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Vegan Nutritional Support Planner



By



Lose It Vegan Meal Plan

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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Lose It Vegan Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Pineapple Cucumber Smoothie	Pineapple Cucumber Smoothie	Pineapple Cucumber Smoothie	Avocado Toast with Tofu Scramble	Avocado Toast with Tofu Scramble	Brownie Protein Pancakes	Brownie Protein Pancakes
Snack 1	Cranberry Protein Cookies	Chocolate Almond Butter Pudding Vegan	Chocolate Almond Butter Pudding Vegan	Cranberry Protein Cookies	Chocolate Almond Butter Pudding Vegan	Cranberry Protein Cookies	Cranberry Protein Cookies
Lunch	Thai Red Lentil & Spinach Curry	Thai Red Lentil & Spinach Curry	Fresh Salad Rolls	Tempeh & Guacamole Wrap	Tempeh & Guacamole Wrap	Chickpea, Couscous & Spinach Salad	Chickpea, Couscous & Spinach Salad
Snack 2	Celery with Peanut Butter & Raisins	Sunbutter Pumpkin Protein Balls	Sunbutter Pumpkin Protein Balls	Chocolate Almond Butter Pudding Vegan	Sunbutter Pumpkin Protein Balls	Celery with Peanut Butter & Raisins	Celery with Peanut Butter & Raisins
Dinner	Fresh Salad Rolls	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Lentil Salad Lettuce Wraps	Lentil Salad Lettuce Wraps	Asparagus, Soba & Tempeh	Asparagus, Soba & Tempeh
Snack 3	Coconut Brownie Bites	Coconut Brownie Bites	Kiwi Lime Smoothie	Coconut Brownie Bites	Coconut Brownie Bites	Kiwi Lime Smoothie	Kiwi Lime Smoothie

Lose It Vegan Meal Plan

85 items

Fruits

- 1 1/2 Avocado
- 1 Banana
- 6 Kiwi
- 1 1/2 tbsps Lemon Juice
- 4 Lime
- 3 cups Pineapple

Breakfast

- 1/3 cup All Natural Peanut Butter
- 1 1/16 cups Almond Butter

Seeds, Nuts & Spices

- 1 cup Almonds
- 1 1/2 tbsps Chia Seeds
- 2 1/4 tsps Chili Powder
- 1 1/4 tsps Cinnamon
- 1/2 tsp Cumin
- 1 1/8 tsps Garlic Powder
- 1/4 cup Ground Flax Seed
- 1/4 cup Hemp Seeds
- 3/4 tsp Oregano
- 1/2 tsp Paprika
- 1 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 1/3 tbsps Slivered Almonds

Frozen

- 1/4 cup Frozen Corn

Vegetables

- 3/4 cup Asparagus
- 8 1/3 cups Baby Spinach
- 1 1/4 Carrot
- 6 1/2 stalks Celery
- 2/3 cup Cherry Tomatoes
- 1 Cucumber
- 6 1/2 Garlic
- 3 1/2 tbsps Ginger
- 1/2 Green Bell Pepper
- 1/8 head Iceberg Lettuce
- 1 cup Mixed Greens
- 1/3 Orange Bell Pepper
- 1 1/2 cups Purple Cabbage
- 1 1/3 Red Bell Pepper
- 1/4 cup Red Onion
- 6 leaves Romaine
- 1 Tomato
- 1/4 White Onion
- 1 Yellow Onion

Boxed & Canned

- 3 1/2 ozs Buckwheat Soba Noodles
- 2 cups Canned Coconut Milk
- 1 cup Canned Whole Tomatoes
- 1 1/3 cups Chickpeas
- 1/3 cup Couscous
- 1 cup Dry Red Lentils
- 1 1/2 cups Lentils
- 1/4 cup Red Kidney Beans
- 2 1/4 ozs Rice Vermicelli Noodles
- 3 cups Vegetable Broth
- 1/4 cup White Navy Beans

Baking

- 1 cup Almond Flour
- 2 tbsps Baking Powder
- 1/3 cup Cocoa Powder

Bread, Fish, Meat & Cheese

- 12 ozs Silken Tofu
- 3 1/2 ozs Sourdough Bread
- 12 ozs Tempeh
- 2 Whole Wheat Tortilla

