



## Reset Meal Planner

Created by Aeryon Wellness



## Reset 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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## Reset Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Pre-Breakf...	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water	Lemon Water
Breakfast	Avocado Sweet Potato Toast with Poached Egg	Blueberry Detox Smoothie	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Avocado Sweet Potato Toast with Poached Egg
Lunch	Coconut Turmeric Cauliflower	Coconut Turmeric Cauliflower	Cucumber Tomato Chickpea Salad with Sumac Dressing	Cucumber Tomato Chickpea Salad with Sumac Dressing	Cucumber Tomato Chickpea Salad with Sumac Dressing	Southwestern Coconut Ranch Salad	Southwestern Coconut Ranch Salad
Snack 2	Apple with Almond Butter	Apple with Almond Butter	Detox Green Smoothie	Apple with Almond Butter	Apple with Almond Butter	Detox Green Smoothie	Detox Green Smoothie
Dinner	Arugula Salad with Salmon	Arugula Salad with Salmon	Spaghetti Squash with Veggie Tomato Sauce	Spaghetti Squash with Veggie Tomato Sauce	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili
Snack 3	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Golden Turmeric Latte	Immunity Boosting Bone Broth	Golden Turmeric Latte	Golden Turmeric Latte	Golden Turmeric Latte

# Reset Meal Planner

71 items

## Fruits

- ☐ 8 Apple
- ☐ 4 Avocado
- ☐ 1 cup Blackberries
- ☐ 1 cup Blueberries
- ☐ 4 3/4 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 6 Pear
- ☐ 1 cup Strawberries

## Breakfast

- ☐ 1 1/8 cups Almond Butter
- ☐ 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

- ☐ 1 1/4 tpsps Black Pepper
- ☐ 3 tbsps Chia Seeds
- ☐ 1/2 cup Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 2 tbsps Cumin
- ☐ 1 tsp Dried Basil
- ☐ 1 1/2 tpsps Dried Chives
- ☐ 3 tbsps Ground Flax Seed
- ☐ 1/4 cup Ground Sumac
- ☐ 2 tbsps Hemp Seeds
- ☐ 1/4 tsp Onion Powder
- ☐ 1 tbsps Oregano
- ☐ 1/3 cup Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/4 cup Slivered Almonds
- ☐ 1 2/3 tbsps Turmeric

## Frozen

- ☐ 1 1/2 cups Frozen Banana
- ☐ 1 1/2 cups Frozen Blueberries

## Vegetables

- ☐ 4 cups Arugula
- ☐ 5 cups Baby Spinach
- ☐ 8 1/4 Carrot
- ☐ 1 head Cauliflower
- ☐ 10 1/2 stalks Celery
- ☐ 4 1/2 cups Cherry Tomatoes
- ☐ 1/4 cup Cilantro
- ☐ 8 1/2 Cucumber
- ☐ 19 3/4 Garlic
- ☐ 1/3 cup Ginger
- ☐ 6 Green Bell Pepper
- ☐ 12 cups Kale Leaves
- ☐ 3 pieces Mint Leaves
- ☐ 8 cups Mixed Greens
- ☐ 2 1/4 cups Parsley
- ☐ 1 Spaghetti Squash
- ☐ 1 Sweet Potato
- ☐ 2 Tomato
- ☐ 3 White Onion
- ☐ 2 1/4 Yellow Onion

## Boxed & Canned

- ☐ 1 cup Black Beans
- ☐ 4 1/2 cups Brown Rice
- ☐ 2 1/2 cups Canned Coconut Milk
- ☐ 18 cups Canned Whole Tomatoes
- ☐ 9 cups Chickpeas
- ☐ 1 cup Corn
- ☐ 2 cups Crushed Tomatoes
- ☐ 2 cups Lentils
- ☐ 6 cups Red Kidney Beans
- ☐ 6 cups White Navy Beans

## Baking

- ☐ 2 tbsps Raw Honey

## Bread, Fish, Meat & Cheese

- ☐ 12 ozs Salmon Fillet
- ☐ 2 1/4 Whole Chicken Carcass

## Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 2 tbsps Avocado Oil
- ☐ 1 tbsps Coconut Oil
- ☐ 3/4 cup Extra Virgin Olive Oil

## Cold

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

## Other

- ☐ 15 Ice Cubes
- ☐ 1/3 cup Vanilla Protein Powder
- ☐ 34 cups Water

# Lemon Water

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Combine water and lemon juice in a glass. Enjoy!

