



Lady Bits Meal Planner

Created by Aeryon Wellness



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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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Lady Bits Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Creamy Vanilla Blueberry Protein Oatmeal	Creamy Vanilla Blueberry Protein Oatmeal	Apple & Cranberry Smoothie	Apple & Cranberry Smoothie	Kimchi & Kale Scrambled Eggs	Kimchi & Kale Scrambled Eggs	Protein Cinnamon & Apple Oats
Snack 1	Mackerel Salad Open Face Sandwich	Mackerel Salad Open Face Sandwich	Mackerel Salad Open Face Sandwich	Cranberry Energy Bars	Cranberry Energy Bars	Cranberry Energy Bars	Cranberry Energy Bars
Lunch	Slow Cooker Chickpea Coconut Curry	Slow Cooker Chickpea Coconut Curry	Slow Cooker Chickpea Coconut Curry	Smashed Avocado & Lima Bean Toast	Smashed Avocado & Lima Bean Toast	Warm Couscous & Roasted Veggie Salad with Tuna	Warm Couscous & Roasted Veggie Salad with Tuna
Snack 2	Sweet Potato & Pesto Egg Muffins	Sweet Potato & Pesto Egg Muffins	Sweet Potato & Pesto Egg Muffins	Sauerkraut Avocado Mash with Crackers	Sauerkraut Avocado Mash with Crackers	Sauerkraut Avocado Mash with Crackers	Sweet Potato & Pesto Egg Muffins
Dinner	One Pan Salmon, Edamame & Broccoli	One Pan Salmon, Edamame & Broccoli	Grilled Taco Seasoned Tempeh & Veggie Skewers	Grilled Taco Seasoned Tempeh & Veggie Skewers	Peri Peri Chicken Thighs, Chickpeas & Collard Greens	Peri Peri Chicken Thighs, Chickpeas & Collard Greens	Arugula, Prosciutto & Goat Cheese Salad
Snack 3	Cranberry Coconut Fat Bombs	Cranberry Coconut Fat Bombs	Cranberry Coconut Fat Bombs	Cherry Kefir Smoothie	Cherry Kefir Smoothie	Cherry Kefir Smoothie	Cherry Kefir Smoothie

Lady Bits Meal Planner

88 items

Fruits

- 3 Apple
- 8 Avocado
- 1 cup Blueberries
- 4 cups Cherries
- 2 1/2 Lemon
- 1 Lime
- 1/4 cup Pomegranate Seeds

Seeds, Nuts & Spices

- 1/2 tsp Chili Flakes
- 1/8 tsp Cinnamon
- 3 tbsps Cumin
- 1 1/3 cups Ground Flax Seed
- 2 tbsps Paprika
- 2 cups Pecans
- 1 1/3 tbsps Peri Peri Spice
- 1 1/8 cups Pumpkin Seeds
- 2 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 1/2 cups Sesame Seeds
- 1 cup Sunflower Seeds
- 1 1/3 tbsps Taco Seasoning
- 2 tbsps Turmeric
- 1/4 cup Walnuts

Frozen

- 4 cups Edamame Pods
- 1 cup Frozen Cranberries

Vegetables

- 2 cups Alfalfa Sprouts
- 3 cups Arugula
- 4 cups Baby Spinach
- 15 cups Broccoli
- 1/2 head Cauliflower
- 3 stalks Celery
- 4 cups Collard Greens
- 3 tbsps Fresh Dill
- 4 Garlic
- 1 1/3 tbsps Ginger
- 5 stalks Green Onion
- 4 cups Kale Leaves
- 1/4 cup Parsley
- 6 Red Bell Pepper
- 3 cups Red Onion
- 1/2 cup Shallot
- 7 Sweet Potato
- 1/3 Tomato
- 1 Yellow Bell Pepper
- 3 Yellow Onion
- 2 Zucchini

Boxed & Canned

- 5 1/4 cups Canned Coconut Milk
- 8 1/4 cups Chickpeas
- 1 cup Couscous
- 9 cups Fire Roasted Diced Tomatoes
- 3 cups Jasmine Rice
- 2 cups Lima Beans
- 1 1/3 lbs Seed Crackers
- 2 cans Tuna

