chicken with Cucumber Salad	Bison Taco Bowl	Bison Taco Bowl
Snack 3	Chamomile Tea	Chamomile Tea	Tulsi Tea	Tulsi Tea	Tulsi Tea	Chamomile Tea	Chamomile Tea

U Got This Meal Planner

74 items

Fruits

- ☐ 8 1/2 Avocado
- ☐ 1/8 Lemon
- ☐ 3 tbsps Lemon Juice
- ☐ 2 Lime
- ☐ 4 Mango
- ☐ 3 Navel Orange
- ☐ 4 cups Strawberries

Breakfast

- ☐ 6 Brown Rice Cake
- ☐ 4 cups Chamomile Tea
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 tsp Cardamom
- ☐ 3 tbsps Chia Seeds
- ☐ 1/2 tsp Chili Flakes
- ☐ 1 1/2 tbsps Curry Powder
- ☐ 1 tbsps Ground Flax Seed
- ☐ 1 tsp Ground Mustard
- ☐ 1/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Taco Seasoning
- ☐ 3/4 tsp Turmeric

Vegetables

- ☐ 3 Carrot
- ☐ 2 stalks Celery
- ☐ 8 1/4 cups Cherry Tomatoes
- ☐ 4 Cucumber
- ☐ 3 bulbs Fennel
- ☐ 1 cup Fresh Dill
- ☐ 1/4 head Green Lettuce
- ☐ 1 stalk Green Onion
- ☐ 1 cup Mixed Greens
- ☐ 3/4 cup Parsley
- ☐ 1 cup Red Onion
- ☐ 6 Red Potato
- ☐ 2 heads Romaine Hearts
- ☐ 1 1/2 cups Shallot
- ☐ 1/8 Sweet Onion
- ☐ 1 Sweet Potato
- ☐ 1 1/3 tbsps Thyme
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2/3 cup Black Beans
- ☐ 1 1/2 cups Jasmine Rice
- ☐ 6 ozs Sardines
- ☐ 1 can Tuna
- ☐ 3 cups Vegetable Broth

Baking

- ☐ 2 tsps Baking Powder
- ☐ 2 tbsps Coconut Flour
- ☐ 2 tbsps Coconut Sugar
- ☐ 1 1/2 tsps Raw Honey
- ☐ 1 cup Spelt Flour
- ☐ 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 4 ozs Cheddar Cheese
- ☐ 1 1/2 lbs Chicken Thighs
- ☐ 4 slices Gluten-Free Bread
- ☐ 2 lbs Ground Bison
- ☐ 8 ozs Halloumi
- ☐ 1 1/4 lbs Salmon Fillet
- ☐ 1 2/3 lbs Tofu
- ☐ 8 ozs Turkey Breast, Cooked
- ☐ 2 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 1/4 cup Coconut Oil
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Mayonnaise

Cold

- ☐ 11 Egg
- ☐ 1/4 cup Hummus
- ☐ 1 cup Plain Coconut Milk
- ☐ 5 1/2 cups Plain Greek Yogurt
- ☐ 3 3/4 cups Plain Kefir
- ☐ 4 cups Unsweetened Almond Milk

Other

- ☐ 2 tsps Bee Pollen
- ☐ 2 ozs Collagen Powder
- ☐ 2 Nori Sheets
- ☐ 1/2 oz Tulsi Tea
- ☐ 3/4 cup Vanilla Protein Powder
- ☐ 3 1/4 cups Water

Greek Yogurt with Strawberries & Bee Pollen

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt and strawberries to a bowl. Drizzle the maple syrup and bee pollen on top. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate the ingredients separately. Add the bee pollen when ready to eat.

Make it Vegan

Use a plant-based yogurt alternative and top with chia seeds, flax seeds, hemp seeds, or pumpkin seeds.

No Maple Syrup

Use raw honey instead.

No Strawberries

Use other berries like blackberries, blueberries, or raspberries.

