

# so hormoniöus

## *Nutritional Support Planner*



By



## So Harmonious Meal 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.*

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# So Harmonious Meal planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Tropical Matcha Smoothie	Tropical Matcha Smoothie	Berry & Nut Breakfast Bowl	Berry & Nut Breakfast Bowl	Avocado & Smoked Salmon Omelette	Avocado & Smoked Salmon Omelette	Avocado Sweet Potato Toast with Poached Egg
Snack 1	Hummus Dippers	Hummus Dippers	Hummus Dippers	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs	Salt n' Vinegar Hard Boiled Eggs
Lunch	Roasted Cauliflower Burrito Bowl	Roasted Cauliflower Burrito Bowl	Rainbow Tempeh Bowls	Rainbow Tempeh Bowls	Rainbow Tempeh Bowls	Basil & Lime Turkey Avocado Bowls	Basil & Lime Turkey Avocado Bowls
Snack 2	Nut & Seed Keto Granola	Nut & Seed Keto Granola	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Nut & Seed Keto Granola	Nut & Seed Keto Granola
Dinner	Salmon, Beet & Fennel Bowl	Salmon, Beet & Fennel Bowl	Pan Fried Haddock with Sun Dried Tomatoes & Capers	Pan Fried Haddock with Sun Dried Tomatoes & Capers	Chicken & Lentil Soup	Chicken & Lentil Soup	Chicken & Lentil Soup
Snack 3	Turmeric Chia Pudding	Turmeric Chia Pudding	Oatmeal Cookie Smoothie	Oatmeal Cookie Smoothie	Oatmeal Cookie Smoothie	Turmeric Chia Pudding	Turmeric Chia Pudding

# So Harmonious Meal planner

79 items

## Fruits

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- 7 Avocado
- 1 cup Blackberries
- 1/2 cup Lime Juice
- 1 cup Pineapple
- 1 cup Strawberries

## Breakfast

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- 3/4 cup All Natural Peanut Butter
- 1 1/2 tbsps Almond Butter
- 1 1/3 tbsps Green Tea Powder
- 1/3 cup Maple Syrup

## Seeds, Nuts & Spices

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- 4 1/4 cups Almonds
- 2/3 cup Chia Seeds
- 2 tsps Chili Powder
- 2 tsps Cinnamon
- 1 tsp Cumin
- 1/2 cup Ground Flax Seed
- 1/2 tsp Ground Ginger
- 1 1/2 cups Hemp Seeds
- 2 tsps Pumpkin Seeds
- 2 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tbsp Sesame Seeds
- 2 tsps Smoked Paprika
- 4 1/8 cups Sunflower Seeds
- 1 1/3 tbsps Turmeric
- 4 1/4 cups Walnuts

## Frozen

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- 1 1/2 cups Frozen Banana
- 1 1/2 cups Frozen Mango
- 1 1/2 cups Frozen Raspberries

## Vegetables

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- 22 cups Baby Spinach
- 1/2 cup Basil Leaves
- 11 Beet
- 9 cups Broccoli
- 12 Carrot
- 3 heads Cauliflower
- 8 cups Cauliflower Rice
- 12 stalks Celery
- 2 tbsps Chives
- 1/2 cup Cilantro
- 3 1/2 bulbs Fennel
- 2 Garlic
- 1 1/2 tbsps Ginger
- 3 cups Matchstick Carrots
- 2 cups Radishes
- 3 Red Bell Pepper
- 1 1/2 cups Red Onion
- 3 Sweet Potato
- 3 Yellow Bell Pepper
- 2 Zucchini

## Boxed & Canned

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- 2 cups Basmati Rice
- 3 cups Black Beans
- 1 1/16 gallons Bone Broth
- 2 1/4 cups Brown Rice
- 3 cups Lentils
- 3/4 cup Quinoa

## Baking

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- 1/2 cup Oats
- 2 tbsps Raw Honey
- 1 1/3 cups Unsweetened Shredded Coconut
- 1/3 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- 3 lbs Chicken Breast, Cooked
- 2 1/4 lbs Extra Lean Ground Turkey
- 4 Haddock Fillet
- 3 cups Hummus
- 2 lbs Salmon Fillet
- 2 ozs Smoked Salmon
- 1 2/3 lbs Tempeh

## Condiments & Oils

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- 1 1/16 cups Apple Cider Vinegar
- 1 1/8 tbsps Avocado Oil
- 1/4 cup Capers
- 1/3 cup Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 3/4 cup Green Goddess Salad Dressing
- 2 tbsps Sesame Oil
- 1/2 cup Sun Dried Tomatoes
- 3/4 cup Tamari

## Cold

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- 40 Egg
- 11 3/4 cups Unsweetened Almond Milk

## Other

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- 1 tbsp Schisandra Berry Powder
- 1 1/4 cups Vanilla Protein Powder
- 1 cup Water

# Tropical Matcha Smoothie

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### Likes it Sweet

Add honey or pitted dates.

