



## G'Day Sunshine Meal Plan

Created by Aeryon Wellness



# G'Day Sunshine 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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## G'Day Sunshine Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Creamy Vanilla Blueberry Protein Oatmeal	Creamy Vanilla Blueberry Protein Oatmeal	Orange, Carrot & Turmeric Smoothie	Orange, Carrot & Turmeric Smoothie	Smoked Salmon & Quinoa Breakfast Bowl	Smoked Salmon & Quinoa Breakfast Bowl	Oat Bran Blueberry Pancakes
Snack 1	Beet Mango Smoothie	Beet Mango Smoothie	Beet Mango Smoothie	Spinach Yogurt Dip with Vegetables	Spinach Yogurt Dip with Vegetables	Spinach Yogurt Dip with Vegetables	Spinach Yogurt Dip with Vegetables
Lunch	Spicy Lime Chicken Coleslaw Salad	Spicy Lime Chicken Coleslaw Salad	Veggie Turmeric Omelette with Raspberries	Veggie Turmeric Omelette with Raspberries	Slow Cooker Sweet Potato Chili	Slow Cooker Sweet Potato Chili	Slow Cooker Sweet Potato Chili
Snack 2	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Wild Rice & Mushroom Soup	Pressure Cooker Wild Rice & Mushroom Soup	Sardine Stuffed Avocado	Sardine Stuffed Avocado	Sardine Stuffed Avocado
Dinner	Quinoa, Spinach & Tuna Salad with Pesto	Quinoa, Spinach & Tuna Salad with Pesto	Pork & Mushroom Cabbage Soup	Pork & Mushroom Cabbage Soup	Pork & Mushroom Cabbage Soup	Haddock with Tomato Caper Sauce	Haddock with Tomato Caper Sauce
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

# G'Day Sunshine Meal Plan

78 items

## Fruits

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- ☐ 3 Avocado
- ☐ 1 3/4 cups Blueberries
- ☐ 3 tbsps Lemon Juice
- ☐ 3 Lime
- ☐ 1/4 cup Lime Juice
- ☐ 2 Navel Orange
- ☐ 1 cup Raspberries

## Breakfast

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- ☐ 1/2 cup Oat Bran

## Seeds, Nuts & Spices

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- ☐ 1/2 cup Almonds
- ☐ 3 tbsps Chili Powder
- ☐ 2 tbsps Chipotle Powder
- ☐ 1 tsp Cinnamon
- ☐ 2 tbsps Cumin
- ☐ 1 2/3 tbsps Ground Flax Seed
- ☐ 1/4 cup Poultry Seasoning
- ☐ 2 tbsps Pumpkin Seeds
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1/4 cup Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Turmeric

## Frozen

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- ☐ 3 cups Frozen Berries
- ☐ 3 cups Frozen Mango

## Vegetables

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- ☐ 4 cups Arugula
- ☐ 15 cups Baby Spinach
- ☐ 3 Beet
- ☐ 28 Carrot
- ☐ 42 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 3/4 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 2 Cucumber
- ☐ 29 Garlic
- ☐ 1/4 cup Ginger
- ☐ 16 stalks Green Onion
- ☐ 3 Jalapeno Pepper
- ☐ 1/3 cup Mint Leaves
- ☐ 20 cups Mushrooms
- ☐ 12 cups Napa Cabbage
- ☐ 8 1/4 cups Parsley
- ☐ 1/2 cup Shallot
- ☐ 6 cups Shiitake Mushrooms
- ☐ 3 Sweet Potato
- ☐ 2 1/2 Tomato
- ☐ 4 Yellow Bell Pepper
- ☐ 14 Yellow Onion

## Boxed & Canned

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- ☐ 3 3/4 quarts Bone Broth
- ☐ 4 1/2 cups Cannellini Beans
- ☐ 2 1/4 cups Chicken Broth
- ☐ 8 cups Chickpeas
- ☐ 9 cups Fire Roasted Diced Tomatoes
- ☐ 1 1/2 cups Quinoa
- ☐ 6 ozs Sardines
- ☐ 1 can Tuna
- ☐ 24 cups Vegetable Broth
- ☐ 4 cups Wild Rice

## Baking

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## Bread, Fish, Meat & Cheese

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- ☐ 1 lb Chicken Breast
- ☐ 4 Haddock Fillet
- ☐ 3 lbs Lean Ground Beef
- ☐ 3 lbs Lean Ground Pork
- ☐ 12 ozs Smoked Salmon
- ☐ 7 Whole Chicken Carcass

## Condiments & Oils

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- ☐ 1/2 cup Apple Cider Vinegar
- ☐ 2 tbsps Capers
- ☐ 2/3 cup Coconut Aminos
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 3 tbsps Mayonnaise
- ☐ 2 tbsps Pesto
- ☐ 1 tbsp White Wine Vinegar

