



Sleeping Beauty Vegan Meal Planner

Created by Aeryon Wellness



Vegan Collagen 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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Vegan Collagen Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Tropical Green Smoothie	Tropical Green Smoothie	Aloe Green Smoothie	Aloe Green Smoothie	Tofu Breakfast Scramble copy	Tofu Breakfast Scramble copy	Coconut Chia Seed Yogurt
Snack 1	Kiwi & Almonds	Kiwi & Almonds	Kiwi & Almonds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds
Lunch	Balsamic Roasted Tempeh Bowls	Balsamic Roasted Tempeh Bowls	Quinoa Tabbouleh	Quinoa Tabbouleh	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili
Snack 2	Chocolate Almond Butter Pudding Vegan	Chocolate Almond Butter Pudding Vegan	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Chocolate Almond Butter Pudding Vegan
Dinner	Tomato Chickpea Curry	Tomato Chickpea Curry	Grilled Portobello Mushroom Pizzas	Grilled Portobello Mushroom Pizzas	Maple roasted lentil squash salad	Maple roasted lentil squash salad	Maple roasted lentil squash salad
Snack 3	Miso Mushroom Soup	Miso Mushroom Soup	Miso Mushroom Soup	Miso Mushroom Soup	Brownie Batter Protein Balls	Brownie Batter Protein Balls	Brownie Batter Protein Balls

Vegan Collagen Planner

84 items

Fruits

- ☐ 4 Avocado
- ☐ 2 cups Blackberries
- ☐ 2 cups Blueberries
- ☐ 3 Kiwi
- ☐ 1/2 cup Lemon Juice
- ☐ 2 cups Papaya
- ☐ 2 cups Pineapple
- ☐ 2 3/4 cups Strawberries

Breakfast

- ☐ 1 cup Almond Butter
- ☐ 2 1/3 tbsps Maple Syrup
- ☐ 1/3 cup Pumpkin Seed Butter
- ☐ 1/3 cup Sugar Free Maple Syrup

Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 1 cup Chia Seeds
- ☐ 1/2 cup Chili Powder
- ☐ 1 1/2 tbsps Cinnamon
- ☐ 2 tsps Coriander
- ☐ 2 2/3 tbsps Cumin
- ☐ 2 tsps Curry Powder
- ☐ 1 tsp Garam Masala
- ☐ 1/4 cup Hemp Seeds
- ☐ 2 tbsps Italian Seasoning
- ☐ 1 tbsp Oregano
- ☐ 1/3 cup Pecans
- ☐ 2 cups Pumpkin Seeds
- ☐ 1/4 cup Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 cup Slivered Almonds
- ☐ 1 tsp Turmeric
- ☐ 2 2/3 tbsps Walnuts

Frozen

Vegetables

- ☐ 10 cups Baby Spinach
- ☐ 6 cups Butternut Squash
- ☐ 18 Carrot
- ☐ 6 stalks Celery
- ☐ 2 1/2 cups Cherry Tomatoes
- ☐ 1/2 cup Cilantro
- ☐ 2 Cucumber
- ☐ 24 Garlic
- ☐ 3 2/3 tbsps Ginger
- ☐ 8 Green Bell Pepper
- ☐ 12 stalks Green Onion
- ☐ 9 cups Kale Leaves
- ☐ 1 1/2 cups Mint Leaves
- ☐ 8 cups Mushrooms
- ☐ 4 3/4 cups Parsley
- ☐ 12 ozs Portobello Mushroom Caps
- ☐ 2 cups Red Onion
- ☐ 3/4 Red Onion
- ☐ 6 cups Shiitake Mushrooms
- ☐ 1 Sweet Onion
- ☐ 4 Tomato
- ☐ 3 White Onion
- ☐ 3 Yellow Onion
- ☐ 6 Zucchini

Boxed & Canned

- ☐ 6 cups Black Beans
- ☐ 4 1/2 cups Brown Rice
- ☐ 18 cups Canned Whole Tomatoes
- ☐ 4 cups Chickpeas
- ☐ 3 cups Diced Tomatoes
- ☐ 7 1/2 cups Lentils
- ☐ 4 cups Quinoa
- ☐ 6 cups Red Kidney Beans
- ☐ 4 1/8 cups Vegetable Broth
- ☐ 6 cups White Navy Beans

Baking

Bread, Fish, Meat & Cheese

- ☐ 2 1/4 lbs Tempeh
- ☐ 3 1/2 lbs Tofu
- ☐ 1/2 cup Vegan Cheese

Condiments & Oils

- ☐ 1/3 cup Apple Cider Vinegar
- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 2/3 cup Balsamic Vinegar
- ☐ 1 1/2 cups Extra Virgin Olive Oil
- ☐ 3/4 cup Miso Paste
- ☐ 1/4 cup Tamari

