



Sleeping Beauty Meal Planner

Created by Aeryon Wellness



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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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Sleeping Beauty Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Collagen Smoothie	Chocolate Collagen Smoothie	Chocolate Collagen Smoothie	Green Mango Smoothie Bowl	Green Mango Smoothie Bowl	Sweet Potato & Egg Hash	Sweet Potato & Egg Hash
Snack 1	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte
Lunch	Tomato Shakshuka	Tomato Shakshuka	Tomato Shakshuka	Spicy Shrimp Sushi Bowl	Spicy Shrimp Sushi Bowl	Halloumi & Quinoa Salad	Halloumi & Quinoa Salad
Snack 2	Banana Collagen Energy Bites	Banana Collagen Energy Bites	Banana Collagen Energy Bites	Salmon Egg Cups	Salmon Egg Cups	Salmon Egg Cups	Salmon Egg Cups
Dinner	Southwest Chicken Meal Prep Bowls	Southwest Chicken Meal Prep Bowls	Southwest Chicken Meal Prep Bowls	Wild Salmon with Green Beans & Roasted Tomato	Wild Salmon with Green Beans & Roasted Tomato	Scallop & Sweet Potato Pasta	Scallop & Sweet Potato Pasta
Snack 3	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth

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74 items

Fruits

- ☐ 3 Avocado
- ☐ 6 1/2 Banana
- ☐ 1 cup Blueberries
- ☐ 1/2 Lemon
- ☐ 2 tbsps Lemon Juice
- ☐ 3 tbsps Lime Juice
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 3 tbsps Almond Butter
- ☐ 2 1/3 tbsps Green Tea Powder

Seeds, Nuts & Spices

- ☐ 1/2 cup Chia Seeds
- ☐ 2 1/4 tpsps Cinnamon
- ☐ 1 1/2 tpsps Cumin
- ☐ 2 tbsps Goji Berries
- ☐ 1/3 cup Hemp Seeds
- ☐ 1 1/2 tpsps Paprika
- ☐ 3 1/4 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Smoked Paprika
- ☐ 1 1/2 tbsps Taco Seasoning

Frozen

- ☐ 3/4 cup Frozen Cauliflower
- ☐ 2 cups Frozen Mango

Vegetables

- ☐ 6 cups Baby Spinach
- ☐ 3 1/4 cups Basil Leaves
- ☐ 7 Carrot
- ☐ 14 stalks Celery
- ☐ 7 cups Cherry Tomatoes
- ☐ 1/4 cup Chives
- ☐ 3 tbsps Cilantro
- ☐ 2 Cucumber
- ☐ 28 Garlic
- ☐ 3/4 tsp Ginger
- ☐ 8 cups Green Beans
- ☐ 3/4 Green Bell Pepper
- ☐ 4 1/2 cups Green Cabbage
- ☐ 2 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 1/2 cup Mint Leaves
- ☐ 7 cups Parsley
- ☐ 2 3/4 Red Bell Pepper
- ☐ 12 leaves Romaine
- ☐ 4 Sweet Potato
- ☐ 3 Tomato
- ☐ 3/4 Yellow Bell Pepper
- ☐ 8 1/2 Yellow Onion

Boxed & Canned

- ☐ 3 cups Brown Rice
- ☐ 9 cups Canned Whole Tomatoes
- ☐ 2/3 cup Quinoa

Baking

- ☐ 1/2 cup Cacao Powder
- ☐ 1 cup Coconut Flour
- ☐ 1 3/4 tpsps Monk Fruit Sweetener
- ☐ 2 tbsps Nutritional Yeast
- ☐ 6 cups Unsweetened Coconut Flakes
- ☐ 3 tbsps Unsweetened Shredded Coconut

Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Chicken Breast
- ☐ 2 1/2 lbs Salmon Fillet
- ☐ 1 lb Scallops
- ☐ 1 lb Shrimp
- ☐ 1 lb Smoked Salmon
- ☐ 7 Whole Chicken Carcass

Condiments & Oils

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

Cold

- ☐ 1/4 cup Butter
- ☐ 34 Egg
- ☐ 13 cups Unsweetened Almond Milk
- ☐ 1 1/2 cups Unsweetened Coconut Yogurt

Other

- ☐ 6 1/16 ozs Collagen Powder
- ☐ 4 ozs Halloumi
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 42 cups Water

Chocolate Collagen Smoothie

10 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass, top with shredded coconut, and enjoy!

Notes

No Almond Milk

Use any other kind of milk like cashew, hemp or rice instead.

No Collagen Powder

Omit or use protein powder instead.

No Romaine

Use spinach or kale instead.

Ingredients

- 1 1/2 cups** Unsweetened Almond Milk
- 4 leaves** Romaine (washed and torn)
- 1/4 cup** Frozen Cauliflower
- 1/2 cup** Strawberries
- 1/2** Banana (frozen)
- 2 tbsps** Chia Seeds
- 2 tbsps** Cacao Powder
- 1 tbsp** Almond Butter
- 1/2 oz** Collagen Powder
- 1 tbsp** Unsweetened Shredded Coconut

Green Mango Smoothie Bowl

8 ingredients · 5 minutes · 1 serving



Directions

1. Throw the banana, frozen mango, baby spinach, protein powder and almond milk into a blender. Blend well until smooth.
2. Pour into a bowl and top with blueberries, chia seeds, goji berries, and any other favourite toppings. Enjoy!