## Cold

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- ☐ 18 Egg
- ☐ 7 1/3 cups Plain Greek Yogurt

## Other

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- ☐ 1 1/3 ozs Collagen Powder
- ☐ 1/4 cup Vanilla Protein Powder
- ☐ 45 cups Water

- ☐ **2 cups** All Purpose Gluten-Free Flour
- ☐ **2 tsps** Honey
- ☐ **1 cup** Oats
- ☐ **1 tsp** Raw Honey
- ☐ **1/2 tsp** Stevia Powder

# 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



# Orange, Carrot & Turmeric Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

1. Add all of the ingredients to a blender and blend until smooth. Add a splash of milk or water if needed. Enjoy!

## Notes

### Leftovers

Best enjoyed immediately.

### Serving Size

One serving is approximately 1 1/4 cup.

### Make it Vegan

Omit the collagen powder and use a dairy-free yogurt.

### More Protein

Add a scoop of vanilla protein powder.

## Ingredients

- 1 Navel Orange (small, peeled)
- 1 Carrot (small, peeled, chopped)
- 1/2 cup Plain Greek Yogurt
- 1 tsp Ground Flax Seed
- 1/4 tsp Turmeric
- 2/3 oz Collagen Powder

# Smoked Salmon & Quinoa Breakfast Bowl

6 ingredients · 20 minutes · 2 servings



## Directions

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1. Cook the quinoa according to the package directions and let cool.
2. Meanwhile, place the eggs in a saucepan and cover with water. Bring to a boil, then turn off the heat, cover with a lid and let sit for 10 to 12 minutes. Transfer the eggs to an ice bath. Peel and slice the eggs when cool enough to handle.
3. Toss the quinoa with cilantro and lime juice. Divide the arugula, quinoa, smoked salmon, and eggs between bowls. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to two days.

### More Flavor

Season the quinoa with salt and pepper. Add sliced red onion, capers, or avocado to the finished bowl.

## Ingredients

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**1/4 cup** Quinoa (uncooked)  
**4** Egg  
**2 tbsps** Cilantro (chopped)  
**1 tsp** Lime Juice (to taste)  
**2 cups** Arugula (packed)  
**6 ozs** Smoked Salmon (sliced)



# Oat Bran Blueberry Pancakes

8 ingredients · 20 minutes · 1 serving



## Directions

1. In a mixing bowl, whisk together the eggs, half of the yogurt, cinnamon, ground flax, and stevia. Add the oat bran and mix until a batter forms. Fold in 2/3 of the blueberries.
2. Heat the oil in a pan over medium-high heat. Scoop 1/2 cup of batter at a time into the pan, and cook until bubbles start to form. Flip and cook for another one to two minutes. Repeat with the remaining batter.
3. Plate the pancakes and top with the remaining blueberries and yogurt. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is three large pancakes. For smaller pancakes, use 1/4 cup of the batter per pancake.

### No Extra Virgin Olive Oil

Use butter instead.

## Ingredients

- 2 Egg
- 1/3 cup Plain Greek Yogurt (divided)
- 1 tsp Cinnamon
- 1 tbsp Ground Flax Seed
- 1/2 tsp Stevia Powder
- 1/2 cup Oat Bran
- 3/4 cup Blueberries (divided)
- 1 tsp Extra Virgin Olive Oil

# Beet Mango Smoothie

9 ingredients · 20 minutes · 2 servings



## Directions

1. Steam the chopped beets for eight to 10 minutes or until almost tender. Let them cool completely.
2. Add all of the ingredients to a high-speed blender. Blend on high until smooth, scraping down sides as needed. Add more water if too thick.
3. Divide evenly between glasses and enjoy!

## Notes

### Leftovers

Best enjoyed fresh. To save time, steam the beets ahead of time and refrigerate for up to four days.

### Serving Size

One serving is approximately 1 1/4 cups.

### More Protein

Add a scoop of vanilla protein powder.

## Ingredients

- 1 Beet (large, diced)
- 1 cup Frozen Mango
- 1 cup Frozen Berries
- 1 Carrot (small, peeled, chopped)
- 1 1/2 tps Ginger (fresh, grated)
- 1 cup Baby Spinach
- 1 Lime (juiced)
- 2 tbsps Mint Leaves
- 1 cup Water (or more as needed)

# Spinach Yogurt Dip with Vegetables

7 ingredients · 25 minutes · 4 servings



## Directions

1. Heat a pot over medium heat. Add in the spinach with a splash of water. Cook for about five to seven minutes, stirring occasionally, until the spinach is wilted.
2. Remove from the heat and cool slightly. Roughly chop the spinach and transfer to a bowl.
3. Add the yogurt to the spinach. Stir and season with salt and pepper.
4. Serve the dip with carrots, cucumbers, celery, and bell peppers. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is equal to approximately 1/3 cup dip and 1/2 cup vegetables.