Ingredients

- 1 cup Plain Greek Yogurt
- 1/2 cup Strawberries (chopped)
- 1 tbsp Maple Syrup
- 1 tsp Bee Pollen

Strawberry Kefir 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 approximately 1 1/2 cups.

More Fiber

Add a handful of baby spinach or kale.

Dairy-Free

Use coconut milk kefir.

Ingredients

1 1/4 cups Plain Kefir

1 cup Strawberries (frozen)

1/4 cup Vanilla Protein Powder

1 tbsp Chia Seeds

Spelt Pancakes

8 ingredients · 20 minutes · 3 servings



Directions

1. In a large bowl, whisk the egg and coconut sugar until well combined. Stir in the vanilla extract, coconut oil, and coconut milk.
2. Add the flour, baking powder, and salt, and mix well until a batter forms.
3. Heat a well-greased pan over medium-high heat. Scoop 1/4 cup of the batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
4. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat on the stove or in the toaster.

Serving Size

One serving is two pancakes.

No Coconut Milk

Use cow's milk or any other alternative milk.

Additional Toppings

Maple syrup, butter, coconut butter, berries, and/or nuts.

Gluten-Free

Use gluten-free all purpose flour.

Spelt Flour

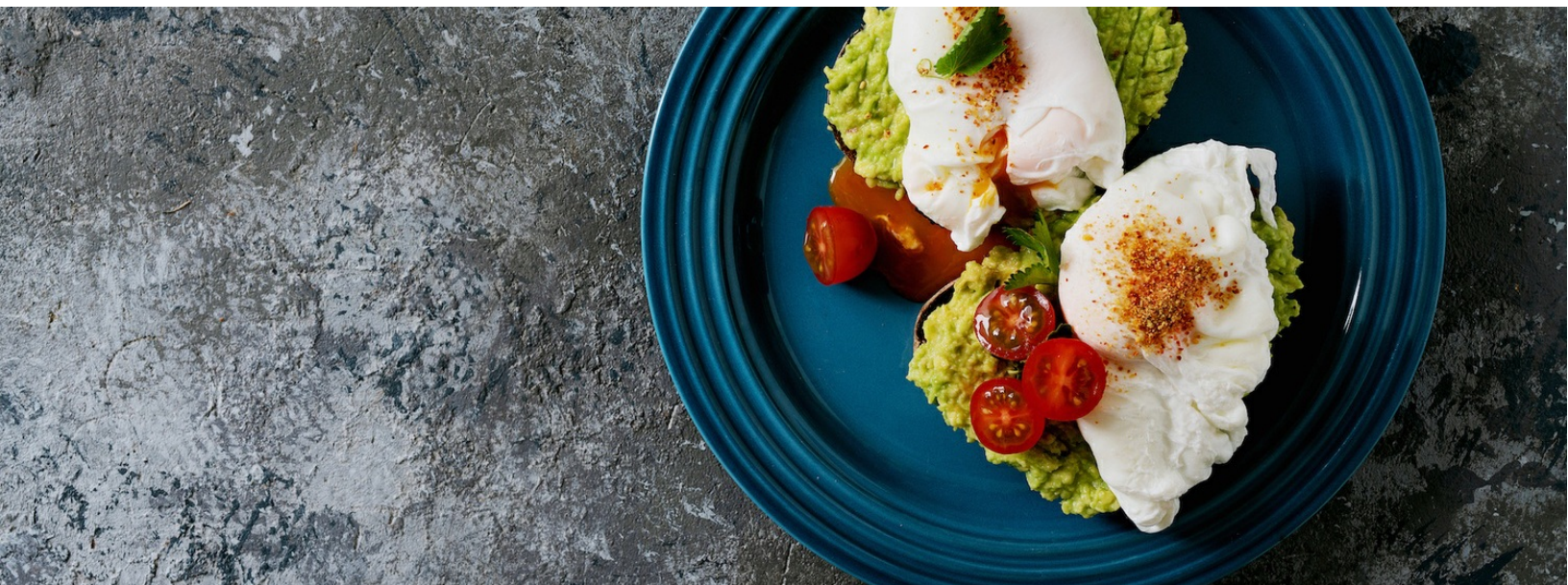
This recipe was developed and tested using Bob's Red Mill stone ground spelt flour.