Baking

- 1 tbsp Coconut Sugar
- 1 3/4 cups Dried Unsweetened Cranberries
- 2 tsps Honey

Bread, Fish, Meat & Cheese

- 6 ozs Canned Mackerel
- 2 lbs Chicken Thighs With Skin
- 6 slices Gluten-Free Bread
- 1/3 cup Goat Cheese
- 2 ozs Prosciutto
- 1 1/4 lbs Salmon Fillet
- 7 ozs Sourdough Bread
- 1 1/8 lbs Tempeh

Condiments & Oils

- 1/2 cup Avocado Oil
- 3 tbsps Balsamic Glaze
- 1/4 cup Coconut Aminos
- 3 cups Coconut Butter
- 3/4 cup Coconut Oil
- 1 1/2 tsps Dijon Mustard
- 2/3 cup Extra Virgin Olive Oil
- 2 cups Kimchi
- 1/3 cup Pesto
- 1 1/2 cups Sauerkraut
- 1 cup Sunflower Seed Butter
- 1/3 cup Tamari

Cold

- 60 Egg
- 4 3/4 cups Plain Greek Yogurt
- 6 cups Plain Kefir

Other

- 8 Barbecue Skewers
- 2 2/3 ozs Collagen Powder
- 1/2 cup Vanilla Protein Powder
- 2 cups Water

- 1 1/2 cups** Oats
- 1 3/4 cups** Raw Honey
- 3 cups** Unsweetened Coconut Flakes
- 3/4 cup** Unsweetened Shredded Coconut
- 1 tbsp** Vanilla Extract

Creamy Vanilla Blueberry Protein Oatmeal

6 ingredients · 15 minutes · 1 serving



Directions

1. Cook the oats according to the package directions.
2. Stir the protein powder into the yogurt.
3. Place the oatmeal in a bowl. Top with blueberries, yogurt, and pumpkin seeds. Drizzle with honey and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to three days, keeping the yogurt separate.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Cinnamon, chia seeds, ground flax seeds, shredded coconut.

Ingredients

- 1/2 cup** Oats (rolled)
- 2 tbsps** Vanilla Protein Powder
- 1 cup** Plain Greek Yogurt
- 1/2 cup** Blueberries
- 1 tbsp** Pumpkin Seeds
- 1 tsp** Honey

Apple & Cranberry Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Add all of the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately two cups.

More Fiber

Add a handful of baby spinach or kale.

More Protein

Add a scoop of vanilla or unflavored protein powder and adjust the water quantity for preferred consistency.

Ingredients

1 Apple (small, sweet, chopped)

1 cup Plain Greek Yogurt

1/2 cup Frozen Cranberries

1/4 cup Water

2 tsps Ground Flax Seed

2 tsps Raw Honey (optional)

Kimchi & Kale Scrambled Eggs

5 ingredients · 10 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium-high heat.
2. Add the eggs to the pan and move them around with a spatula continuously. Keep pushing the eggs around the pan until fluffy and barely set, about two minutes. Transfer to a bowl.
3. Add the kale leaves and water to the pan and cook until tender, about two to three minutes. Drain any excess liquid.
4. Turn off the heat and gently fold in the scrambled eggs and kimchi until warmed through. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups or 280 grams.

More Flavor

Season with fresh herbs, salt, and pepper to taste.

Additional Toppings

Green onions, avocado, chives, red pepper flakes, or mushrooms.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 6 Egg (whisked)
- 2 **cups** Kale Leaves (tough stems removed, finely chopped, packed)
- 1/4 **cup** Water
- 1 **cup** Kimchi (drained)

Protein Cinnamon & Apple Oats

6 ingredients · 10 minutes · 1 serving



Directions

1. Bring water to a boil in a small saucepan. Add the oats. Reduce to a steady simmer and cook, stirring occasionally for about seven to eight minutes or until oats are tender and most of the water is absorbed. Stir in the protein powder, ground flax seed, and cinnamon.
2. Transfer the cooked oats to a bowl and top with the apple. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Chopped pecans, walnuts, and/or banana.