### Dairy-Free

Use plant-based yogurt instead.

## Ingredients

- 2 cups** Baby Spinach
- 1 cup** Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1** Carrot (large, cut into sticks)
- 1/2** Cucumber (large, cut into sticks)
- 2 stalks** Celery (cut into sticks)
- 1** Yellow Bell Pepper (medium, sliced)



# Spicy Lime Chicken Coleslaw Salad

10 ingredients · 25 minutes · 2 servings



## Directions

1. Add the chicken to a pot. Cover the chicken with about one inch (2.5 cm) of water. Bring to a boil then reduce the heat to a simmer, partially covered for 10 to 12 minutes or until the chicken is cooked through. Place the cooked chicken into a bowl and shred it with two forks. Set aside to cool.
2. Meanwhile, whisk together the olive oil, lime juice, coconut aminos, honey, and red pepper flakes in a large bowl, until well combined.
3. Add the coleslaw mix, green onions, cilantro, and almonds. Toss gently to ensure all the ingredients are well coated. Stir in the chicken.
4. Divide the salad evenly between bowls or plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add hot sauce and/or sea salt and black pepper. Use sesame oil instead of olive oil.

## Ingredients

- 8 ozs Chicken Breast
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lime Juice
- 2 tbsps Coconut Aminos
- 1/2 tsp Raw Honey
- 1/4 tsp Red Pepper Flakes
- 2 cups Coleslaw Mix
- 2 stalks Green Onion (sliced)
- 1/4 cup Cilantro (chopped)
- 1/4 cup Almonds (roasted, chopped)

# Veggie Turmeric Omelette with Raspberries

7 ingredients · 20 minutes · 1 serving



## Directions

1. In a bowl, whisk together the eggs, turmeric, salt, and pepper until frothy. Set aside.
2. Heat the oil in a pan over medium heat. Add the tomatoes and sauté for four to five minutes or until they blister. Add the spinach and sauté until slightly wilted.
3. Pour the egg mixture on top of the veggies and move the pan around so that the eggs fill the pan. Reduce the heat to medium-low.
4. As the omelette sets, use a spatula to lift the edges and tilt the pan to move any liquid around to cook through. Fold the omelette over.
5. Place the omelette onto a plate and add the raspberries on the side. Enjoy!

## Notes

### Leftovers

Best enjoyed fresh.

### No Raspberries

Use other berries like strawberries, blackberries or blueberries.

## Ingredients

- 4 Egg
- 1/4 tsp Turmeric (ground)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Cherry Tomatoes
- 1 cup Baby Spinach
- 1/2 cup Raspberries



# Slow Cooker Sweet Potato Chili

11 ingredients · 4 hours 15 minutes · 4 servings



## Directions

1. Heat a large pan over medium heat. Once hot, add the beef and cook until mostly browned and cooked through, breaking it up as it cooks. Add the onion, chili powder, chipotle powder, cumin, salt, and pepper. Cook for about five minutes or until the onion has softened.
2. Use a slotted spoon to transfer everything to the slow cooker, discarding any fat.
3. Add the sweet potato, jalapeño, tomatoes, beans, and chicken broth to the slow cooker. Cover and cook for four hours on high, or six to eight hours on low.
4. To serve, divide evenly between bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately 2 3/4 cups.

### Additional Toppings

Top with sour cream, yogurt, cilantro, and/or green onion.

## Ingredients

- 1 lb Lean Ground Beef
- 1 Yellow Onion (medium, diced)
- 1 tbsps Chili Powder
- 2 tsps Chipotle Powder
- 2 tsps Cumin
- Sea Salt & Black Pepper (to taste)
- 1 Sweet Potato (large, cut into chunks)
- 1 Jalapeno Pepper (finely diced)
- 3 cups Fire Roasted Diced Tomatoes (from the can, with juices)
- 1 1/2 cups Cannellini Beans (cooked)
- 3/4 cup Chicken Broth

# Pressure Cooker Wild Rice & Mushroom Soup

10 ingredients · 1 hour 15 minutes · 6 servings



## Directions

1. In your pressure cooker, combine the carrots, celery, onion, wild rice, mushrooms, chickpeas, broth and poultry seasoning. Stir to mix.
2. Bring to pressure and cook for 45 minutes. Allow for a natural release for 15 minutes, then release manually and remove the lid.
3. Bring to a simmer (if you are using an electric pressure cooker, change the setting to saute) and add the gluten-free flour. Simmer for 5 to 10 minutes, or until thickened. Add salt and pepper to taste. Enjoy!

## Notes

### Leftovers

Can be stored in the fridge for 4 days, or frozen for up to 2 months.

### Serving Size

One serving is equal to approximately 2 cups.

### Mushroom Lover

Up the mushroom flavour by adding dried mushrooms.