Condiments & Oils

- 1 1/3 tbsps Cilantro Lime Dressing
- 3 1/2 tbsps Coconut Oil
- 2 tsps Extra Virgin Olive Oil
- 1 1/2 tbsps Miso Paste
- 3 tbsps Red Wine Vinegar
- 6 Rice Paper Wraps
- 2 1/8 tbsps Rice Vinegar
- 1/4 cup Sunflower Seed Butter
- 1 1/2 tbsps Tamari
- 1/2 cup Thai Red Curry Paste

Cold

- 2 tbsps Guacamole
- 1 tbsp Oat Milk
- 5 1/8 cups Unsweetened Almond Milk

Other

- 1 cup Chocolate Protein Powder
- 2 1/4 cups Vanilla Protein Powder
- 2 1/3 cups Water

- 1/4 cup** Coconut Flour
- 1/4 cup** Dried Unsweetened Cranberries
- 1 tbsp** Nutritional Yeast
- 1 cup** Oats
- 1/2 cup** Organic Dark Chocolate Chips
- 1 cup** Pitted Dates
- 1/4 cup** Pureed Pumpkin
- 1/3 cup** Raisins
- 1/2 cup** Unsweetened Coconut Flakes

Pineapple Cucumber Smoothie

8 ingredients · 2 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Likes it Sweet

Add honey, dates, or another sweetener of choice to taste.

More Protein

Add collagen powder or hemp seeds.

No Baby Spinach

Use kale instead.

Pineapple

If using fresh pineapple add ice cubes for a colder smoothie.

Ingredients

- 1 cup Pineapple (fresh or frozen)
- 1 cup Baby Spinach
- 1/2 cup Water
- 1/4 Cucumber (roughly chopped)
- 1 1/2 tps Lemon Juice
- 1 1/2 tps Chia Seeds (optional)
- 1 tsp Ginger (fresh, grated, optional)
- 1/4 cup Vanilla Protein Powder

Avocado Toast with Tofu Scramble

7 ingredients · 15 minutes · 1 serving



Directions

1. In a pan over medium heat, add the tofu, nutritional yeast, garlic powder, paprika, and salt. Use the spatula to stir and gently break up the tofu. Cook until the edges are firm and liquid is gone, about 15 minutes.
2. Top the sourdough with avocado and the scrambled tofu. Add more salt if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add black pepper, turmeric, and black salt.

Additional Toppings

Serve it with salsa or fresh fruit.

Sourdough Bread

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Ingredients

- 6 ozs Silken Tofu (drained)
- 1 1/2 tsps Nutritional Yeast
- 1/2 tsp Garlic Powder
- 1/4 tsp Paprika
- 1/8 tsp Sea Salt
- 1 3/4 ozs Sourdough Bread (toasted)
- 1/2 Avocado (sliced)

Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the almond flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

Notes

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time

Make the pancake batter in a blender.

Toppings

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour

Try oat flour instead. Results may vary.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/3 **cup** Water
- 1/2 **cup** Almond Flour
- 1/2 **cup** Chocolate Protein Powder
- 1 **tbsp** Cocoa Powder
- 1 **tbsp** Baking Powder
- 1 **cup** Unsweetened Almond Milk (or water)
- 1/4 **cup** Organic Dark Chocolate Chips
- 1 1/2 **tsps** Coconut Oil

Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Notes

Serving Size

One serving is equal to one cookie.

Leftovers

Store in the fridge for up to four days or in the freezer for up to three months.

Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

Chocolate Almond Butter Pudding Vegan

4 ingredients · 5 minutes · 1 serving



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

1/3 Avocado (peeled and pits removed)

2 2/3 tbsps Unsweetened Almond Milk

1 1/3 tbsps Almond Butter

1/3 cup Vanilla Protein Powder (vegan)

Thai Red Lentil & Spinach Curry

10 ingredients · 25 minutes · 2 servings



Directions

1. Heat the oil in a pot over medium heat. Add the onion and cook for three to five minutes until softened. Stir in the garlic, ginger, and curry paste and cook for another minute more.
2. Add the vegetable broth and coconut milk and bring the sauce to a simmer.
3. Add the lentils and cook for about 12 to 15 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan. Add the spinach and stir until wilted, then add the lime juice. Divide between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cups.

Additional Toppings

Extra lime wedges, cilantro, green onion, coconut aminos, or hot sauce.