## Notes

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### Likes it Fizzy

Make it with sparkling water.

### More Flavour

Garnish with extra lemon slices.

## Ingredients

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**2 cups** Water (hot or cold)

**1/4** Lemon (juiced)



# Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 1 serving



## Directions

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1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

## Notes

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### Add Greens

Add a layer of baby spinach after you spread on the avocado.

### Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### Egg-Free

Skip the eggs and top with hemp seeds instead.

## Ingredients

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1/2 Sweet Potato (large)  
2 Egg  
1/2 Avocado  
Sea Salt & Black Pepper (to taste)

# Blueberry Detox Smoothie

7 ingredients · 5 minutes · 1 serving



## 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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**1/2 cup** Frozen Blueberries

**1 cup** Baby Spinach

**1 tbsp** Chia Seeds

**1 cup** Unsweetened Almond Milk

**2 tbsps** Vanilla Protein Powder

**1/2 cup** Frozen Banana

**1 piece** Mint Leaves

# 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



# Coconut Turmeric Cauliflower

6 ingredients · 30 minutes · 2 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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**1 cup** Plain Coconut Milk (from the carton)

**1 1/2 tsps** Turmeric

**1/2 tsp** Sea Salt

**1/2 tsp** Black Pepper

**1/2 head** Cauliflower (chopped into florets)

**2 tbsps** Cilantro (chopped)

# Cucumber Tomato Chickpea Salad with Sumac Dressing

8 ingredients · 10 minutes · 3 servings



## Directions

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1. In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
2. Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing overtop and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 2 1/2 to 3 cups.

### More Flavor

Let the salad marinate in the dressing overnight before serving.

### Additional Toppings

Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.

## Ingredients

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- 3 **tbsps** Extra Virgin Olive Oil
- 3 **tbsps** Maple Syrup
- 1 1/2 **tbsps** Ground Sumac
- 2 1/4 **tsp**s Apple Cider Vinegar
- 1/3 **tsp** Sea Salt
- 1 1/2 Cucumber (chopped)
- 3 **cups** Chickpeas (cooked)
- 1 1/2 **cups** Cherry Tomatoes (halved)



# Southwestern Coconut Ranch Salad

12 ingredients · 10 minutes · 2 servings



## Directions

1. Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
2. Divide the mixed greens, corn, cucumber, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

### More Flavor

Use fresh instead of dried herbs.

### No Coconut Milk

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

## Ingredients

**1/4 cup** Canned Coconut Milk (full fat, refrigerated overnight)

**1 tbsp** Avocado Oil

**1 1/2 tsps** Apple Cider Vinegar

**3/4 tsp** Dried Chives

**1/8 tsp** Onion Powder

**1/4 tsp** Sea Salt

**4 cups** Mixed Greens

**1/2 cup** Corn (cooked)

**1/2 cup** Black Beans (cooked)

**1** Tomato (chopped)

**1** Avocado (pit removed, chopped)

**1/4** Cucumber

# Apple with Almond Butter

2 ingredients · 5 minutes · 2 servings



## Directions

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1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

## Ingredients

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2 Apple  
1/4 cup Almond Butter



# 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

# Arugula Salad with Salmon

7 ingredients · 15 minutes · 1 serving



## Directions

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1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado. Drizzle the dressing over top and place the salmon on top. Enjoy!

## Notes

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### Leftovers

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

### More Flavor

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

### Additional Toppings

More vegetables, nuts or seeds.