Ingredients

- 1 cup Water
- 1/2 cup Oats
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Ground Flax Seed
- 1/8 tsp Cinnamon
- 1 Apple (diced)

Mackerel Salad Open Face Sandwich

10 ingredients · 10 minutes · 2 servings



Directions

1. Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
2. Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers

Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size

One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

Dairy-Free

Use coconut yogurt or mayonnaise instead of Greek yogurt.

No Dill

Use fresh parsley.

No Bread

Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.

Ingredients

- 2 ozs Canned Mackerel (skinless, boneless)
- 1/4 cup Plain Greek Yogurt
- 1/2 Lemon (juiced)
- 1/2 tsp Dijon Mustard
- 1 stalk Celery (chopped)
- 1 stalk Green Onion (thinly sliced)
- 1 tbsp Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Gluten-Free Bread
- 1/8 Tomato (sliced)

Cranberry Energy Bars

10 ingredients · 30 minutes · 10 servings



Directions

1. Preheat oven to 350°F (177°C). Line a pan with parchment paper and lightly grease with some olive or coconut oil. (We use an 8x8 square pan.)
2. Throw coconut, pecans, sesame seeds, pumpkin seeds and sunflower seeds into a large frying pan. Place over medium-low heat and stir occasionally for 5 minutes or until lightly toasted. Remove from heat and place in a large mixing bowl with the ground flax seed, cranberries and sea salt.
3. Add honey and sunflower seed butter into the mixing bowl and mix well until all ingredients are evenly distributed. Transfer mix into the square pan and press down evenly. Take some time to really pack it in there. If you don't pack it down firmly enough, the bars will crumble.
4. Bake in oven for 15 minutes.
5. Remove from oven and let cool completely. Once cool, lift parchment paper out of the tin and slice into bars with a sharp knife. Enjoy!

Notes

Leftovers

Store on the counter in an airtight container for up to one week. Refrigerate or freeze for longer.

Nut Allergy

Skip the pecans and double up on the sunflower and pumpkin seeds.

Ingredients

- 3/4 cup** Unsweetened Coconut Flakes
- 1/2 cup** Pecans (chopped)
- 1/3 cup** Sesame Seeds
- 1/4 cup** Pumpkin Seeds
- 1/4 cup** Sunflower Seeds
- 1/4 cup** Ground Flax Seed
- 1/4 cup** Dried Unsweetened Cranberries
- 1/4 tsp** Sea Salt
- 1/4 cup** Raw Honey
- 1/4 cup** Sunflower Seed Butter

Slow Cooker Chickpea Coconut Curry

13 ingredients · 6 hours 10 minutes · 4 servings



Directions

1. Add the chickpeas, sweet potato, onion, bell peppers, tomatoes, cumin, paprika, turmeric, and ginger to the slow cooker. Season with salt and pepper.
2. Cover and cook for four hours on high or six hours on low. During the last hour, add the broccoli and coconut milk.
3. 30 minutes before serving, cook the rice according to the package directions.
4. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

Additional Toppings

Top with chopped cilantro.

Ingredients

- 1 **3/4 cups** Chickpeas (cooked)
- 1 Sweet Potato (large, cubed)
- 1 Yellow Onion (chopped)
- 1 Red Bell Pepper (large, chopped)
- 3 **cups** Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 **tbsp** Cumin
- 2 **tsps** Paprika
- 2 **tsps** Turmeric
- 1 **tsp** Ginger (minced)
- Sea Salt & Black Pepper (to taste)
- 3 **cups** Broccoli (chopped into florets)
- 1 **3/4 cups** Canned Coconut Milk
- 1 **cup** Jasmine Rice (dry, rinsed)

Smashed Avocado & Lima Bean Toast

7 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, smash the avocado until smooth. Add the lima beans to the bowl, lightly smash the beans and mix with avocado. Add the lime juice and sea salt, adjusting the seasoning to your taste.
2. Add the bean mixture to the toast. Top with alfalfa sprouts and chili flakes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

One serving is equal to one toast.

