



Reset 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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Reset Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Orange Turmeric Overnight Oats	Orange Turmeric Overnight Oats	Green Pineapple Ginger Smoothie with Aloe	Green Pineapple Ginger Smoothie with Aloe	Green Pineapple Ginger Smoothie with Aloe	Golden Smoothie	Golden Smoothie
Snack 1	Brazil Nuts	Brazil Nuts	Brazil Nuts	Simple Spiced Avocado	Simple Spiced Avocado	Simple Spiced Avocado	Brazil Nuts
Lunch	Chickpea Omelette with Asparagus	Grilled Portobello Mushroom Pizzas	Grilled Portobello Mushroom Pizzas	Slow Cooker Lentil Chili	Slow Cooker Lentil Chili	Cabbage, Carrot & Tofu Salad	Cabbage, Carrot & Tofu Salad
Snack 2	Snap Peas, Peppers & Hummus	Snap Peas, Peppers & Hummus	Snap Peas, Peppers & Hummus	Celery with Creamy Sunflower Seed Butter	Celery with Creamy Sunflower Seed Butter	Celery with Creamy Sunflower Seed Butter	Celery with Creamy Sunflower Seed Butter
Dinner	Tomato Chickpea Curry	Tomato Chickpea Curry	Squash & Quinoa Spinach Salad	Squash & Quinoa Spinach Salad	Paleo Falafel Salad with Mint Tahini Sauce	Paleo Falafel Salad with Mint Tahini Sauce	Chickpea Omelette with Asparagus

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78 items

Fruits

- ☐ 1 Apple
- ☐ 7 1/2 Avocado
- ☐ 1 Banana
- ☐ 3 tbsps Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 2 Navel Orange

Seeds, Nuts & Spices

- ☐ 1 cup Brazil Nuts
- ☐ 2 tbsps Chia Seeds
- ☐ 2 1/4 tbsps Chili Powder
- ☐ 3/4 tsp Cinnamon
- ☐ 1 1/3 tps Coriander
- ☐ 1 1/2 tbsps Cumin
- ☐ 2/3 tsp Garam Masala
- ☐ 1 tbsp Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 3/4 tsp Paprika
- ☐ 2 1/3 tps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds
- ☐ 2 tps Smoked Paprika
- ☐ 4 2/3 cups Sunflower Seeds
- ☐ 1 2/3 tbsps Turmeric
- ☐ 2 tbsps Walnuts

Frozen

- ☐ 1 cup Frozen Mango
- ☐ 3 cups Frozen Pineapple

Vegetables

- ☐ 1 cup Asparagus
- ☐ 6 cups Baby Spinach
- ☐ 2 cups Butternut Squash
- ☐ 4 Carrot
- ☐ 16 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 1 1/2 cups Cilantro
- ☐ 1/4 cup Fresh Dill
- ☐ 11 2/3 Garlic
- ☐ 3 2/3 tbsps Ginger
- ☐ 2 stalks Green Onion
- ☐ 12 Heirloom Carrots
- ☐ 1 1/2 cups Kale Leaves
- ☐ 1/4 cup Mint Leaves
- ☐ 8 cups Mixed Greens
- ☐ 1/3 cup Parsley
- ☐ 12 ozs Portobello Mushroom Caps
- ☐ 8 cups Purple Cabbage
- ☐ 4 1/4 Red Bell Pepper
- ☐ 2 tbsps Red Onion
- ☐ 4 1/2 cups Snap Peas
- ☐ 1 Sweet Onion
- ☐ 2 1/4 Yellow Bell Pepper
- ☐ 3 1/3 Yellow Onion
- ☐ 1 Zucchini

Boxed & Canned

- ☐ 2 2/3 cups Chickpeas
- ☐ 9 cups Diced Tomatoes
- ☐ 2 cups Dry Red Lentils
- ☐ 2/3 cup Quinoa
- ☐ 3 1/2 cups Red Kidney Beans
- ☐ 1/4 cup Tomato Paste
- ☐ 4 cups Vegetable Broth

Baking

- ☐ 1/4 cup Arrowroot Powder

Bread, Fish, Meat & Cheese

- ☐ 2 1/4 cups Hummus
- ☐ 1 1/2 lbs Tofu
- ☐ 1/2 cup Vegan Cheese

Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 1 1/2 tbsps Balsamic Vinegar
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 1 1/3 tbsps Rice Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 1 1/2 tbsps Tahini
- ☐ 1/4 cup Tamari