## Ingredients

- 3 Carrot (medium, peeled and chopped)
- 5 stalks Celery (chopped)
- 1 Yellow Onion (medium, chopped)
- 1 cup Wild Rice (dry)
- 5 cups Mushrooms (sliced)
- 2 cups Chickpeas (cooked, from the can)
- 6 cups Vegetable Broth
- 1 tbsp Poultry Seasoning
- 1/2 cup All Purpose Gluten-Free Flour
- Sea Salt & Black Pepper (to taste)



# Sardine Stuffed Avocado

6 ingredients · 5 minutes · 2 servings



## Directions

1. Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the sardines to go. Set aside in a small bowl.
2. In the same small bowl, mash together the avocado flesh, sardines, mayonnaise, lemon juice, sea salt and parsley.
3. Stuff the avocado with the sardine mixture. Serve immediately and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to two days.

### Serving Size

One serving is equal to one half of a stuffed avocado.

### More Flavor

Add additional spices, such as cayenne or chili flakes.

## Ingredients

1 Avocado (large, cut in half)

2 ozs Sardines

1 tbsp Mayonnaise

1 tbsp Lemon Juice

1/4 tsp Sea Salt

1/4 cup Parsley (chopped)

# Quinoa, Spinach & Tuna Salad with Pesto

5 ingredients · 30 minutes · 1 serving



## Directions

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1. Cook the quinoa according to the package directions. Set it aside and allow it to cool slightly.
2. Divide the quinoa, spinach, tomatoes, and tuna evenly between bowls or plates. Top with pesto and toss to combine. Enjoy!

## Notes

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### Leftovers

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

### Serving Size

One serving is one cup of quinoa, 1/2 can of tuna, and one cup of spinach with pesto.

### More Flavor

Cook the quinoa in broth instead of water.

### Canned Tuna

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

## Ingredients

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**1/2 cup** Quinoa (dry, rinsed)

**1 cup** Baby Spinach

**1/4** Tomato (sliced)

**1/2 can** Tuna (drained)

**1 tbsp** Pesto



# Pork & Mushroom Cabbage Soup

9 ingredients · 25 minutes · 4 servings



## Directions

1. Heat a large pot over medium-high heat. Once hot, add the meat, breaking it up as it cooks. Cook for three to five minutes. Season with half of the salt. Set aside, keeping the juices from the meat in the pot.
2. Add the cabbage, mushrooms, and the remaining salt to the pot. Sauté for five minutes, stirring occasionally, or until tender.
3. Add the broth, then add the cooked pork, green onions, ginger, and garlic. Simmer for five minutes or until heated through. Turn off the heat and stir in the coconut aminos.
4. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is equal to approximately two cups.

### Serve it With

Sliced dumpling wrappers, cooked rice, or noodles.

### Additional Toppings

Bean sprouts, green onions, and/or cilantro.

### More Flavor

Simmer on the stove longer for a deeper flavor.

## Ingredients

- 1 lb Lean Ground Pork
- 2 tsps Sea Salt (divided)
- 4 cups Napa Cabbage (thinly sliced)
- 2 cups Shiitake Mushrooms (sliced)
- 1 1/4 quarts Bone Broth
- 4 stalks Green Onion (sliced, plus more for garnish)
- 1 tbsp Ginger (minced)
- 2 Garlic (clove, minced)
- 2 tsps Coconut Aminos



# Haddock with Tomato Caper Sauce

9 ingredients · 25 minutes · 2 servings



## Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Place the fish on the prepared baking sheet and brush with half of the oil. Season with salt and pepper. Cook in the oven for 10 to 12 minutes, or until the fish is cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium-low heat. Sauté the garlic and shallots for one to two minutes or until softened.
4. Add the tomatoes and vinegar and season with salt and pepper. Cook for about four to five minutes or until the tomatoes soften. Stir in the capers and parsley, cooking for one more minute.
5. Place the fish on a serving platter. Top with the tomato caper sauce and season with fresh parsley. Divide evenly between plates and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately one haddock fillet with 1/2 cup of sauce.

### More Flavor

Add chili flakes and/or fresh basil.

### Serve it With

Your favorite grains, steamed green beans, cauliflower and/or steamed broccoli.

### Haddock Fillet

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

## Ingredients

- 2 Haddock Fillet
- 1 **tbsp** Extra Virgin Olive Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 1 Garlic (clove, minced)
- 1/4 **cup** Shallot (chopped, divided)
- 1 Tomato (large, chopped)
- 1 1/2 **tsps** White Wine Vinegar
- 1 **tbsp** Capers (drained)
- 1/4 **cup** Parsley (chopped, plus more for garnish)

# Immunity Boosting Bone Broth

9 ingredients · 12 hours · 4 servings



## Directions

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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

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### 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

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- 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