Notes

Topping Ideas

Fruit, nuts, fresh herbs, coconut, hemp hearts, granola, ground flax or chia seeds.

Turn It Into a Smoothie

Add more almond milk for a thinner consistency.

Ingredients

- 1 Banana (frozen)
- 1 cup Frozen Mango
- 1 cup Baby Spinach
- 1/4 cup Vanilla Protein Powder
- 3/4 cup Unsweetened Almond Milk
- 1/2 cup Blueberries (fresh or frozen)
- 1 tbsps Goji Berries
- 1 tbsps Chia Seeds

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)

Green Tea Collagen Latte

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
2. Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
3. Pour into a mug and enjoy!

Notes

Nut-Free

Use a nut-free milk instead, like coconut or oat.

Additional Toppings

Sprinkle with additional green tea powder to serve.

Make it Vegan

Omit the collagen powder.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/3 oz** Collagen Powder
- 1 tsp** Green Tea Powder (Matcha)
- 1/4 tsp** Monk Fruit Sweetener (to taste)
- 1 tsp** Coconut Oil

Tomato Shakshuka

9 ingredients · 15 minutes · 2 servings



Directions

1. Heat olive oil in a large pan over medium-high heat. Add chopped onion and cook until soft, about 2 minutes.
2. Add garlic, cumin, paprika and sea salt. Stir until combined and fragrant, about 30 seconds.
3. Add tomatoes with the juice and roughly crush with your spatula. Bring to a simmer, stirring occasionally. (Note: the tomato juice will reduce a bit. If you prefer a thicker sauce, leave out the tomato juice.)
4. Using a spatula or the back of a spoon, create pockets in the tomato sauce. Crack an egg into each pocket, cover the pan and cook until the eggs are set, about 5-7 minutes.
5. Scoop into separate bowls, top with basil, and enjoy!

Notes

More Protein

Add more eggs.

Serve it With

Toast, brown rice, or quinoa.

Make it Spicy

Garnish with red pepper flakes.

No Basil

Use spinach instead.

Extra Toppings

Top with chopped cilantro, green onions or avocado slices.

Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 1 Garlic (clove, minced)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Paprika
- 1/2 **tsp** Sea Salt
- 3 **cups** Canned Whole Tomatoes
- 1 **cup** Basil Leaves (chopped)
- 2 Egg

Spicy Shrimp Sushi Bowl

9 ingredients · 30 minutes · 2 servings



Directions

1. Cook the rice according to the package directions. Let the cooked rice cool slightly.
2. Pat the shrimp really dry using paper towel. Heat a cast-iron skillet over medium heat and add the oil. Once hot, add the shrimp and cook for two to three minutes per side, until pink and cooked through. Remove and set aside to cool.
3. Meanwhile, mix the mayonnaise, sriracha, and tamari in a small bowl. Add the cooled and cooked shrimp and toss to combine.
4. Divide the rice, tomatoes, cucumber, and avocado into bowls. Add the shrimp and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add grated ginger or garlic to the shrimp when cooking or into the sauce. Season with salt to taste.

Additional Toppings

Sesame seeds and/or lime zest.

Ingredients

- 3/4 cup** Brown Rice
- 8 ozs** Shrimp (large, peeled, deveined)
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Mayonnaise (avocado oil)
- 1/2 tsp** Sriracha
- 1/2 tsp** Tamari
- 1/2 cup** Cherry Tomatoes (shredded)
- 1/2** Cucumber (sliced)
- 1/2** Avocado (cubed)

Halloumi & Quinoa Salad

9 ingredients · 20 minutes · 2 servings



Directions

1. Cook the quinoa according to package directions. Allow the cooked quinoa to cool slightly.
2. Heat 1/3 of the oil in a pan over medium to high heat. Add the halloumi slices to the pan and cook until browned, about one to two minutes per side. Set aside.
3. In the same pan, add the pita and cook until slightly toasted and then set aside.
4. In a small bowl, whisk together the remaining oil, lemon juice, salt, and pepper to taste.
5. In a large bowl, add the cooked quinoa, cherry tomatoes, kale, and cucumber. Add the dressing and toss to combine. Top with the halloumi and mint. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Ingredients

- 1/3 cup Quinoa (dry)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 2 ozs Halloumi (cut into large pieces)
- 1 tbsp Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 1 cup Cherry Tomatoes (halved)
- 1/2 Cucumber (quartered)
- 1 cup Kale Leaves
- 1/4 cup Mint Leaves (roughly torn)

Banana Collagen Energy Bites

10 ingredients · 30 minutes · 12 servings



Directions

1. Preheat the oven to 350°F (176°C) and arrange coconut flakes on a baking sheet. Bake for 8 to 10 minutes until golden brown and fragrant. Let cool.
2. Add toasted coconut flakes to a food processor and blend until a fine, moist crumb forms. Add the remaining ingredients to the food processor and blend until a ball of dough forms. If a ball hasn't formed, add an additional tablespoon of coconut flour and continue blending.
3. Scoop a tablespoon of dough out at a time and roll into a ball. Coat the balls in the hemp seeds. Place rolled balls on a plate or in a container and place in the fridge to set for approximately 20 minutes. Enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to one ball.