More Flavor

Add red onion and chopped tomato to the bean mixture.

Gluten-Free

Use gluten-free bread instead.

Sourdough Bread

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

Ingredients

- 1 Avocado (medium)
- 1 cup Lima Beans (cooked)
- 1/2 Lime (medium, juiced)
- 1/4 tsp Sea Salt
- 3 1/2 ozs Sourdough Bread (sliced, toasted)
- 1 cup Alfalfa Sprouts
- 1/4 tsp Chili Flakes

Warm Couscous & Roasted Veggie Salad with Tuna

10 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
2. Add the bell peppers, cauliflower, and red onions to the baking sheet. Toss with half the oil and season with salt and pepper. Bake for 15 to 20 minutes or until tender.
3. Cook the couscous according to the package directions. Set aside in a large bowl.
4. Add the tuna, walnuts, lemon juice, parsley, and the remaining oil to the couscous. Season with salt and pepper and mix well.
5. Add the cooked vegetables to the couscous and toss gently. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. This salad can be enjoyed warm or cold.

Serving Size

One serving is equal to approximately two cups.

Canned Tuna

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

More Flavor

Use in season vegetables. Add leafy greens.

Gluten-Free

Use quinoa instead of couscous.

Ingredients

- 1 Red Bell Pepper (medium, sliced)
- 1/4 head Cauliflower (large, chopped into florets)
- 1 cup Red Onion (sliced)
- 1/4 cup Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Couscous (uncooked)
- 1 can Tuna (drained)
- 2 tbsps Walnuts (toasted, chopped)
- 1/2 Lemon (medium, juiced)
- 2 tbsps Parsley (finely chopped)

Sweet Potato & Pesto Egg Muffins

6 ingredients · 35 minutes · 10 servings



Directions

1. Preheat the oven to 400°F (205°C). Grease a baking sheet and a muffin tray, or use a silicone muffin tray.
2. Toss the sweet potato in the oil and salt and spread the cubes on the baking sheet. Roast for 15 minutes, tossing halfway through.
3. Reduce the oven to 350°F (175°C).
4. Whisk the eggs together with the pesto in a large bowl. Add the spinach and sweet potato to the bowl and ensure the vegetables are coated in the egg mixture. Spoon the egg mixture into the muffin tray. Bake for 18 to 20 minutes or until the eggs are cooked through.
5. Let the muffins cool for five minutes before serving. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days

Serving Size

One serving is one muffin.

Ingredients

- 1 Sweet Potato (large, peeled and chopped)
- 1 tbs Avocado Oil
- 1/4 tsp Sea Salt
- 2 Egg
- 2/3 tbs Pesto
- 1 cup Baby Spinach (packed, chopped)

Sauerkraut Avocado Mash with Crackers

3 ingredients · 5 minutes · 4 servings



Directions

1. Use the back of a fork to mash together the avocado and sauerkraut in a bowl. Serve with crackers and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

No Crackers

Dip with veggies or pretzels. Spread on toast or wrap in a tortilla.

Ingredients

- 2 Avocado (peeled, pit removed)
- 1/2 cup Sauerkraut (roughly chopped)
- 7 1/16 ozs Seed Crackers

One Pan Salmon, Edamame & Broccoli

10 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C).
2. In a bowl, mix together the tamari, oil, sugar, ginger, garlic, and sesame seeds.
3. Place the broccoli and edamame on a large baking sheet. Pour 1/4 of the sauce on top and mix to combine. Transfer to the oven and bake for ten minutes.
4. Remove the baking sheet and make room for the salmon. Drizzle with another 1/4 of the sauce and rub into the salmon. Place back in the oven and bake for ten to 12 minutes or until everything is cooked through. For more color, broil for one to two minutes after cooking.
5. Divide onto plates and drizzle with the remaining sauce mixture. Garnish with green onion. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups of broccoli, one cup of edamame, and one salmon fillet.

More Flavor

Add sriracha or chili flakes to the sauce.