Cold

- ☐ 2 1/2 cups Oat Milk
- ☐ 2 cups Plain Coconut Milk

Other

- ☐ 12 Ice Cubes
- ☐ 4 1/2 fl ozs Pure Aloe Juice
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 14 3/4 cups Water

- ☐ **1 cup** Chickpea Flour
- ☐ **2 tbsps** Nutritional Yeast
- ☐ **2 cups** Oats
- ☐ **1 tbsp** Tapioca Flour

Orange Turmeric Overnight Oats

6 ingredients · 2 hours · 2 servings



Directions

1. Add the oats, oat milk, turmeric, cinnamon, and chia seeds in a large container. Zest and squeeze the juice of half the orange. Stir well to combine. Seal and place in the fridge overnight or for at least six hours.
2. Peel and chop the remaining orange. Divide the overnight oats into bowls and top with the chopped orange. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add maple syrup, honey or a pinch of sea salt.

Additional Toppings

Crushed nuts, hemp seeds, coconut flakes, or nut butter.

Ingredients

- 1 cup** Oats (rolled)
- 1 1/4 cups** Oat Milk (unsweetened)
- 3/4 tsp** Turmeric
- 1/4 tsp** Cinnamon
- 1 tbsp** Chia Seeds
- 1** Navel Orange (divided)

Green Pineapple Ginger Smoothie with Aloe

7 ingredients · 5 minutes · 1 serving



Directions

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Serve immediately.

Notes

No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

Likes it Sweet

Add raw honey to taste.

Ingredients

- 1 cup Water
- 1 1/2 fl ozs Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes

Golden Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Zucchini

Omit or replace with frozen cauliflower or diced avocado.

No Fresh Ginger

Use powdered ginger instead, reduce to 1/2 tsp per serving.

Ingredients

- 1 cup** Plain Coconut Milk
- 1/2 cup** Frozen Mango
- 1/2** Banana (frozen)
- 1/2** Zucchini (chopped and peeled, frozen)
- 1 1/2 tsp** Ginger (fresh, minced)
- 1 tsp** Turmeric
- 1/4 cup** Vanilla Protein Powder

Brazil Nuts

1 ingredient · 5 minutes · 1 serving



Directions

1. Divide into bowls and enjoy!

Ingredients

1/4 cup Brazil Nuts

Simple Spiced Avocado

4 ingredients · 5 minutes · 1 serving



Directions

1. Roughly scoop out the avocado flesh. Sprinkle with paprika, chili powder and sea salt. Enjoy!

Notes

Leftovers

Best enjoyed the same day. For best results, slice and serve the avocado just before enjoying.

Additional Toppings

Extra virgin olive oil, hemp seeds, sesame seeds, red pepper flakes or nutritional yeast.

Ingredients

- 1 Avocado (halved)
- 1/4 tsp Paprika
- 1/4 tsp Chili Powder
- 1/8 tsp Sea Salt

Chickpea Omelette with Asparagus

10 ingredients · 15 minutes · 1 serving



Directions

1. In a medium bowl, add the chickpea flour, water, nutritional yeast, turmeric and sea salt. Whisk well to combine. Set aside.
2. In a skillet over medium heat add the oil and the asparagus. Cook, turning occasionally until the asparagus is fork tender, but still crisp, about 5 to 6 minutes. Remove and set aside.
3. In the same skillet, add more oil if necessary. Over medium heat, pour the chickpea omelette mixture and move the pan around to ensure it covers the skillet evenly, in one layer. Let it cook for 3 to 4 minutes until golden brown on the bottom. Add the asparagus to the omelette, then fold in half over the filling.
4. Gently, remove the omelette from the skillet and place on a plate. Top with dill, sliced avocado and green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one omelette with all the toppings.

More Flavor

Add chili flakes or black pepper.

Additional Toppings

Top with goat cheese or feta.

