



U Got This Vegan 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 Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Chocolate Banana Cauliflower N'Oats	Chocolate Banana Cauliflower N'Oats	Creamy Blueberry Smoothie	Avocado & Tempeh Sandwich
Snack 1	Banana Chia Crisps	Banana Chia Crisps	Banana Chia Crisps	Banana Chia Crisps	Peanut Butter Stuffed Dates with Walnuts	Peanut Butter Stuffed Dates with Walnuts	Peanut Butter Stuffed Dates with Walnuts
Lunch	Rainbow Tempeh Bowls	Rainbow Tempeh Bowls	Rainbow Tempeh Bowls	White Bean, Spinach & Tomato Salad	White Bean, Spinach & Tomato Salad	Hummus & Veggie Wrap	Hummus & Veggie Wrap
Snack 2	Coconut Yogurt & Hemp Stuffed Apple	Coconut Yogurt & Hemp Stuffed Apple	Coconut Yogurt & Hemp Stuffed Apple	Cinnamon Green Smoothie	Cinnamon Green Smoothie	Cinnamon Green Smoothie	Cinnamon Green Smoothie
Dinner	Pressure Cooker Chana Masala	Pressure Cooker Chana Masala	Pressure Cooker Chana Masala	Burrito Bowl with Quinoa Tofu Taco Filling	Burrito Bowl with Quinoa Tofu Taco Filling	Roasted Cauliflower Burrito Bowl	Roasted Cauliflower Burrito Bowl
Snack 3	Avocado & Grapefruit	Avocado & Grapefruit	Avocado & Grapefruit	Avocado & Grapefruit	Nori Sesame Chips	Nori Sesame Chips	Nori Sesame Chips

U Got This Vegan Meal Planner

71 items

Fruits

- ☐ 3 Apple
- ☐ 11 1/2 Avocado
- ☐ 13 Banana
- ☐ 4 Grapefruit
- ☐ 1 Lemon
- ☐ 1/2 cup Lime Juice
- ☐ 3/4 cup Strawberries

Breakfast

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

Seeds, Nuts & Spices

- ☐ 2 cups Chia Seeds
- ☐ 2 1/2 tbsps Chili Powder
- ☐ 3 1/4 tbsps Cinnamon
- ☐ 3 1/3 tbsps Cumin
- ☐ 1 1/2 tbsps Garam Masala
- ☐ 2 tsps Garlic Powder
- ☐ 3 tbsps Hemp Seeds
- ☐ 2 tsps Oregano
- ☐ 2 2/3 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Sesame Seeds
- ☐ 2 1/4 tsps Smoked Paprika
- ☐ 1 tbsp Turmeric
- ☐ 3 tbsps Walnuts

Frozen

- ☐ 2 cups Cauliflower Rice
- ☐ 1 cup Frozen Blueberries
- ☐ 1 cup Frozen Cauliflower

Vegetables

- ☐ 3/4 cup Arugula
- ☐ 16 cups Baby Spinach
- ☐ 1/2 cup Basil Leaves
- ☐ 9 cups Broccoli
- ☐ 9 Carrot
- ☐ 2 heads Cauliflower
- ☐ 6 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 1 Cucumber
- ☐ 12 Garlic
- ☐ 1/4 head Green Lettuce
- ☐ 1/3 cup Parsley
- ☐ 8 Red Bell Pepper
- ☐ 8 leaves Romaine
- ☐ 1 head Romaine Hearts
- ☐ 1 1/2 cups Shallot
- ☐ 2 Tomato

Boxed & Canned

- ☐ 5 cups Black Beans
- ☐ 2 1/4 cups Brown Rice
- ☐ 9 cups Chickpeas
- ☐ 4 1/2 cups Jasmine Rice
- ☐ 1 cup Quinoa
- ☐ 2 cups Salsa
- ☐ 4 cups White Navy Beans