Cold

- ☐ 2 1/2 cups Unsweetened Almond Milk
- ☐ 3 cups Unsweetened Coconut Yogurt

Other

- ☐ 1 1/2 cups Chocolate Protein Powder
- ☐ 16 Ice Cubes
- ☐ 3 fl ozs Pure Aloe Juice
- ☐ 3 cups Vanilla Protein Powder
- ☐ 22 cups Water

☐ **2 cups** Frozen Pineapple

☐ **3 tbsps** Cacao Powder

☐ **3/4 cup** Dried Unsweetened
Cranberries

☐ **2 tbsps** Nutritional Yeast

Tropical Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

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

Notes

Likes it Sweet

Add raw honey.

More Protein

Add hemp seeds or a scoop of vanilla protein powder.

No Papaya

Use extra pineapple or other fruit like mango or oranges.

Ingredients

- 1 cup** Papaya (chopped)
- 1 cup** Pineapple (chopped)
- 1** Cucumber (chopped)
- 4** Ice Cubes
- 1/2 cup** Mint Leaves
- 1 cup** Baby Spinach
- 2 tbsps** Chia Seeds
- 1 cup** Water

Aloe Green Smoothie

8 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. Add chia seeds and mix well.

Notes

No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

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
- 2 tbsps** Chia Seeds

Tofu Breakfast Scramble copy

9 ingredients · 25 minutes · 3 servings



Directions

1. In a skillet over medium-low heat, add the vegetable broth along with the pepper and onion. Sauté for 8 to 10 minutes.
2. Break apart the tofu into large chunks and add to the pan. Use the back of a wooden spoon to break it apart into smaller pieces. Add the curry powder, nutritional yeast and sea salt. Stir to combine the spices evenly.
3. Add spinach and tomatoes to the pan and stir until just wilted, about 1 minute. Remove from the heat, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Vegetable Broth

Use avocado oil or extra virgin olive oil instead.

More Flavor

Add mushrooms or fresh herbs to the dish.

Ingredients

- 1 **tbsp** Vegetable Broth
- 1 Green Bell Pepper (chopped)
- 1/2 Yellow Onion (chopped)
- 15 **3/4 ozs** Tofu (extra firm, drained and pressed to remove water)
- 1 **tsp** Curry Powder
- 1 **tbsp** Nutritional Yeast
- 1/4 **tsp** Sea Salt
- 3 **cups** Baby Spinach
- 1/4 **cup** Cherry Tomatoes

Coconut Chia Seed Yogurt

5 ingredients · 30 minutes · 3 servings



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 walnuts, 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

3 cups Unsweetened Coconut Yogurt

1/2 cup Chia Seeds

1 tbsp Cinnamon

3/4 cup Strawberries (chopped)

2 2/3 tbsps Walnuts

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

Cinnamon Toast Crunch Pumpkin Seeds

5 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
3. Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

Notes

Best Results

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

No Fresh Seeds

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

Storage

Once completely cooled, store in an air-tight container at room temperature.

Ingredients

- 1/2 cup** Pumpkin Seeds (rinsed and dried)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 tsp** Maple Syrup
- 1/4 tsp** Sea Salt
- 1/4 tsp** Cinnamon

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

1/4 cup Extra Virgin Olive Oil
1/4 cup Balsamic Vinegar
3 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 tbsp Italian Seasoning
1 1/8 lbs Tempeh
1 cup Red Onion (medium, sliced)
6 Carrot (medium, peeled and chopped)
4 cups Mushrooms (quartered)
3 Zucchini (sliced)
1 1/2 cups Quinoa (dry)
2 1/2 cups Water

Quinoa Tabbouleh

8 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add minced garlic.

No Quinoa

Use bulgur, cauliflower rice, hemp seeds, or lentils instead.

Ingredients

- 1/2 cup** Quinoa (uncooked)
- 2 cups** Parsley (stems removed, finely chopped)
- 1/4 cup** Mint Leaves (stems removed, finely chopped)
- 2 stalks** Green Onion (finely chopped)
- 2** Tomato (medium, chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 cup** Lemon Juice
- Sea Salt & Black Pepper (to taste)

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

Chocolate Almond Butter Pudding Vegan

4 ingredients · 5 minutes · 3 servings



Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder

Use cacao powder instead.

No Almond Butter

Use peanut butter or any type of nut butter.

Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre

Add ground flax seeds before blending.