### More Protein

Add vanilla protein powder.

## Ingredients

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- 1 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Ground Flax Seed
- 2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

# Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving



## Directions

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1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

### Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

### No Berries

Use peaches, mango, pineapple or banana instead.

### No Almond Milk

Use another non-dairy milk instead.

## Ingredients

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- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

# Avocado & Smoked Salmon Omelette

5 ingredients · 10 minutes · 1 serving



## Directions

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1. In a bowl, whisk the eggs.
2. Heat the oil in a pan over medium heat. Pour the eggs into the pan and cook until mostly set, about one to two minutes. Flip over and cook for another 30 seconds.
3. Transfer the omelette to a plate and top with the smoked salmon, avocado, and chives (optional). Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Sea salt, black pepper, capers, red onions, basil, dill, green onions, yogurt, goat cheese or cream cheese.

### Make it Fluffy

For a fluffier omelette, add a splash of milk to the eggs while whisking.

## Ingredients

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- 2 Egg
- 1/2 tsp Extra Virgin Olive Oil
- 1 oz Smoked Salmon
- 1/4 Avocado (sliced)
- 1 tbsp Chives (optional, chopped)

# Avocado Sweet Potato Toast with Poached Egg

4 ingredients · 15 minutes · 2 servings



## Directions

1. Trim the pointy ends off the sweet potato then lay it on its side on a cutting board. Slice it lengthwise into 1/4 inch slices.
2. Pop the sweet potato slices into the toaster and toast twice. You may need to toast a third time depending on your toaster. If you do not have a toaster, set your oven to broil and bake on a sheet for 3 - 6 minutes per side, or until golden brown.
3. While the sweet potato toasts, carve the flesh of the avocado out into a bowl. Season with a pinch of sea salt and black pepper and mash with a fork until smooth and creamy.
4. Poach, fry or hardboil the eggs.
5. Spread the mashed avocado over the sweet potato toasts and top with cooked eggs. Season with sea salt, black pepper and/or red pepper flakes. Enjoy!

## Notes

### Add Greens

Add a layer of baby spinach after you spread on the avocado.

### Guacamole Lover

Add lemon juice, lime juice, minced garlic, tomato and/or chopped red onion to your mashed avocado.

### Egg-Free

Skip the eggs and top with hemp seeds instead.

## Ingredients

- 1 Sweet Potato (large)
- 4 Egg
- 1 Avocado
- Sea Salt & Black Pepper (to taste)



# Hummus Dippers

4 ingredients · 15 minutes · 4 servings



## Directions

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1. Slice your pepper, carrot and celery into sticks.
2. Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with  $\frac{1}{4}$  cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

## Notes

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### Mix it Up

Substitute in different veggies like cucumber or zucchini.

## Ingredients

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- 1 Yellow Bell Pepper
- 1 Carrot
- 4 stalks Celery
- 1 cup Hummus

# Salt n' Vinegar Hard Boiled Eggs

3 ingredients · 35 minutes · 4 servings



## Directions

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1. Bring a large pot of water to a boil. Gently place eggs into the boiling water and turn the heat down to medium high. Set your timer for 14 minutes.
2. After 14 minutes, use a spoon to lift the eggs out of the water. Place on a plate and let cool for at least 20 minutes.
3. When ready to eat, peel the eggs and cut them into halves or quarters. Season with sea salt and drizzle with apple cider vinegar. Enjoy!