Baking

- ☐ 2 tbsps Cacao Nibs
- ☐ 2 tbsps Cacao Powder
- ☐ 2 tsps Nutritional Yeast
- ☐ 1 1/2 cups Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 4 ozs English Muffin
- ☐ 2 lbs Tempeh
- ☐ 16 ozs Tofu
- ☐ 4 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 1/2 tsps Avocado Oil
- ☐ 1 1/2 tsps Balsamic Vinegar
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/4 cup Sesame Oil
- ☐ 1/3 cup Sunflower Seed Butter
- ☐ 1 cup Tamari

Cold

- ☐ 1 cup Hummus
- ☐ 10 cups Oat Milk
- ☐ 1 1/2 cups Unsweetened Almond Milk
- ☐ 5 cups Unsweetened Coconut Yogurt

Other

- ☐ 12 Nori Sheets
- ☐ 2 1/4 cups Vanilla Protein Powder
- ☐ 8 cups Water

Coconut Chia Seed Yogurt

4 ingredients · 30 minutes · 1 serving



Directions

1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

Ingredients

1 cup Unsweetened Coconut Yogurt

1/4 cup Chia Seeds

1 tsp Cinnamon

1/4 cup Strawberries (chopped)

Chocolate Banana Cauliflower N'Oats

8 ingredients · 20 minutes · 1 serving



Directions

1. In a pot over medium-low heat, add the cauliflower rice, almond milk, chia seeds, cacao powder, sea salt and half of the peanut butter. Stir to combine. Bring the mixture to a low simmer and cook for 12 to 14 minutes, stirring as needed.
2. Add the cauliflower mixture to a bowl and top with the banana, cacao nibs and remaining peanut butter. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Nut-Free

Use sunflower seed butter instead of peanut butter. Use any milk alternative instead of almond milk.

More Flavor

Add cinnamon or maple syrup.

More Protein

Add collagen or protein powder.

No Cacao Powder

Use cocoa powder instead.

No Banana

Top with berries instead.

Ingredients

- 1 cup Cauliflower Rice
- 3/4 cup Unsweetened Almond Milk
- 1 1/2 tbsps Chia Seeds
- 1 tbsp Cacao Powder
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs

Creamy Blueberry Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Additional Toppings

Add spinach, avocado, kale, or other berries to your smoothie.

Extra Creamy

Use almond milk or oat milk instead of water.

Lemon

One lemon yields approximately 1/4 cup of lemon juice.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

- 1 cup** Frozen Blueberries
- 1 cup** Frozen Cauliflower
- 1/2 cup** Unsweetened Coconut Yogurt
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1** Lemon (small, juiced)
- 1 cup** Water

Avocado & Tempeh Sandwich

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar, chili powder, paprika, and salt and pepper. Add the tempeh and let it marinate for 10 to 15 minutes.
3. Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
4. Layer the avocado on the english muffin, followed by the tempeh and arugula. Season with salt and pepper to taste. Serve and enjoy!

Notes

Leftovers

This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Gluten-Free

Use a gluten-free English muffin or bread instead.

Additional Toppings

Hot sauce, butter, ghee, almond butter, or peanut butter.

No Arugula

Use mixed greens, iceberg lettuce, romaine lettuce, or baby spinach instead.

English Muffin

One English muffin is roughly two ounces or 57 grams.

Ingredients

- 1 **tb**sp Tamari
- 1 **1/2 t**sp Balsamic Vinegar
- 1/2 **t**sp Chili Powder
- 1/4 **t**sp Smoked Paprika
- Sea Salt & Black Pepper (to taste)
- 3 **1/2 o**z Tempeh (cut into thin slices)
- 1/2 Avocado (sliced)
- 4 **o**z English Muffin (halved, lightly toasted)
- 3/4 **c**up Arugula

Banana Chia Crisps

3 ingredients · 25 minutes · 1 serving



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a small bowl, mash banana with the back of a fork. Mix in chia and cinnamon until combined.
3. Transfer small dollops to the baking sheet. Press down gently using your fingers or the back of the fork. Bake for 20 to 25 minutes.
4. Remove from oven. Let cool and enjoy!