Ingredients

- 3 tbsps Tamari
- 1 1/2 tsps Avocado Oil
- 1 1/2 tsps Coconut Sugar
- 1/2 tsp Ginger (minced)
- 1 Garlic (clove, minced)
- 1 tsp Sesame Seeds
- 3 cups Broccoli (chopped into florets)
- 2 cups Edamame Pods (frozen)
- 10 ozs Salmon Fillet
- 1 stalk Green Onion (sliced)

Grilled Taco Seasoned Tempeh & Veggie Skewers

9 ingredients · 35 minutes · 2 servings



Directions

1. Add all of the ingredients, except the barbecue skewers, to a bowl and toss to combine. Marinate for 10 to 15 minutes.
2. Thread the vegetables and tempeh onto the barbecue skewers.
3. Heat the grill over medium heat. Place the skewers on the grill and cook for three to four minutes per side or until the vegetables and tempeh are slightly charred. Brush the remaining marinade onto each skewer. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is two skewers.

No Taco Seasoning

Use other seasoning blend of choice.

Ingredients

- 8 3/4 ozs Tempeh (cut into cubes)
- 1 Zucchini (small, chopped)
- 1/2 Red Bell Pepper (chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 1/2 cup Red Onion (chopped)
- 2 tbsps Avocado Oil
- 2 tbsps Coconut Aminos
- 2 tsps Taco Seasoning
- 4 Barbecue Skewers

Peri Peri Chicken Thighs, Chickpeas & Collard Greens

8 ingredients · 50 minutes · 3 servings



Directions

1. Preheat the oven to 375°F (190°C).
2. Heat a cast iron pan over medium heat. In a large bowl, add the chicken, chickpeas, oil, peri peri spice, shallot, and garlic. Toss together until the chicken and chickpeas are well coated.
3. Remove the chicken from the bowl and place in the hot pan, skin side down. Sear for three to five minutes. Flip the chicken and add the remaining chickpea mixture to the pan around the chicken.
4. Place the pan in the oven and cook for 40 minutes or until the chicken is cooked through.
5. Remove the chicken from the pan and set aside. Add the collard greens and mix well with the residual juices and chickpeas. Season with salt and pepper. Add the chicken back to the pan and serve. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one chicken thigh and one cup of chickpeas and collard greens mixture.

More Flavor

Squeeze fresh lemon juice over everything before serving.

Ingredients

- 1 lb Chicken Thighs with Skin (bone-in)
- 1 1/2 cups Chickpeas (cooked)
- 2 tps Extra Virgin Olive Oil
- 2 tps Peri Peri Spice
- 1/4 cup Shallot (chopped)
- 1 Garlic (clove, minced)
- 2 cups Collard Greens (chopped)
- Sea Salt & Black Pepper (to taste)

Arugula, Prosciutto & Goat Cheese Salad

6 ingredients · 10 minutes · 2 servings



Directions

1. Add the arugula to a plate. Arrange the prosciutto, goat cheese, and pomegranate seeds on top.
2. Lightly season the salad with salt and pepper. Drizzle with balsamic glaze and enjoy!

Notes

Leftovers

Best enjoyed fresh. Store the ingredients separately.

Serving Size

One serving is equal to approximately 1 3/4 cups.

Additional Toppings

Add pine nuts or almonds.

Dairy-Free

Use a dairy-free cheese instead.

Ingredients

- 3 cups** Arugula
- 2 ozs** Prosciutto (thinly sliced)
- 1/3 cup** Goat Cheese (crumbled)
- 1/4 cup** Pomegranate Seeds
- Sea Salt & Black Pepper (to taste)
- 3 tbsps** Balsamic Glaze

Cranberry Coconut Fat Bombs

6 ingredients · 1 hour · 18 servings



Directions

1. In a saucepan over low heat, melt the coconut oil, honey, and coconut butter. Add the vanilla extract and whisk until well combined.
2. Pour the mixture into a silicone muffin tray or muffin cups. Sprinkle the cranberries and shredded coconut evenly over each cup.
3. Refrigerate for about one hour or until set. Enjoy!