Ingredients

1 Avocado (peeled and pits removed)

1/2 cup Unsweetened Almond Milk

1/4 cup Almond Butter

1 cup Vanilla Protein Powder (vegan)

Triple Berry Protein Bowl

7 ingredients · 10 minutes · 1 serving



Directions

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

- 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

Tomato Chickpea Curry

12 ingredients · 20 minutes · 3 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

- 1/2 cup Water
- 2 Garlic (clove, minced)
- 1 Yellow Onion (medium, chopped)
- 1 1/2 tsps Ginger (fresh, minced or grated)
- 1 tsp Coriander
- 1 tsp Cumin
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt
- 2 cups Chickpeas (cooked, rinsed)
- 1 1/2 cups Diced Tomatoes (canned with the juices)
- 1/2 tsp Garam Masala
- 1/4 cup Cilantro (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)

Maple roasted lentil squash salad

12 ingredients · 30 minutes · 4 servings



Directions

1. Preheat oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange butternut squash cubes on the baking sheet and season with avocado oil and half of the salt. Roast in the oven for 20 minutes then remove from oven and drizzle with maple syrup. Return to the oven for an addition 5 to 10 minutes, or until the butternut squash is tender and maple syrup has started to caramelize. Remove from the oven and let cool slightly.
3. In a large mixing bowl whisk together the extra virgin olive oil, apple cider vinegar, cinnamon and remaining salt. Fold in lentils, red onion, cranberries, pecans, parsley and butternut squash. Season with additional salt if needed. Enjoy!

Notes

Leftovers

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

No Maple Syrup

Use honey instead.

No Butternut Squash

Use sweet potato or carrots instead.

Save Time

Buy pre-sliced butternut squash.

Ingredients

- 2 cups Butternut Squash (chopped into 1 cm cubes)
- 1 1/2 tsps Avocado Oil
- 1/4 tsp Sea Salt (divided)
- 1 tsp Maple Syrup
- 1/4 cup Extra Virgin Olive Oil
- 2 tsps Apple Cider Vinegar
- 1/4 tsp Cinnamon
- 2 1/2 cups Lentils (cooked, from the can)
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Parsley (chopped)
- 1/4 Red Onion
- 2 tsps Pecans (crumbled)

Miso Mushroom Soup

9 ingredients · 25 minutes · 2 servings



Directions

1. Add the water and broth to a medium sized pot and bring to a boil. Reduce to a simmer, and add the mushrooms. Cook for 4 to 5 minutes.
2. Add the tofu, ginger and tamari and ensure the broth is lightly simmering. Continue cooking for 2 to 3 minutes more.
3. In a small bowl, add the miso paste, and ladle in some of the hot broth and whisk. Add the miso mixture to the pot and stir to combine. Add the kale leaves and simmer for 1 minute more.
4. Divide the miso soup into bowls and top with green onion, if using. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 2 cups.

More Flavor

Add sesame oil once finished cooking.

Additional Toppings

Add noodles, or some nori to the soup when finished cooking.

No Vegetable Broth

Use water instead and increase the amount of miso slightly for more flavor.

Miso Paste

This recipe was developed and tested using white miso.

Ingredients

- 3 cups Water
- 1 cup Vegetable Broth
- 1 1/2 cups Shiitake Mushrooms (sliced)
- 6 ozs Tofu (drained, rinsed and cut into cubes)
- 1 tsp Ginger
- 1 tbsp Tamari
- 3 tbsps Miso Paste
- 2 cups Kale Leaves (roughly chopped)
- 2 stalks Green Onion (optional, sliced)

Brownie Batter Protein Balls

6 ingredients · 40 minutes · 6 servings



Directions

1. Line a baking sheet with parchment paper.
2. Combine dates, black beans, chocolate protein powder, pumpkin seed butter, sea salt, and cacao powder in the bowl of your food processor. Process until smooth, scraping down the sides as necessary.
3. Roll the dough into 1-inch balls and place on the covered baking sheet. You should have about 3 balls per serving.
4. To make the optional chocolate drizzle: melt the chocolate chips in a double boiler and drizzle over balls.
5. Refrigerate at least 1 hour to set. Enjoy!

Notes

Serving Size

Nutrition information is calculated based on 3 balls per serving.

Storage

Store in an airtight container in the fridge up to 1 week, or in the freezer for up to 1 month.

No Pumpkin Seed Butter

Use tahini, sunflower butter, almond butter or peanut butter instead.

Preferred Protein Powder

This recipe was developed and tested using Genuine Health Vegan Fermented Protein Powder in Chocolate. For best results, use this or a plant-based protein powder.

Ingredients

- 2 cups** Black Beans (cooked)
- 1/2 cup** Chocolate Protein Powder
- 2 tbsps** Pumpkin Seed Butter
- 1/2 tsp** Sea Salt
- 1 tbsp** Cacao Powder
- 2 tbsps** Sugar Free Maple Syrup