Ingredients

- 1 Egg
- 2 **tbsps** Coconut Sugar
- 1 **tsp** Vanilla Extract
- 2 **tbsps** Coconut Oil (melted, slightly cooled, plus more for pan)
- 1 **cup** Plain Coconut Milk (from the carton)
- 1 **cup** Spelt Flour
- 2 **tsps** Baking Powder
- 1/8 **tsp** Sea Salt

Cleaned Up Eggs Benedict

12 ingredients · 30 minutes · 3 servings



Directions

1. Combine shredded sweet potato with onion, one whisked egg, coconut flour and season with salt and pepper.
2. Heat coconut oil in a frying pan over medium to medium-high heat. Gently form mixture into patties, about 1/4-1/2 cup each. Cook for about 4 to 5 minutes each side, or until tender and light golden brown. Set aside.
3. Crack one egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid. Repeat for additional servings.
5. In a food processor, make your hollandaise sauce by blending lemon juice, 1/2 an avocado, water, olive oil and a pinch of salt.
6. For each serving, stack two sweet potato hash browns and top with the remaining slices of avocado and poached egg. Drizzle with avocado hollandaise and season with salt and pepper to taste. Top with cherry tomatoes. Enjoy!

Notes

More Toppings

Add bacon, lightly sauteed spinach, sliced tomato, crumbled feta or asparagus.

More Greens

Add sauteed spinach or serve on top of a bed of greens.

Less Work

Skip the hollandaise sauce.

Make Ahead

Make the sweet potato hash browns ahead of time and freeze or refrigerate in an air-tight container up to 4-5 days. Reheat in the oven at 375-400 for a few minutes until warm and crispy again.

Ingredients

- 1 Sweet Potato (medium, peeled and grated)
- 1/8 Sweet Onion (medium, minced)
- 4 Egg (whisk one, set others aside)
- 2 tbsps Coconut Flour
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Coconut Oil
- 2 tbsps Apple Cider Vinegar
- 1/8 Lemon (juiced)
- 2 Avocado (pitted and sliced)
- 1/4 cup Water (hot)
- 2 tbsps Extra Virgin Olive Oil
- 1/4 cup Cherry Tomatoes

Creamy Mango Green Smoothie

5 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Divide into glasses and enjoy!

Notes

Leftovers

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

Dairy-Free

Use coconut yogurt instead of Greek yogurt.

Nut-Free

Use cow's milk or any other milk alternative.

More Flavor

Add protein powder, chia seeds, hemp seeds, or ginger.

Ingredients

1 Mango (peeled, chopped)

1/16 head Green Lettuce (separated into leaves and washed)

1 cup Unsweetened Almond Milk

1/2 cup Plain Greek Yogurt

1/4 tsp Cardamom (ground)

Rice Cakes with Avocado & Egg

4 ingredients · 10 minutes · 1 serving



Directions

1. If you haven't already done so, hard boil your eggs.
2. Mash the avocado onto the rice cakes and top with sliced egg. Sprinkle with sea salt and black pepper to taste. Enjoy!

Notes

No Eggs

Top with hemp seeds, flaked fish, smoked salmon or sliced meat instead.

Ingredients

- 1/2 Avocado
- 2 Brown Rice Cake
- 2 Egg (hard boiled)
- Sea Salt & Black Pepper (to taste)

Veggie & Tofu Curry with Rice

10 ingredients · 25 minutes · 2 servings



Directions

1. Cook the rice according to the package directions.
2. Mix the tofu with the curry powder and half of the oil. Preheat a large non-stick pan or wok over medium-high heat. Add the tofu, and cook until browned on all sides, about five minutes. Remove from the pan and set aside.
3. In the same pan, add the remaining oil, shallots, and fennel. Cook for three to five minutes, until tender. Add the tomatoes and cook for two more minutes or until softened. Season with salt.
4. Return the tofu to the skillet and add the broth and parsley. Stir and cook until heated through.
5. Divide the rice and the tofu mixture between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze individual portions for up to three months.