Curry Paste

This recipe was created using Thai Kitchen Red Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

Serve it With

Rice, quinoa or cauliflower rice.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 2 Garlic (clove, minced)
- 1 **tbsp** Ginger (fresh, minced or grated)
- 1/4 **cup** Thai Red Curry Paste
- 1 1/2 **cups** Vegetable Broth
- 1 **cup** Canned Coconut Milk
- 1/2 **cup** Dry Red Lentils (rinsed)
- 2 **cups** Baby Spinach (chopped)
- 1/2 Lime (juiced)

Fresh Salad Rolls

11 ingredients · 15 minutes · 2 servings



Directions

1. Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
2. In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
3. Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
4. Dip into the sauce and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size

One serving equals approximately two rolls.

Additional Toppings

Add bean sprouts, crushed peanuts, cilantro, shrimp, Thai basil, mint, cucumbers, or sliced cooked pork.

Hoisin Lover

Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

Ingredients

- 1 1/2 ozs Rice Vermicelli Noodles
- 1 tbsp Tamari
- 2 1/4 tsps Rice Vinegar
- 1 Garlic (cloves, minced)
- 3/4 tsp Ginger (minced)
- 1 1/2 tsps Water
- 4 Rice Paper Wraps
- 1/8 head Iceberg Lettuce (leaves pulled apart)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Carrot (large, shredded)
- 1 cup Purple Cabbage (thinly sliced)

Tempeh & Guacamole Wrap

7 ingredients · 15 minutes · 1 serving



Directions

1. Heat the oil in a pan over medium heat. Once hot, add the tempeh. Cook for four to five minutes per side or until golden.
2. To assemble, place the tortillas on plates and top evenly with guacamole, mixed greens, peppers, and tempeh. Season with salt and pepper. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to one wrap.

No Guacamole

Use hummus, mayonnaise, or your favorite dressing instead.

Additional Toppings

Add cucumbers, tomatoes, onions.

Gluten-Free

Use a gluten-free tortilla.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 3 ozs Tempeh (sliced)
- 1 Whole Wheat Tortilla (small)
- 1 tbsp Guacamole
- 1/2 cup Mixed Greens
- 1/3 Red Bell Pepper (medium, sliced)
- Sea Salt & Black Pepper (to taste)

Chickpea, Couscous & Spinach Salad

7 ingredients · 20 minutes · 1 serving



Directions

1. Cook the couscous according to the package directions and let cool.
2. Mix all the ingredients together except for the dressing.
3. Divide all of the ingredients evenly between bowls. Top with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1 1/2 cup.

Gluten-Free

Use quinoa instead of the couscous.

Nut-Free

Omit the almonds.

More Flavor

Add lemon, cucumber, avocado, and/or red onion.

Additional Toppings

Parsley or green onion.

Ingredients

- 2 2/3 tbsps Couscous (uncooked)
- 2/3 cup Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 2/3 cup Chickpeas (cooked)
- 1/8 Orange Bell Pepper (medium, seeds removed, diced)
- 2 tpsps Slivered Almonds
- 2 tpsps Cilantro Lime Dressing

Celery with Peanut Butter & Raisins

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the peanut butter on the celery sticks, then add the raisins. Sprinkle with cinnamon and enjoy!

Notes

Leftovers

Best enjoyed immediately, but can be refrigerated in an airtight container for up to three days.

Additional Toppings

Chocolate chips or cacao nibs.

Ingredients

2 tbsps All Natural Peanut Butter

2 stalks Celery (halved)

2 tbsps Raisins

1/4 tsp Cinnamon

Sunbutter Pumpkin Protein Balls

6 ingredients · 10 minutes · 10 servings



Directions

1. In a mixing bowl, combine the coconut flour, protein powder, sunflower seed butter, pumpkin, and oat milk. Mix well until a firm batter forms. Add more oat milk one tablespoon at a time if the mixture is too dry/crumblly.
2. Form the dough into one-inch balls. Repeat until all the dough is used up. Firmly roll each ball in a small bowl of hemp seeds to form a coating (optional). Store in the fridge or freezer until ready to enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to seven days, or freeze if longer.

Serving Size

One serving equals one ball, about one inch in diameter.

More Flavor

Add pumpkin pie spice, maple syrup and/or vanilla extract.

No Hemp Seeds

Roll in crushed nuts, cocoa powder, pumpkin seeds or sunflower seeds.