More Flavor

Add your favorite baking spices like nutmeg, clove, or vanilla extract.

Additional Toppings

Press the rolled balls into a mixture of shredded coconut, coconut sugar and cinnamon for an extra sweet treat.

Make It Vegan

Omit the collagen powder and substitute extra coconut flour instead.

Ingredients

2 cups Unsweetened Coconut Flakes

1 Banana (very ripe)

1 tbsp Coconut Oil

1/3 cup Coconut Flour

3/4 oz Collagen Powder

3/4 tsp Cinnamon

1/4 tsp Ginger

1/4 tsp Sea Salt

1 tbsp Cacao Powder

2 tbsps Hemp Seeds

Salmon Egg Cups

6 ingredients · 25 minutes · 3 servings



Directions

1. Preheat the oven to 350°F (177°C) and lightly grease a muffin tin with avocado oil.
2. In a small bowl, whisk together the eggs, chives, salt and pepper.
3. Add the spinach and then the smoked salmon to each muffin tin, then pour the egg mixture on top. Bake for 20 minutes. Remove from the oven, let cool and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to two egg cups.

More Flavor

Add fresh dill or capers to the muffin tins.

Ingredients

- 1 1/2 **tsps** Avocado Oil
- 6 **Egg**
- 1 **tbsp** Chives (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 4 **ozs** Smoked Salmon (roughly chopped)

Southwest Chicken Meal Prep Bowls

12 ingredients · 50 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C).
2. Cook the rice according to package directions. Let the rice cool slightly.
3. Meanwhile, place the chicken breast in a baking dish and season both sides with 1/2 of the oil and 2/3 of the taco seasoning. Bake for 25 to 30 minutes or until the chicken breast is cooked through. Let cool for 10 to 15 minutes then slice.
4. Meanwhile, in a small bowl combine the coconut yogurt, lime juice, cilantro, the remaining oil, and the remaining taco seasoning to make a dressing.
5. Divide the rice, cabbage, peppers, tomato, and chicken between bowls. Serve with the yogurt dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Serve cold or to reheat store the cabbage, veggies, and yogurt separately from the chicken and rice.

More Flavor

Add red pepper flakes, smoked paprika, or cayenne pepper to the taco seasoning. Season with salt if needed.

Additional Toppings

Lime wedges, cilantro, or chopped green onion.

No Brown Rice

Use quinoa or cauliflower rice instead.

No Cabbage

Use romaine lettuce or kale instead.

Ingredients

- 1/2 cup Brown Rice
- 8 ozs Chicken Breast
- 2 tsps Avocado Oil (divided)
- 1 1/2 tsps Taco Seasoning (divided)
- 1/2 cup Unsweetened Coconut Yogurt
- 1 tbsp Lime Juice
- 1 tbsp Cilantro
- 1 1/2 cups Green Cabbage (thinly sliced)
- 1/4 Green Bell Pepper (medium, chopped)
- 1 Tomato (medium, chopped)
- 1/4 Yellow Bell Pepper
- 1/4 Red Bell Pepper

Wild Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 4 servings



Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

4 cups Green Beans (washed and trimmed)

2 cups Cherry Tomatoes

1 tbsp Extra Virgin Olive Oil (or coconut oil)

Sea Salt & Black Pepper (to taste)

1 1/4 lbs Salmon Fillet

Scallop & Sweet Potato Pasta

8 ingredients · 20 minutes · 2 servings



Directions

1. Place the scallops on a plate lined with a paper towel to ensure they are very dry. Season with half the sea salt.
2. Heat a cast-iron skillet over medium heat and add half of the butter. Place the scallops in the skillet and cook for three to four minutes on one side. Flip and cook for one to two more minutes, until cooked through. Remove and set aside on a plate.
3. In the same skillet, lower the heat to medium-low. Add the sweet potato noodles, garlic, and remaining butter. Cook until the sweet potato noodles have softened, about five to seven minutes. Add the nutritional yeast, lemon juice, and remaining salt. Toss to combine.
4. Divide the noodles between dishes and top with scallops, lemon zest, and basil. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to two days.

More Flavor

Add red pepper flakes to the sweet potato noodles or black pepper, or finish cooking the scallops in ghee or butter for more richness.

No Nutritional Yeast

Omit or use parmesan cheese instead.

No Basil

Omit or use fresh parsley instead.

Ingredients

8 ozs Scallops

1/4 tsp Sea Salt (divided)

2 tbsps Butter (divided)

1 Sweet Potato (Japanese or regular, large, spiralized into noodles)

2 Garlic (cloves, sliced thin)

1 tbsp Nutritional Yeast

1/4 Lemon (juiced, zested)

2 tbsps Basil Leaves (sliced thin into ribbons)

Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

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

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

- 1 Whole Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water