Serving Size

One serving is equal to approximately 1 1/2 cups of curry and 1/2 cup of rice.

More Flavor

Add garlic and use cilantro instead of parsley.

Ingredients

- 1/2 cup Jasmine Rice (dry)
- 9 ozs Tofu (firm, cubed)
- 1 1/2 tsps Curry Powder
- 2 tsps Extra Virgin Olive Oil (divided)
- 1/2 cup Shallot (chopped)
- 1 bulb Fennel (medium, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/16 tsp Sea Salt
- 1 cup Vegetable Broth (warm)
- 1/4 cup Parsley (chopped)

Halloumi Avocado Toast

6 ingredients · 5 minutes · 2 servings



Directions

1. Warm a pan over medium-high heat. Cook the halloumi slices until golden brown, about one to two minutes per side.
2. Top the toast with mashed avocado, halloumi, honey, salt, pepper, and chili flakes. Enjoy!

Notes

Leftovers

Best enjoyed fresh. Refrigerate the halloumi in an airtight container for up to three days.

Serving Size

One serving is equal to one slice of toast.

Make it Vegan

Omit the honey.

Additional Toppings

Drizzle with extra virgin olive oil.

Ingredients

4 ozs Halloumi (cut into large pieces)

2 slices Gluten-Free Bread (toasted)

1/2 Avocado (large, mashed)

3/4 tsp Raw Honey

Sea Salt & Black Pepper (to taste)

1/4 tsp Chili Flakes

Turkey, Avocado & Black Bean Wrap

7 ingredients · 10 minutes · 1 serving



Directions

1. Place the tortilla on a flat surface. Spread the hummus onto half and add the greens, turkey, beans, and avocado. Season with salt and pepper. Roll up tightly into a wrap and enjoy!

Notes

Leftovers

Best enjoyed fresh. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size

One serving is equal to one wrap.

Additional Toppings

Add bacon.

Gluten-Free

Use a gluten-free tortilla instead.

Ingredients

- 1 Whole Wheat Tortilla (large)
- 2 tbsps Hummus
- 1/2 cup Mixed Greens
- 4 ozs Turkey Breast, Cooked (shredded)
- 1/3 cup Black Beans (cooked)
- 1/2 Avocado (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Avocado & Mustard Tuna Hand Rolls

6 ingredients · 10 minutes · 1 serving



Directions

1. Mix the tuna, ground mustard, and mayonnaise together.
2. Divide the avocado, tuna mixture, and green onions between the nori sheets. Roll each nori sheet into a hand roll. Enjoy!

Notes

Leftovers

Best enjoyed fresh.

Serving Size

One serving is four nori wraps.

No Ground Mustard

Use wasabi paste, prepared horseradish and/or hot sauce.

Canned Tuna

One can of tuna equals 165 grams or 5.8 ounces, drained.

Ingredients

1/2 can Tuna (drained)

1/2 tsp Ground Mustard

1 1/2 tps Mayonnaise

1/2 Avocado (medium, sliced)

1/2 stalk Green Onion (sliced)

1 Nori Sheets (quartered)

Orange, Carrot & Turmeric Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/4 cup.

Make it Vegan

Omit the collagen powder and use a dairy-free yogurt.

More Protein

Add a scoop of vanilla protein powder.

Ingredients

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

Sardine Spread with Cucumbers

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mash together the sardines, mayonnaise and apple cider vinegar.
2. Serve alongside cucumber slices and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

More Flavor

Add black pepper or your choice of fresh or dried herbs.