Notes

Storage

Refrigerate in an air-tight container up to 5 days or freeze.

Serving Size

One serving is equal to approximately 12 small crisps.

Ingredients

1 Banana (medium, ripe)

1/4 cup Chia Seeds

1 tsp Cinnamon

Peanut Butter Stuffed Dates with Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Open the dates up wide. Spread the peanut butter into the dates and add the walnuts on top. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is three stuffed dates.

Additional Toppings

Flaky sea salt.

Ingredients

1/2 cup Pitted Dates

1 tbsp All Natural Peanut Butter

1 tbsp Walnuts (chopped)

Rainbow Tempeh Bowls

12 ingredients · 40 minutes · 3 servings



Directions

1. Cook the brown rice according to the directions on the package.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
3. In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
4. In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
5. Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

Additional Toppings

Roasted peanuts, crushed cashews and/or sesame seeds.

Ingredients

- 3/4 cup** Brown Rice (dry, uncooked)
- 3 cups** Broccoli (chopped into florets)
- 1/2 tsp** Avocado Oil
- 9 ozs** Tempeh (cubed)
- 2 tsps** Sesame Oil (divided)
- 1/4 cup** Tamari (divided)
- 2 tsps** Lime Juice (divided)
- 1 tbsp** Maple Syrup
- 1/4 cup** All Natural Peanut Butter
- 3** Carrot (peeled, shredded)
- 1** Red Bell Pepper (sliced)
- 1 tsp** Sesame Seeds (optional, for garnish)

White Bean, Spinach & Tomato Salad

7 ingredients · 10 minutes · 2 servings



Directions

1. Heat olive oil in a large pan over medium heat. Add shallots and garlic and saute for 1 to 2 minutes.
2. Add white beans, spinach and tomato. Stir until warm and spinach has wilted, about 5 minutes. Season with salt and pepper to taste. Enjoy!

Notes

No White Beans

Use chickpeas or lentils instead.

Extra Flavour

Add avocado, lemon juice and/or feta cheese.

Leftovers

Refrigerate in an airtight container up to 3-5 days. Leftovers can be eaten warm or cold.

Ingredients

1 tbsp Extra Virgin Olive Oil

1/4 cup Shallot (diced)

2 Garlic (cloves, minced)

2 cups White Navy Beans (cooked, drained and rinsed)

4 cups Baby Spinach (chopped)

1 Tomato (medium, diced)

Sea Salt & Black Pepper (to taste)

Hummus & Veggie Wrap

6 ingredients · 5 minutes · 2 servings



Directions

1. Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
2. Serve immediately and enjoy!

Notes

Gluten-Free

Use a brown rice tortilla instead.

Oil-Free

Use an oil-free hummus.

More Flavor

Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating

Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.

Ingredients

2 Whole Wheat Tortilla (large)

1/2 cup Hummus

4 leaves Romaine (large, whole)

1/2 Avocado (sliced)

1/2 Cucumber (sliced)

1/2 Red Bell Pepper (sliced)

Coconut Yogurt & Hemp Stuffed Apple

5 ingredients · 5 minutes · 1 serving



Directions

1. Place the apple halves onto a plate and evenly divide the coconut yogurt, sunflower seed butter, hemp seeds, and cinnamon onto each half. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

No Hemp Seeds

Use chia seeds or ground flax seeds instead.

Additional Toppings

Chopped nuts, seeds, granola, maple syrup, coconut flakes and/or berries.

More Protein

Use plain Greek yogurt or mix protein powder into yogurt.

No Sunflower Seed Butter

Use other nut or seed butter instead.

Ingredients

1 Apple (cut in half, seeds and core removed)

1/2 cup Unsweetened Coconut Yogurt

2 tbsps Sunflower Seed Butter

1 tbsp Hemp Seeds

1/4 tsp Cinnamon

Cinnamon Green Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

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

Notes

Leftovers

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

More Flavor

Add grated ginger.