## Ingredients

---

**6 ozs** Salmon Fillet  
**1/8 tsp** Sea Salt  
**1 tbsp** Extra Virgin Olive Oil  
**1 tbsp** Lemon Juice  
**2 cups** Arugula  
**1/4** Cucumber (sliced)  
**1/2** Avocado (sliced)

# Spaghetti Squash with Veggie Tomato Sauce

10 ingredients · 1 hour · 2 servings



## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Carefully slice the spaghetti squash in half through its belly and discard the seeds. Place the two halves onto the baking sheet, then brush the flesh with olive oil, and season with sea salt and black pepper to taste. Turn the squash flesh side down onto the baking sheet and bake for 40 minutes.
3. Meanwhile, combine the crushed tomatoes, lentils, garlic, sea salt, black pepper and dried basil in a pot over medium heat. Bring to a simmer. Once simmering, add the spinach and stir just until wilted. Turn off the heat.
4. Remove the spaghetti squash from the oven. Let cool slightly before carving out the flesh into noodles into a strainer so that the liquid can drain off.
5. Divide the spaghetti squash into containers and spoon vegetable tomato sauce over top. Enjoy right away, or let cool completely before covering and storing in the fridge.

## Notes

### Meat Lovers

Use ground meat instead of lentils.

### More Veggies

Add diced zucchini, mushrooms, bell peppers and/or eggplant to the sauce.

### No Spaghetti Squash

Use zucchini noodles or regular pasta instead.

## Ingredients

- 1/2 Spaghetti Squash (large)
- 3/4 tsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Crushed Tomatoes (canned)
- 1 cup Lentils (canned)
- 1/2 Garlic (clove, minced)
- 1/8 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1/2 tsp Dried Basil
- 1 cup Baby Spinach (chopped)



# Slow Cooker Vegan Chili

13 ingredients · 8 hours · 8 servings



## Directions

1. Add whole tomatoes with juice to the slow cooker and roughly crush with your hands. Add remaining ingredients and stir until combined.
2. Cover and cook on high for 6 to 8 hours, depending on the strength of your slow cooker.
3. Ladle into bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is roughly 1 1/2 cups.

### Serve it With

Toast, quinoa, brown rice, or a salad.

### Make Ahead

Chop celery, bell peppers, carrot and onion ahead of time.

### Kid-Friendly

Omit the chili powder and puree until smooth. Serve with tortilla chips.

### Extra Spicy

Add 1 to 2 chopped jalapeno peppers, chili flakes or extra chili powder.

### More Greens

Mix in chopped kale or spinach. Stir until wilted.

### Extra Toppings

Top with green onion or diced avocado.

## Ingredients

**6 cups** Canned Whole Tomatoes

**2 cups** Red Kidney Beans (cooked, drained and rinsed)

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

**2 stalks** Celery (diced)

**2** Green Bell Pepper (de-seeded and chopped)

**2** Carrot (chopped)

**1** White Onion (diced)

**4** Garlic (cloves, minced)

**2 tsps** Cumin

**1 tsp** Oregano

**3 tsps** Chili Powder

**1 1/2 cups** Brown Rice

**1 tbsp** Sea Salt



# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 3 servings



## Directions

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1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 12 hours.
2. After 12 hours, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

## Notes

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### Leftovers

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

### Serving Size

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

### Low FODMAP

Omit garlic and onions.

## Ingredients

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**3/4** Whole Chicken Carcass (about 2 lbs of bones)

**3/4** Carrot (peeled and chopped)

**3/4** Yellow Onion (diced)

**1 1/2 stalks** Celery (chopped)

**2 1/4** Garlic (cloves, halved)

**2 1/4 tsps** Apple Cider Vinegar

**3/4 tsp** Sea Salt

**3/4 cup** Parsley (chopped)

**4 1/2 cups** Water

# Golden Turmeric Latte

7 ingredients · 10 minutes · 1 serving



## Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

## Notes

### Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

### Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

### On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

### Vegan

Use maple syrup to sweeten instead of honey.

## Ingredients

- 1 1/2 **tsps** Ginger (grated)
- 1/2 **cup** Canned Coconut Milk
- 1/2 **cup** Water
- 1/2 **tsp** Turmeric (powder)
- 1 1/2 **tsps** Raw Honey
- 1/4 **tsp** Cinnamon
- 3/4 **tsp** Coconut Oil