## Ingredients

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- 8 Egg
- 1 tsp Sea Salt (divided)
- 1/4 cup Apple Cider Vinegar (divided)

# Roasted Cauliflower Burrito Bowl

11 ingredients · 35 minutes · 4 servings



## Directions

1. Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper. Toss the cauliflower with the cumin, half the chili powder, half the smoked paprika and half the sea salt. Place in the oven and cook for 25 minutes, flipping halfway through.
2. While the cauliflower is baking, add the beans to a small pot along with the water, the remaining chili powder, the remaining smoked paprika and remaining sea salt. Bring to a simmer over medium-low heat, mashing the beans with the back of a spoon. Cook for about 8 to 10 minutes, until the mixture has thickened. Remove from heat.
3. In a small bowl, add the avocado, garlic and lime juice and mash to make guacamole.
4. Divide the cauliflower into bowls and top with the mashed beans and avocado. Sprinkle the cilantro on top, if using. Serve and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Store the guacamole separately and squeeze with additional lime juice to prevent browning.

### More Flavor

Add red pepper flakes or chili flakes along with finely diced red onion to the mashed avocado. Roast the cauliflower with avocado or olive oil.

### Additional Toppings

Serve with corn tortilla chips.

## Ingredients

- 1 head Cauliflower (cut into florets)
- 1/2 tsp Cumin
- 1 tsp Chili Powder (divided)
- 1 tsp Smoked Paprika (divided)
- 1/4 tsp Sea Salt (divided)
- 1 1/2 cups Black Beans (cooked)
- 1/2 cup Water
- 1 Avocado
- 1 Garlic (clove, minced)
- 1 tsp Lime Juice
- 1/4 cup Cilantro (finely chopped, optional)

# Rainbow Tempeh Bowls

12 ingredients · 40 minutes · 3 servings



## Directions

1. Cook the brown rice according to the directions on the package.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Add the broccoli and avocado oil and toss to combine. Bake for 15 to 20 minutes. Remove and set aside.
3. In a bowl, add the tempeh along with half the sesame oil, half the tamari and half the lime juice. Let it sit for 5 minutes. Heat a non-stick pan over medium heat and add the tempeh. Cook for about 8 to 10 minutes, flipping halfway through. Remove and set aside.
4. In a blender or food processor add the remaining sesame oil, the remaining tamari, the remaining lime juice, maple syrup and peanut butter and blend until smooth and creamy.
5. Divide the rice, broccoli, tempeh, carrots and bell pepper evenly between bowls. Drizzle the peanut sauce on top and sprinkle with sesame seeds, if using. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Nut-Free

Use sunflower seed butter instead of peanut butter.

### More Flavor

Add minced garlic to the tempeh or the sauce. Add chili flakes for some heat.

### Additional Toppings

Roasted peanuts, crushed cashews and/or sesame seeds.

## Ingredients

- 3/4 cup** Brown Rice (dry, uncooked)
- 3 cups** Broccoli (chopped into florets)
- 1/2 tsp** Avocado Oil
- 9 ozs** Tempeh (cubed)
- 2 tsps** Sesame Oil (divided)
- 1/4 cup** Tamari (divided)
- 2 tsps** Lime Juice (divided)
- 1 tbsp** Maple Syrup
- 1/4 cup** All Natural Peanut Butter
- 3** Carrot (peeled, shredded)
- 1** Red Bell Pepper (sliced)
- 1 tsp** Sesame Seeds (optional, for garnish)

# Basil & Lime Turkey Avocado Bowls

10 ingredients · 30 minutes · 4 servings



## Directions

1. Warm half of the oil in a large pan over medium heat. Add the ground turkey and cook, stirring often until the turkey is cooked through, about nine to ten minutes.
2. Add the cauliflower rice in with the turkey and continue to cook for five to 10 minutes. Season with half of the salt.
3. In a blender, combine the remaining oil, remaining salt, lime juice, vinegar, basil, and honey. Blend until smooth, approximately one minute.
4. Divide the turkey mixture evenly between bowls. Top with radishes and avocado. Drizzle the dressing on top and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Make it Vegan

Use crumbled tofu or tempeh, or any legume in place of the turkey.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil (divided)
- 1 **1/8 lbs** Extra Lean Ground Turkey
- 4 **cups** Cauliflower Rice
- 1 **tsp** Sea Salt (divided)
- 1 **tbsp** Lime Juice
- 1 **1/2 tpsps** Apple Cider Vinegar
- 1/4 **cup** Basil Leaves (packed)
- 1 **tbsp** Raw Honey
- 1 **cup** Radishes (thinly sliced)
- 1 Avocado (sliced)

# Nut & Seed Keto Granola

8 ingredients · 10 minutes · 11 servings



## Directions

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1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
3. Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
4. Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to one week.

### Serving Size

One serving is 1/3 cup.