No Spinach

Use kale instead.

No Protein Powder

Add a few spoonfuls of hemp seeds instead.

Ingredients

2 1/2 cups Oat Milk (unsweetened, plain)

2 Banana (medium)

2 cups Baby Spinach

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

1/2 cup Vanilla Protein Powder

1/2 tsp Cinnamon

Pressure Cooker Chana Masala

12 ingredients · 20 minutes · 6 servings



Directions

1. Cook the rice according to package directions.
2. Set the pressure cooker to "sauté" mode. Add the oil, garlic, shallots, and tomatoes. Cook for four to five minutes or until everything has softened. Gently mash the tomatoes with a wooden spoon to break them up.
3. Add the chickpeas, garam masala, turmeric, cumin, and sea salt. Mix well and cook for two minutes to allow the spices to bloom. Add the water and mix well again. Set the pressure cooker to "sealing" and cook on high for ten minutes.
4. Manually and carefully release the pressure. Serve the chana masala with the rice and garnish with the parsley. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is approximately one cup of chana masala and rice.

More Flavor

Add amchoor (dried mango powder) and/or red chilli powder.

Ingredients

- 1 1/2 cups Jasmine Rice (dry, rinsed)
- 2 tsps Extra Virgin Olive Oil
- 2 Garlic (clove, large, minced)
- 1/3 cup Shallot (finely chopped)
- 2 cups Cherry Tomatoes (chopped)
- 3 cups Chickpeas (cooked)
- 1 1/2 tsps Garam Masala
- 1 tsp Turmeric (ground)
- 2 tsps Cumin
- 1/4 tsp Sea Salt
- 2 cups Water
- 2 tsps Parsley (coarsely chopped)

Burrito Bowl with Quinoa Tofu Taco Filling

15 ingredients · 35 minutes · 4 servings



Directions

1. Cook quinoa according to package directions.
2. Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
3. Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
4. Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
5. To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
6. To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

Additional Toppings

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Ingredients

- 1/2 cup Quinoa (uncooked)
- 8 ozs Tofu (extra firm, crumbled)
- 2 tbsps Extra Virgin Olive Oil
- 2 1/2 tsps Chili Powder
- 1 1/2 tsps Cumin
- 1 tsp Oregano
- 1 tsp Garlic Powder
- 1/2 tsp Sea Salt
- 1 cup Salsa (divided)
- 1 tbsp Lime Juice
- 1 tsp Nutritional Yeast
- 2 Red Bell Pepper (sliced)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Black Beans (cooked)
- 2 Avocado (diced)

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)

Avocado & Grapefruit

4 ingredients · 10 minutes · 2 servings



Directions

1. Divide the grapefruit and avocado slices onto plates. Season with basil and salt. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is half of each an avocado and grapefruit.

Additional Toppings

Drizzle with olive oil and sprinkle with chives.

Ingredients

1 Grapefruit (peeled, cut into sections)

1 Avocado (medium, sliced)

2 tbsps Basil Leaves (chopped)

1/16 tsp Sea Salt (or to taste)

Nori Sesame Chips

4 ingredients · 15 minutes · 4 servings



Directions

1. Preheat the oven to 300°F (150°C) and line baking sheets with parchment paper.
2. Add the sheets of nori to each baking sheet, placing the shiny side up. Leave space between each piece of nori.
3. In a small bowl, combine the tamari and sesame oil. Brush the mixture onto the nori sheets. Sprinkle the sesame seeds over the nori sheets.
4. Bake for eight to 12 minutes or until crisp.
5. Once baked, cut each nori sheet into six pieces before serving. Enjoy!

Notes

Leftovers

Once completely cooled, store in an airtight container at room temperature for up to one week.

Serving Size

One serving is equal to six pieces.

Additional Toppings

Smoked paprika, garlic powder, nutritional yeast, or sea salt.

Ingredients

4 Nori Sheets

1 1/2 tsps Tamari

2 tsps Sesame Oil

1 tbsp Sesame Seeds