Notes

Leftovers

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

Serving Size

One serving equals one fat bomb, approximately 1-inch (2.5 cm) deep.

More Flavor

Add lemon juice, salt, cinnamon, or nutmeg to taste.

Additional Toppings

Add sliced almonds, crushed pistachios, or chopped fruit.

No Coconut Oil

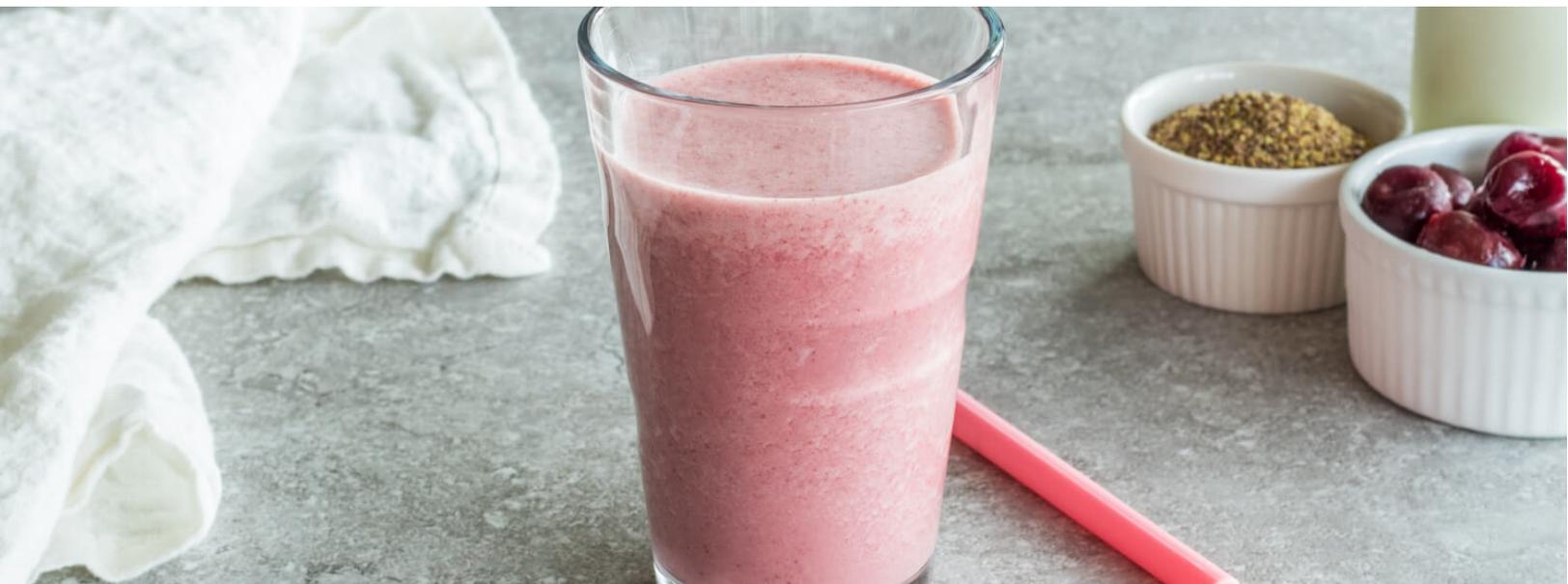
Use cacao butter instead.

Ingredients

- 1/4 cup Coconut Oil
- 1/4 cup Raw Honey
- 1 cup Coconut Butter
- 1 tsp Vanilla Extract
- 1/4 cup Dried Unsweetened Cranberries
- 1/4 cup Unsweetened Shredded Coconut

Cherry Kefir Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

1. Add all the ingredients to a blender and blend until smooth. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately two cups.

More Fiber

Add a handful of baby spinach or kale.

More Protein

Add a scoop of vanilla or unflavored protein powder and adjust the liquid quantity for preferred consistency.

Ingredients

1 1/2 cups Plain Kefir

1 cup Cherries (pitted)

2/3 oz Collagen Powder

1 tbsp Ground Flax Seed