



Restore: Stress Support Menu Planner

Created by Aeryon Wellness



Restore: Stress Support Menu 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.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Aeryon Wellness Inc, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

Restore: Stress Support Menu Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Watermelon Chia Pudding	Berry Watermelon Chia Pudding	Berry Watermelon Chia Pudding	Banana Chocolate Cauliflower N'Oats	Banana Chocolate Cauliflower N'Oats	Sweet Potato & Egg Hash	Sweet Potato & Egg Hash
Snack 1	Kiwi & Almonds	Kiwi & Almonds	Kiwi & Almonds	Coconut Brownie Bites	Coconut Brownie Bites	Coconut Brownie Bites	Kiwi & Almonds
Lunch	Cleaned Up Eggs Benedict	Cleaned Up Eggs Benedict	Mediterranean Goddess Bowl	Mediterranean Goddess Bowl	Tomato Chickpea Soup	Tomato Chickpea Soup	Tomato Chickpea Soup
Snack 2	Bell Peppers with Hummus	Bell Peppers with Hummus	Tuna Salad Stuffed Avocado	Bell Peppers with Hummus	Bell Peppers with Hummus	Tuna Salad Stuffed Avocado	Tuna Salad Stuffed Avocado
Dinner	Asian Chicken Lettuce Wraps	Asian Chicken Lettuce Wraps	Easy Salmon Poke Bowl	Easy Salmon Poke Bowl	Cobb Salad	Cobb Salad	Cobb Salad

Restore: Stress Support Menu Planner

72 items

Fruits

- ☐ 15 3/4 Avocado
- ☐ 1 Banana
- ☐ 3/4 cup Blueberries
- ☐ 4 Kiwi
- ☐ 3 1/2 Lemon
- ☐ 3/4 Seedless Watermelon

Breakfast

- ☐ 1/4 cup All Natural Peanut Butter
- ☐ 3 tbsps Sugar Free Maple Syrup

Seeds, Nuts & Spices

- ☐ 4 cups Almonds
- ☐ 1 tsp Black Pepper
- ☐ 1 cup Chia Seeds
- ☐ 2 tbsps Chili Powder
- ☐ 1 tbsps Italian Seasoning
- ☐ 1 tsp Oregano
- ☐ 1 1/16 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Sesame Seeds
- ☐ 2 tbsps Slivered Almonds
- ☐ 1 tsp Smoked Paprika

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 2 heads Boston Lettuce
- ☐ 7 Carrot
- ☐ 2 cups Cauliflower Rice
- ☐ 2 3/4 cups Cherry Tomatoes
- ☐ 3/4 cup Cilantro
- ☐ 4 1/2 Cucumber
- ☐ 13 Garlic
- ☐ 2 stalks Green Onion
- ☐ 1 Jalapeno Pepper
- ☐ 1 cup Parsley
- ☐ 6 tbsps Parsley
- ☐ 4 cups Purple Cabbage
- ☐ 1/2 cup Radishes
- ☐ 2 Red Bell Pepper
- ☐ 1/2 cup Red Onion
- ☐ 1/4 Sweet Onion
- ☐ 4 Sweet Potato
- ☐ 2 Tomato
- ☐ 6 Yellow Bell Pepper
- ☐ 1 1/2 Yellow Onion

Boxed & Canned

- ☐ 1 1/2 cups Brown Rice
- ☐ 3 cups Brown Rice Fusilli
- ☐ 3 cups Chickpeas
- ☐ 2 1/4 cups Diced Tomatoes
- ☐ 2 cups Quinoa
- ☐ 6 cans Tuna
- ☐ 12 cups Vegetable Broth

Baking

- ☐ 2 tbsps Cacao Nibs
- ☐ 3/4 cup Cocoa Powder
- ☐ 1/4 cup Coconut Flour
- ☐ 2 tsps Honey
- ☐ 3 cups Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 12 ozs Chicken Breast, Cooked
- ☐ 2 lbs Extra Lean Ground Chicken
- ☐ 3/4 cup Feta Cheese
- ☐ 3 cups Hummus
- ☐ 1 lb Salmon Fillet

Condiments & Oils

- ☐ 1/4 cup Apple Cider Vinegar
- ☐ 2 tsps Avocado Oil
- ☐ 1/4 cup Coconut Aminos
- ☐ 1/2 cup Coconut Oil
- ☐ 1/2 cup Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 2 tsps Rice Vinegar
- ☐ 2 tbsps Sesame Oil
- ☐ 2 tbsps Tahini
- ☐ 1/4 cup Tamari

Cold

- ☐ 15 Egg
- ☐ 5 1/2 cups Unsweetened Almond Milk

Other

- ☐ 3 1/2 cups Water

- ☐ **1 1/2 cups** Unsweetened Coconut Flakes
- ☐ **2 tbsps** Vanilla Extract

Berry Watermelon Chia Pudding

6 ingredients · 3 hours · 3 servings



Directions

1. In a medium-sized bowl, whisk together the coconut milk, maple syrup, and vanilla extract. Then whisk in the chia seeds. Place in the refrigerator for 3 hours or overnight.
2. Divide the chia pudding between bowls or containers and top with blueberries and diced watermelon. Enjoy!