Ingredients

- 1/2 cup** Chickpea Flour
- 1/2 cup** Water
- 1 tbsp** Nutritional Yeast
- 1/4 tsp** Turmeric
- 1/8 tsp** Sea Salt
- 1 1/2 tps** Extra Virgin Olive Oil
- 1/2 cup** Asparagus (trimmed, chopped)
- 2 tbsps** Fresh Dill (chopped)
- 1/2** Avocado
- 1 stalk** Green Onion (chopped)

Grilled Portobello Mushroom Pizzas

9 ingredients · 30 minutes · 2 servings



Directions

1. Preheat oven to 420°F (216°C).
2. Add olive oil to a large skillet and heat over medium heat. Add onion and saute for about 5 minutes or until translucent. Add garlic, cherry tomatoes and balsamic vinegar and saute for another 5 minutes or until tomatoes start to burst.
3. Turn off heat and add baby spinach. Stir just until spinach is wilted. Season the mix with sea salt and pepper to taste.
4. Line a baking sheet with parchment paper. Sprinkle the inside of each mushroom cap with vegan cheese and top with a few spoonfuls of the tomato mix. Place on baking sheet and bake for 10 to 12 minutes.
5. Remove from oven and slice into halves or quarters with a pizza cutter. Serve immediately alone or over a plate of baby spinach drizzled with olive oil and lemon juice. Enjoy!

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 Sweet Onion (diced)
- 1 Garlic (cloves, minced)
- 1 **cup** Cherry Tomatoes
- 2 1/4 **tsps** Balsamic Vinegar
- 1 **cup** Baby Spinach
- Sea Salt & Black Pepper (to taste)
- 6 **ozs** Portobello Mushroom Caps
- 1/4 **cup** Vegan Cheese (crumbled)

Slow Cooker Lentil Chili

15 ingredients · 5 hours · 6 servings



Directions

1. Add lentils, onion, bell pepper, carrot, garlic, chili powder, cumin, paprika, tomatoes, tomato paste, vegetable broth, sea salt and pepper to your slow cooker. Stir well to combine.
2. Cover and cook on low for 6 to 7 hours, depending on the strength of your slow cooker. Once it is cooked through, add the kidney beans and stir to combine.
3. Ladle into bowls and top with avocado and cilantro (optional). Enjoy!

Notes

Serving Size

One serving is equal to approximately 1.5 to 2 cups of chili.

Likes it Spicy

Add one chopped jalapeno pepper.

More Flavor

Add the juice of one lime to the slow cooker just before serving.

No Beans

Use lentils only.

Leftovers

Store leftovers in the fridge for up to five days, or freeze for longer.

Ingredients

- 1 cup** Dry Red Lentils (rinsed, uncooked)
- 1** Yellow Onion (medium, diced)
- 1** Red Bell Pepper (chopped)
- 1** Carrot (chopped)
- 3** Garlic (cloves, minced)
- 1 tbsp** Chili Powder
- 1 tsp** Cumin
- 1 tsp** Smoked Paprika
- 3 1/2 cups** Diced Tomatoes (from the can with juices)
- 2 tbsps** Tomato Paste
- 2 cups** Vegetable Broth
- Sea Salt & Black Pepper (to taste)
- 1 3/4 cups** Red Kidney Beans (from the can, drained and rinsed)
- 1** Avocado (optional, sliced)
- 1/4 cup** Cilantro (optional, chopped)

Cabbage, Carrot & Tofu Salad

9 ingredients · 40 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Then add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through.
3. In a small bowl, combine the sesame oil, rice vinegar, and lime juice.
4. In a large bowl add the cabbage, carrot, and cilantro. Add the dressing and mix well with your hands to ensure everything is coated. Top with tofu. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to about three cups of salad with tofu.

More Flavor

Add salt, pepper, chili flakes, minced garlic and/or ginger to the dressing, or sweeten with coconut sugar.

Additional Toppings

Add chopped peanuts on top.

Ingredients

- 12 1/3 ozs Tofu (extra-firm, pressed and cubed)
- 2 tbsps Tamari
- 2 tbsps Arrowroot Powder
- 1 tbsp Sesame Oil
- 2 tsps Rice Vinegar
- 1 1/2 tsps Lime Juice
- 4 cups Purple Cabbage (thinly sliced)
- 1 Carrot (shredded)
- 1/3 cup Cilantro (chopped)

Snap Peas, Peppers & Hummus

4 ingredients · 10 minutes · 3 servings



Directions

1. Divide the bell peppers and snap peas onto plates and serve with hummus. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Hummus

Use baba ganoush or tzatziki instead.

Ingredients

3/4 Red Bell Pepper (medium, sliced)

3/4 Yellow Bell Pepper (medium, sliced)

1 1/2 cups Snap Peas (trimmed)

3/4 cup Hummus

Celery with Creamy Sunflower Seed Butter

4 ingredients · 10 minutes · 4 servings



Directions

1. Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
2. Serve with celery sticks and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

Each serving equals approximately one celery stalk and 1/3 cup of sunflower seed cream.