### Nut-Free

Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

### More Flavor

Add two tbsps of cacao powder to the mixture before baking.

## Ingredients

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- 1 cup Almonds
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/3 cup Unsweetened Shredded Coconut
- 1/3 cup Hemp Seeds

# Berry Beet Smoothie Bowl

9 ingredients · 10 minutes · 2 servings



## Directions

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1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, avocado, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings and your choice of berries. Enjoy!

## Notes

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### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

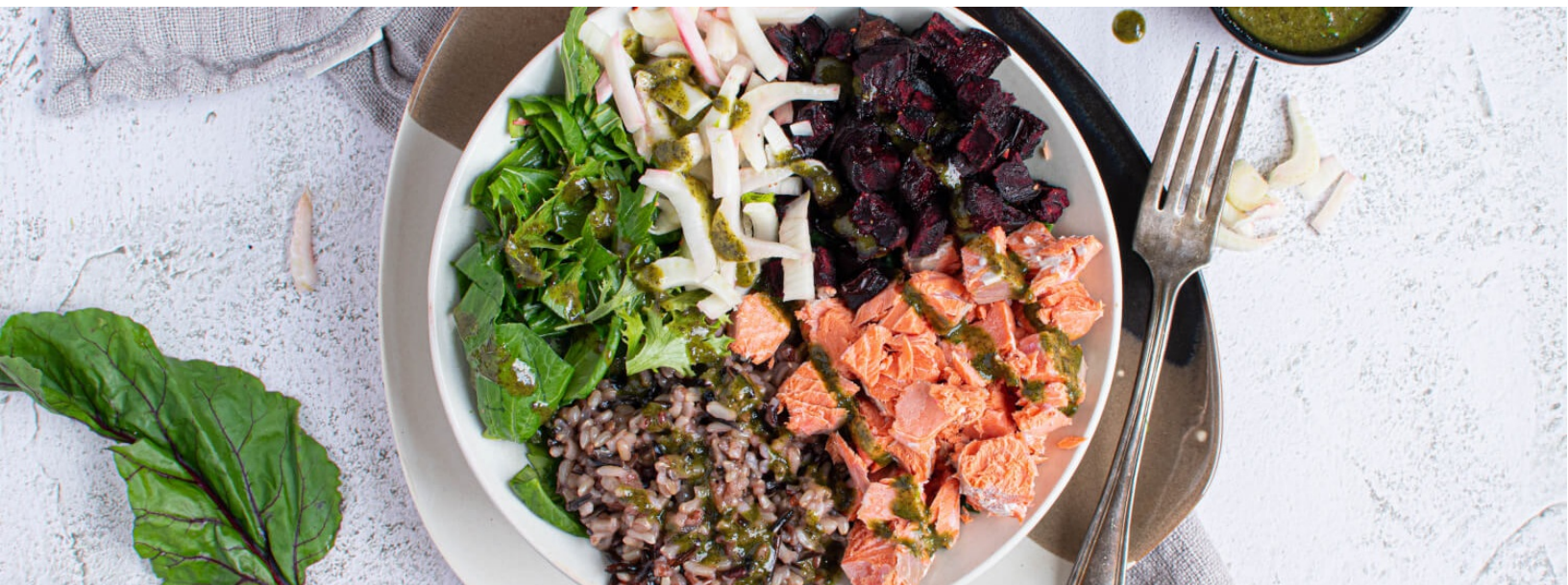
## Ingredients

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- 1 Beet (medium, peeled and diced)
- 1/2 cup Frozen Mango
- 1/2 cup Frozen Raspberries
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk
- 1 tbsp Sunflower Seeds
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1/2 Avocado

# Salmon, Beet & Fennel Bowl

8 ingredients · 40 minutes · 4 servings



## Directions

1. Preheat the oven to 375°F (190°C). Add the beets to a parchment-lined baking sheet and coat in oil. Season with salt and pepper to taste. Bake for 15 minutes. They will not yet be cooked through.
2. Meanwhile, cook the rice according to the package directions.
3. Season the salmon with salt and pepper. Add to the baking sheet with the beets and cook for another 15 minutes or until the beets are fork tender and the salmon is cooked through.
4. Divide the spinach, rice, fennel, beets, and salmon evenly between bowls. Top with the dressing and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Additional Toppings

Add goat cheese, hemp or pumpkin seeds.

### Make it Vegan

Use tofu or tempeh in place of the salmon.