No Sunflower Seed Butter

Use almond butter, tahini or pumpkin seed butter instead.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Coconut Flour

This recipe was developed and tested using Bob's Red Mill Coconut Flour. If using another type of coconut flour, note that results may vary.

Ingredients

- 1/4 cup** Coconut Flour
- 2 tbsps** Vanilla Protein Powder
- 1/4 cup** Sunflower Seed Butter
- 1/4 cup** Pureed Pumpkin
- 1 tbsp** Oat Milk (unsweetened, plain)
- 1/4 cup** Hemp Seeds (for coating, optional)

Slow Cooker Vegan Chili

14 ingredients · 8 hours · 2 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! Top with diced avocado.

Notes

Serve it With

Organic toast, quinoa, brown rice or a salad.

Storage

Refrigerate in an air-tight container for 4 - 5 days or freeze up to 4 months.

Make Ahead

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

Kid-Friendly

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

Extra Spicy

Add 1 - 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

- 1 cup Canned Whole Tomatoes
- 1/4 cup Red Kidney Beans (cooked, drained and rinsed)
- 1/4 cup White Navy Beans (cooked, drained and rinsed)
- 1/4 cup Frozen Corn
- 1/2 stalk Celery (diced)
- 1/2 Green Bell Pepper (de-seeded and chopped)
- 1/2 Carrot (chopped)
- 1/4 White Onion (diced)
- 1 Garlic (cloves, minced)
- 1/2 tsp Cumin
- 1/4 tsp Oregano
- 2 1/4 tsps Chili Powder
- 3/4 tsp Sea Salt
- 1/4 Avocado

Lentil Salad Lettuce Wraps

9 ingredients · 10 minutes · 1 serving



Directions

1. Add the lentils to a mixing bowl and combine with the red onion, tomato, cucumber, salt, pepper, oregano, garlic powder, and red wine vinegar. Mix to combine and season with additional salt and pepper to taste.
2. To serve, divide the lettuce leaves between plates and top with the lentil salad. Enjoy!

Notes

Leftovers

Refrigerate salad in an airtight container for up to two days. Assemble wraps just before serving.

Serving Size

One serving is approximately equal to 1 1/2 cups salad and/or three lettuce wraps.

More Flavor

Use fresh garlic or fresh herbs instead. Add olives, feta cheese, or extra virgin olive oil.

No Lettuce Leaves

Use tortilla or pita bread instead or serve over mixed greens.

No Red Wine Vinegar

Use lemon juice or balsamic vinegar instead.

More Veggies

Add bell pepper, zucchini, and/or arugula.

Ingredients

3/4 cup Lentils (cooked, rinsed well)

2 tbsps Red Onion (finely chopped)

1/2 Tomato (medium, diced)

1/8 Cucumber (diced)

Sea Salt & Black Pepper (to taste)

1/4 tsp Oregano (dried)

1/16 tsp Garlic Powder

1 1/2 tbsps Red Wine Vinegar

3 leaves Romaine (large)

Asparagus, Soba & Tempeh

8 ingredients · 15 minutes · 2 servings



Directions

1. Cook the soba noodles according to the directions on the package. With two minutes remaining, add the asparagus. Drain and rinse with cold water until completely cooled.
2. Meanwhile, stir together the miso paste, rice vinegar, ginger, and water in a bowl.
3. In a separate bowl, combine the tempeh and half the dressing until well coated. Let sit for five minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about eight to 10 minutes, flipping halfway through. Remove and set aside.
4. Divide the soba noodles into bowls and top with the tempeh, asparagus, and sesame seeds. Drizzle with your desired amount of leftover dressing. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Add sliced green onions or red pepper flakes.

Ingredients

- 3 1/2 ozs Buckwheat Soba Noodles (dry, uncooked)
- 3/4 cup Asparagus (trimmed, cut into bite sized pieces)
- 1 1/2 tbsps Miso Paste
- 1 tbsp Rice Vinegar
- 1/2 tsp Ginger (fresh, minced)
- 1 1/2 tbsps Water
- 6 ozs Tempeh (cut into strips)
- 1 tsp Sesame Seeds

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

Kiwi Lime Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Nut-Free

Use coconut or oat milk instead of almond milk.

Additional Toppings

Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Ingredients

1 cup Unsweetened Almond Milk

2 Kiwi (peeled, halved)

1 Lime (juiced)

1/4 cup Vanilla Protein Powder