No Cucumbers

Use bell pepper slices, carrot sticks, celery sticks or crackers instead.

Ingredients

3 ozs Sardines (in oil, drained)

1 1/2 tbsps Mayonnaise

2 1/2 tbsps Apple Cider Vinegar

1/2 Cucumber (sliced)

Salmon, Dill & Potato Hash

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the potatoes, celery, and onion to the pan. Sauté for about one minute until they are coated with oil.
2. Cover the pan and cook for about five to seven minutes or until the potatoes are almost fork-tender. Stir halfway through.
3. Uncover the pan, increase the heat to medium-high, and add the salmon, dill, thyme, salt, and pepper.
4. Stir the mixture frequently for about five to eight minutes, allowing the potatoes to lightly brown and the salmon to cook through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add capers, bell peppers, and/or goat cheese. Top with a fried egg.

Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 3** Red Potato (medium, peeled, diced 1/2-inch pieces)
- 1 stalk** Celery (chopped)
- 1/2** Yellow Onion (chopped)
- 10 ozs** Salmon Fillet (skinless, chopped coarsely)
- 2 tbsps** Fresh Dill (chopped, plus more for garnish)
- 2 tsps** Thyme (fresh)
- Sea Salt & Black Pepper (to taste)

Grilled Chicken with Cucumber Salad

7 ingredients · 25 minutes · 2 servings



Directions

1. Preheat a grill or grill pan over medium heat.
2. Season the chicken with salt and pepper. Place on the preheated grill and cook for about eight to 10 minutes per side, or until cooked through and charred. Remove from the grill and let rest for two minutes.
3. Meanwhile, combine the oil, lemon juice, tomatoes, cucumber, and dill in a bowl. Season to taste and set aside.
4. Serve the grilled chicken alongside the cucumber salad. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 chicken thighs and 1 1/2 cup of salad.

More Flavor

Add feta cheese and red onions to the salad.

Ingredients

8 ozs Chicken Thighs (boneless, skinless)

Sea Salt & Black Pepper (to taste)

1 tbsp Extra Virgin Olive Oil

1 tbsp Lemon Juice

1 cup Cherry Tomatoes (halved)

1 Cucumber (medium, diced)

1/4 cup Fresh Dill (chopped)

Bison Taco Bowl

10 ingredients · 20 minutes · 4 servings



Directions

1. In a small bowl, add the lime juice, salt, pepper, and 4/5 of the oil. Whisk well and set aside.
2. Heat the remaining oil in a pan over medium heat. Add the bison, breaking it up as it cooks. Add the taco seasoning and continue to break up the bison. Cook for seven to eight minutes or until the bison is cooked through.
3. To assemble, divide all ingredients evenly between bowls. Top each bowl with dressing. Enjoy!

Notes

Leftovers

Refrigerate the bison and lettuce separately in airtight containers for up to three days. Assemble the other ingredients just before serving.

Serving Size

One serving is roughly three cups total.

Dairy-Free

Use plant-based cheese or nutritional yeast.

Additional Toppings

Top with salsa, sour cream, and/or cilantro.

Ingredients

- 1 Lime (medium, juiced)
- Sea Salt & Black Pepper (to taste)
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1 lb Ground Bison
- 2 tbsps Taco Seasoning
- 1 head Romaine Hearts (chopped)
- 1 cup Cherry Tomatoes (halved)
- 1/2 cup Red Onion (sliced)
- 1 Avocado (cubed)
- 2 ozs Cheddar Cheese (shredded)

Chamomile 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 Chamomile Tea (brewed)

Tulsi Tea

2 ingredients · 5 minutes · 1 serving



Directions

1. Steep the tea for five minutes. Enjoy!

Notes

Serving Size

One serving is one cup of tea.

More Flavor

Add honey or maple syrup.

Tulsi Tea

5g or 1/8 oz of Tulsi tea is equal to one tea bag.

Ingredients

1/8 oz Tulsi Tea (in a tea bag)

1 cup Water (hot)