No Sunflower Seeds

Use cashews instead.

Ingredients

1 cup Sunflower Seeds (raw, soaked overnight, drained, rinsed)

2 1/2 cups Water

1/4 tsp Sea Salt

4 stalks Celery (cut into sticks)

Tomato Chickpea Curry

12 ingredients · 20 minutes · 2 servings



Directions

1. Add the water to a pot over medium heat. Add the garlic, onion, and ginger and cook for three to five minutes until the onions begin to soften. Stir in the coriander, cumin, turmeric, and salt and continue to cook for another minute.
2. Add the chickpeas and tomatoes and stir to combine. Bring the curry to simmer and cook for about 10 minutes, or until it has thickened.
3. Stir in the garam masala and the cilantro. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately one cup.

More Flavor

Use vegetable broth instead of water.

More Veggies

Stir in baby spinach.

Serve it With

Rice, quinoa, roasted potatoes, tortillas, flatbread, or crusty bread.

Ingredients

- 1/3 cup Water
- 1 1/3 Garlic (clove, minced)
- 2/3 Yellow Onion (medium, chopped)
- 1 tsp Ginger (fresh, minced or grated)
- 2/3 tsp Coriander
- 2/3 tsp Cumin
- 1/3 tsp Turmeric
- 1/3 tsp Sea Salt
- 1 1/3 cups Chickpeas (cooked, rinsed)
- 1 cup Diced Tomatoes (canned with the juices)
- 1/3 tsp Garam Masala
- 2 2/3 tbsps Cilantro (chopped)

Squash & Quinoa Spinach Salad

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
3. Meanwhile, cook the quinoa according to package directions.
4. To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor

Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat

Add extra virgin olive oil to the apple cider vinegar.

Ingredients

1 cup Butternut Squash (cut into small cubes)

1/8 tsp Cinnamon

Sea Salt & Black Pepper (to taste)

1/3 cup Quinoa

2 cups Baby Spinach

1/2 Apple (small, peeled and finely chopped)

1 tbsp Red Onion (finely chopped)

1 tbsp Walnuts (finely chopped)

2 tbsps Apple Cider Vinegar

Paleo Falafel Salad with Mint Tahini Sauce

18 ingredients · 45 minutes · 2 servings



Directions

1. Make a flax egg by combining the ground flax with water in a small bowl and set aside.
2. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
3. Add the hemp seeds, half of the sunflower seeds, parsley and the flax egg into a food processor and pulse until combined. Remove and add to a medium size bowl and add the remaining sunflower seeds, half of the lemon juice, tapioca flour, cumin, turmeric and garlic. Season with sea salt and pepper and mix well.
4. Using your hands, form balls with the falafel mix and flatten with your hands. Add sesame seeds to a plate and roll the flattened balls in the seeds then place them on the baking sheet. Bake for 25 to 30 minutes, flipping at the halfway point.
5. Meanwhile, make the mint tahini sauce by adding the tahini, olive oil, mint leaves, sea salt and remaining lemon juice to a food processor or blender. Blend until smooth and transfer to a jar.
6. Add mixed greens to your plate, with roasted carrots and falafels. Drizzle with tahini sauce. Enjoy!

Notes

Meal Prep

Make the falafels ahead and freeze for quick and easy meals down the road.

No Tapioca Flour

Use coconut flour instead.

Wet Falafels

If the falafel mix is a little too wet, add ½ tsp more flour to thicken.

Serving Size

One serving is equal to 3 falafels.

Ingredients

- 1 1/2 **tsps** Ground Flax Seed
- 1 1/2 **tbps** Water
- 1/4 **cup** Hemp Seeds
- 1/3 **cup** Sunflower Seeds (divided)
- 2 2/3 **tbps** Parsley (packed)
- 1 1/2 **tbps** Lemon Juice (divided)
- 1 1/2 **tsps** Tapioca Flour
- 1/2 **tsp** Cumin
- 1/16 **tsp** Turmeric
- 1/2 **Garlic** (clove, minced)
- Sea Salt & Black Pepper (to taste)
- 1 **tbps** Sesame Seeds (optional)
- 2 1/4 **tsps** Tahini
- 1 1/2 **tbps** Extra Virgin Olive Oil
- 2 **tbps** Mint Leaves (packed)
- 1/16 **tsp** Sea Salt (or more to taste)
- 4 **cups** Mixed Greens
- 6 **Heirloom Carrots** (roasted)