Notes

Storage

Keeps well in an airtight container in the fridge for up to 5 days.

Ingredients

- 1 **1/3 cups** Unsweetened Almond Milk (canned)
- 1 **tbsp** Sugar Free Maple Syrup
- 2 **tsps** Vanilla Extract
- 1/4 **cup** Chia Seeds
- 1/4 **cup** Blueberries
- 1/4 Seedless Watermelon (diced)

Banana Chocolate 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, 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
- 2 tbsps All Natural Peanut Butter (divided)
- 1/8 tsp Sea Salt
- 1/2 Banana (sliced)
- 1 tbsp Cacao Nibs
- 1 tbsp Slivered Almonds

Sweet Potato & Egg Hash

8 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
3. Add the smoked paprika and diced pepper and cook for another 2 minutes.
4. Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
5. Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

No Sweet Potato

Use butternut squash instead.

More Protein

Add extra eggs.

Prep Ahead

Chop vegetables in advance to save time.

Ingredients

- 1 **tsp** Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 **tsp** Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 **stalk** Green Onion (sliced)

Kiwi & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Cut kiwi into slices. Peel off skin. Serve with almonds.

Ingredients

- 1 Kiwi (sliced)
- 1/4 cup Almonds

Coconut Brownie Bites

5 ingredients · 15 minutes · 14 servings



Directions

1. Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates and coconut oil. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Ingredients

1 cup Almonds
1/4 cup Cocoa Powder
1/2 cup Unsweetened Coconut Flakes (divided)
1 cup Pitted Dates (soaked and drained)
1 1/2 tbsps Coconut Oil

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

Mediterranean Goddess Bowl

16 ingredients · 25 minutes · 4 servings



Directions

1. Combine quinoa and water in a saucepan and place over high heat. Bring to a boil. Once boiling, reduce to a simmer. Cover and let simmer for 12 to 15 minutes or until all water is absorbed. Remove from the heat, fluff with a fork and set aside.
2. In a jar, combine tahini, olive oil, oregano, black pepper and lemon juice. Shake well to mix and set aside.
3. Divide quinoa between bowls, top with bell pepper, tomato, red onion, purple cabbage, cucumber and parsley. Top with a large spoonful of hummus and sprinkle the hummus with chili powder. Drizzle with desired amount of dressing. Top with sliced avocado. Enjoy!

Notes

On-the-Go

Layer all ingredients into a mason jar with the hummus and dressing on the bottom to create a portable mason jar salad.

Ingredients

- 1 cup Quinoa (uncooked)
- 1 1/2 cups Water
- 1 Yellow Bell Pepper (chopped)
- 1 tbsp Tahini
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Oregano
- 1/2 tsp Black Pepper
- 1/2 Lemon (juiced)
- 1 Tomato (diced)
- 1/4 cup Red Onion (finely diced)
- 1 Cucumber (diced)
- 1/2 cup Parsley (finely chopped)
- 1 cup Hummus
- 1 tbsp Chili Powder
- 2 cups Purple Cabbage (chopped)
- 1 Avocado

Tomato Chickpea Soup

11 ingredients · 25 minutes · 4 servings



Directions

1. Add a few splashes of the vegetable broth to a large pot. Bring to a gentle boil over medium heat then add the onion, carrot, and garlic. Cook for 3 to 5 minutes or until the onions have softened and the broth has mostly evaporated. Stir in the chickpeas, tomatoes, Italian seasoning, and salt. Continue to cook for 2 to 3 minutes more.
2. Transfer about half of the chickpea and vegetable mixture to a blender along with 1/3 of the remaining vegetable broth. Blend the chickpea and vegetable mixture with the broth until mostly smooth. Transfer it back to the pot, along with the remaining broth, and stir to combine.
3. Bring the soup to a gentle boil and stir in the pasta. Cook the pasta for about 7 minutes or until al dente.
4. Remove the soup from the heat and stir in the spinach until wilted. Season the soup with additional salt if needed. Divide between bowls, top with parsley, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freezing leftovers is not recommended.

Serving Size

One serving is approximately 1 1/4 cups.

More Fat

Sauté the vegetables in extra virgin olive oil instead of the broth.

Additional Toppings

Fresh herbs, red pepper flakes, fresh ground pepper, nutritional yeast, extra virgin olive oil.

No Fusilli

Use another short-cut pasta.

No Canned Diced Tomatoes

Use fresh instead.