## Ingredients

- 4 Beet (medium, cubed)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Basmati Rice (uncooked, rinsed)
- 1 lb Salmon Fillet
- 8 cups Baby Spinach
- 1 bulb Fennel (medium, shaved)
- 1/3 cup Green Goddess Salad Dressing



# Pan Fried Haddock with Sun Dried Tomatoes & Capers

7 ingredients · 40 minutes · 2 servings



## Directions

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1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. In a large bowl, toss together the sweet potato, cauliflower and 2/3 of the oil. Season with salt and pepper. Roast for 15 to 20 minutes, or until the vegetables are browned.
3. Meanwhile, pan fry the haddock fillets with the remaining oil in a large pan over medium heat. Cook the haddock for about two to three minutes on each side, or until cooked through.
4. Mix the sun dried tomatoes and capers together in a small bowl.
5. Divide the roasted vegetables evenly between bowls. Place the haddock fillets on top. Top with the sun dried tomato and caper mixture. Enjoy!

## Notes

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### Leftovers

Refrigerate the fish in an airtight container for up to two days. Package the vegetables separately and enjoy them within three days.

### More Flavor

Add minced garlic to the sun dried tomato mixture.

### Additional Toppings

Chopped parsley or dill.

### Fillet Size

One haddock fillet is equal to 150 grams or 5.3 ounces.

## Ingredients

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- 1 Sweet Potato (small, peeled, cubed)
- 1/2 head Cauliflower (cut into florets)
- 1 1/2 tbsps Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper
- 2 Haddock Fillet
- 1/4 cup Sun Dried Tomatoes (drained, chopped)
- 2 tbsps Capers (drained, chopped)

# Chicken & Lentil Soup

10 ingredients · 30 minutes · 4 servings



## Directions

1. Heat the oil in a large pot over medium heat. Sauté the onion, fennel, and the ginger for six minutes, stirring often. Add the turmeric and mix well.
2. Add the broth and cook for another minute. Add the quinoa and bring it to a boil. Reduce the heat to medium-low and simmer for five minutes. Add the cooked chicken, carrots, and lentils and cook for another 10 minutes.
3. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days or freeze for up to three months.

### Serving Size

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

### More Flavor

Season with salt and black pepper. Use chickpeas instead of lentils.

### Additional Toppings

Green onions and fresh dill.

### Make it Vegan

Use plant-based protein instead of chicken and vegetable broth instead of bone broth.

### No Cooked Chicken

Use raw chicken cut into cubes. Add it at the same time as the carrots and cook until cooked through.

### No Quinoa

Use additional lentils instead.

## Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1/2 cup Red Onion (large, chopped)
- 1/2 bulb Fennel (medium, chopped)
- 1 1/2 tsps Ginger (finely chopped)
- 1 tsp Turmeric
- 1 1/3 quarts Bone Broth
- 1/4 cup Quinoa (dry, rinsed)
- 1 lb Chicken Breast, Cooked (shredded)
- 1 cup Matchstick Carrots
- 1 cup Lentils (rinsed and drained)

# Turmeric Chia Pudding

6 ingredients · 3 hours 5 minutes · 1 serving



## Directions

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1. Combine the almond milk, turmeric, cinnamon, ginger, and maple syrup in a mixing bowl. Stir in the chia seeds. Refrigerate for at least three hours or until chilled and chia seeds have set.
2. Stir well then divide between bowls or jars. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### Nut-Free

Use a nut-free milk like cow's milk, coconut milk, or oat milk.

### More Flavor

Add vanilla extract, cardamom, nutmeg, or a pinch of black pepper.

### No Maple Syrup

Use honey or another sweetener of choice instead.

## Ingredients

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**1/2 cup** Unsweetened Almond Milk

**1/4 tsp** Turmeric

**1/4 tsp** Cinnamon

**1/8 tsp** Ground Ginger (optional)

**1 1/2 tps** Maple Syrup

**2 tbsps** Chia Seeds

# Oatmeal Cookie Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

### No Almond Milk

Use another type of milk such as oat, coconut, or dairy milk.

### Nut-Free

Use tahini.

### Protein Powder

Add a scoop of vanilla protein powder.

## Ingredients

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**3/4 cup** Unsweetened Almond Milk

**1/2 cup** Frozen Banana

**3 tbsps** Oats

**1 1/2 tsps** Almond Butter

**1/8 tsp** Vanilla Extract

**1/4 tsp** Cinnamon