Ingredients

- 4 cups Vegetable Broth (divided)
- 1/2 Yellow Onion (finely chopped)
- 1 Carrot (small, peeled, finely chopped)
- 2 Garlic (large cloves, minced)
- 1 cup Chickpeas (cooked, rinsed)
- 3/4 cup Diced Tomatoes
- 1 tsp Italian Seasoning
- 1 tsp Sea Salt
- 1 cup Brown Rice Fusilli
- 1 cup Baby Spinach (chopped)
- 2 tbsps Parsley

Bell Peppers with Hummus

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the bell pepper slices and hummus onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Sprinkle paprika over the hummus.

No Bell Pepper

Use cucumber slices, celery, carrots, or rice cakes instead.

Ingredients

1 Yellow Bell Pepper (medium, sliced)

1/4 cup Hummus

Tuna Salad Stuffed Avocado

10 ingredients · 20 minutes · 4 servings



Directions

1. Cut your avocados in half and discard the pits. Scoop about 3/4 of the avocado flesh out of each avocado half so that just a bit of avocado remains in the shell. Place the avocado flesh you carved out in a large mixing bowl and mash with a fork.
2. Add tuna, cucumber, cherry tomatoes, minced garlic, mustard, extra virgin olive oil and lemon juice. Season with sea salt and pepper to taste and mix well.
3. Use a spoon to pack the tuna salad back into the avocado halves. Top with cilantro. Enjoy!

Notes

More Protein & Crunch

Add 1/4 cup sunflower seeds.

Don't Like Avocados

Use halved bell peppers or carved out tomatoes instead. Roast them first for some extra yum.

Don't Eat Fish

Use a can of white beans instead.

Ingredients

- 2 Avocado
- 2 cans Tuna (drained and flaked)
- 1/2 Cucumber (finely diced)
- 1/2 cup Cherry Tomatoes (finely chopped)
- 1 Garlic (clove, minced)
- 2 tbsps Dijon Mustard
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- Sea Salt & Black Pepper (to taste)
- 1/4 cup Cilantro

Asian Chicken Lettuce Wraps

9 ingredients · 15 minutes · 4 servings



Directions

1. In a pan over medium heat, add the avocado oil. Once the pan is hot, add the garlic and cook for 1 minute. Add the chicken and stir to combine. Cook for 6 to 8 minutes, until cooked through. Drain any excess fat and return to the stove.
2. In a small bowl, mix together the coconut aminos, sesame oil and honey. Add the sauce to the chicken and stir to combine, cooking for another 1 to 2 minutes.
3. Put the chicken mixture into individual lettuce leaves. Top with shredded carrot and sesame seeds, if using. Enjoy!

Notes

Leftovers

Refrigerate each item separately in airtight containers for up to three days.

Serving Size

One serving is equal to two lettuce wraps.

More Flavor

Add ginger to the meat mixture.

Additional Toppings

Top with avocado, cucumber slices, hot sauce or chili flakes.

Ingredients

- 1 tsp Avocado Oil
- 2 Garlic (cloves, minced)
- 2 tbsps Coconut Aminos
- 1 tsp Sesame Oil
- 1 tsp Honey
- 1 head Boston Lettuce (leaves separated)
- 2 Carrot (washed, shredded)
- 1 lb Extra Lean Ground Chicken
- 1 tsp Sesame Seeds (optional, for garnish)

Easy Salmon Poke Bowl

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the brown rice according to the directions on the package. Once it has finished cooking, drizzle half the sesame oil over top and mix to combine.
2. Meanwhile, in a medium-sized bowl, add the salmon, tamari, rice vinegar, and the remaining sesame oil. Place in the fridge to marinate for 10 minutes.
3. Assemble your bowl by adding brown rice to the bottom. Top it with salmon, cucumber, radishes, avocado, and jalapeno. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day.

More Flavor

Add minced ginger and chili flakes to the salmon while it's marinating.

Additional Toppings

Sesame seeds, cilantro and/or a spicy mayo.

Make it Vegan

Use tofu or tempeh instead of salmon.

Ingredients

- 3/4 cup Brown Rice
- 2 tsps Sesame Oil (divided)
- 8 ozs Salmon Fillet (sushi-grade, skinless, diced)
- 2 tsps Tamari
- 1 tsp Rice Vinegar
- 1/2 Cucumber (sliced)
- 1/4 cup Radishes (thinly sliced)
- 1/2 Avocado (sliced)
- 1/2 Jalapeno Pepper (thinly sliced)

Cobb Salad

10 ingredients · 30 minutes · 2 servings



Directions

1. In a small bowl, mix together lemon juice, olive oil, mustard and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
2. Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
3. When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Ingredients

- 1/4 Lemon (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 1/4 **cup** Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 4 **ozs** Chicken Breast, Cooked
- 1 Egg (hardboiled and sliced)
- 1/4 **cup** Feta Cheese (crumbled)