



## G'Day Sunshine Vegan Meal Plan

Created by Aeryon Wellness



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

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Mango Carrot Smoothie	Mango Carrot Smoothie	Mango Carrot Smoothie	Kimchi Tofu Scramble	Kimchi Tofu Scramble	Raspberry Protein Overnight Oats	Raspberry Protein Overnight Oats
Snack 1	Avocado & Grapefruit	Avocado & Grapefruit	Avocado & Grapefruit	Tahini Chocolate Energy Balls	Tahini Chocolate Energy Balls	Oatmeal Cookie Smoothie	Oatmeal Cookie Smoothie
Lunch	Spinach & Lentil Salad	Spinach & Lentil Salad	Edamame, Broccoli & Chickpea Pasta Salad	Edamame, Broccoli & Chickpea Pasta Salad	One Pan Orange Tempeh & Veggies	One Pan Orange Tempeh & Veggies	One Pan Orange Tempeh & Veggies
Snack 2	Strawberry Matcha Chia Pudding Parfait	Strawberry Matcha Chia Pudding Parfait	Strawberry Matcha Chia Pudding Parfait	Strawberry Matcha Chia Pudding Parfait	Veggie Tom Yum & Green Curry Soup	Veggie Tom Yum & Green Curry Soup	Veggie Tom Yum & Green Curry Soup
Dinner	Tofu & Broccoli with Almond Sriracha Sauce	Tofu & Broccoli with Almond Sriracha Sauce	Seitan Tacos	Seitan Tacos	Chickpea & Tofu Curry	Chickpea & Tofu Curry	Squash & Lentil Chili
Snack 3	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup	Tomato, Kale & White Bean Soup

# G'Day Sunshine Vegan Meal Plan

91 items

## Fruits

- ☐ 7 Avocado
- ☐ 3 Grapefruit
- ☐ 2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 3/4 cup Lime Juice
- ☐ 3 Navel Orange
- ☐ 1 cup Raspberries
- ☐ 2 2/3 cups Strawberries

## Breakfast

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

## Seeds, Nuts & Spices

- ☐ 3/4 cup Almonds
- ☐ 1 1/4 cups Chia Seeds
- ☐ 1 tbsp Chili Flakes
- ☐ 2 tsps Chili Powder
- ☐ 1 tsp Cinnamon
- ☐ 2 2/3 tsps Cumin
- ☐ 2 tsps Curry Powder
- ☐ 1 1/2 tsps Garlic Powder
- ☐ 3/4 tsp Ground Allspice
- ☐ 1 1/2 tsps Ground Ginger
- ☐ 2 tsps Hemp Seeds
- ☐ 2 tsps Italian Seasoning
- ☐ 2/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/3 cup Sesame Seeds
- ☐ 1 tsp Smoked Paprika

## Frozen

- ☐ 1 cup Frozen Banana
- ☐ 2 cups Frozen Edamame
- ☐ 3 cups Frozen Mango

## Vegetables

- ☐ 4 cups Baby Spinach
- ☐ 1 cup Basil Leaves
- ☐ 8 cups Broccoli
- ☐ 2 cups Butternut Squash
- ☐ 3 Carrot
- ☐ 1 3/4 cups Cilantro
- ☐ 2 cups Coleslaw Mix
- ☐ 30 Cremini Mushrooms
- ☐ 1 Cucumber
- ☐ 30 Garlic
- ☐ 1/3 cup Ginger
- ☐ 1 Green Bell Pepper
- ☐ 6 stalks Green Onion
- ☐ 22 cups Kale Leaves
- ☐ 9 cups Purple Cabbage
- ☐ 1 head Romaine Hearts
- ☐ 6 cups Shiitake Mushrooms
- ☐ 3 Tomato
- ☐ 1 White Onion
- ☐ 3 Yellow Bell Pepper
- ☐ 12 Yellow Onion

## Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 1 1/2 cups Canned Coconut Milk
- ☐ 8 ozs Chickpea Pasta
- ☐ 5 1/3 cups Chickpeas
- ☐ 10 cups Diced Tomatoes
- ☐ 1 cup Dry Lentils
- ☐ 5 cups Lentils
- ☐ 2 cups Salsa
- ☐ 1/4 cup Tomato Paste
- ☐ 7 cups Tomato Purée
- ☐ 19 cups Vegetable Broth
- ☐ 14 cups Vegetable Broth, Low Sodium
- ☐ 14 cups White Navy Beans

## Baking

## Bread, Fish, Meat & Cheese

- ☐ 1 1/2 lbs Seitan
- ☐ 1 1/2 lbs Tempeh
- ☐ 4 1/8 lbs Tofu
- ☐ 16 Whole Wheat Tortilla

## Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 2 tsps Avocado Oil
- ☐ 1 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Green Curry Paste
- ☐ 2 cups Kimchi
- ☐ 2 tsps Rice Vinegar
- ☐ 1/4 cup Sesame Oil
- ☐ 3 tsps Soy Sauce, Low Sodium
- ☐ 2 tsps Sriracha
- ☐ 2/3 cup Tahini
- ☐ 3/4 cup Tamari

## Cold

- ☐ 3 3/4 cups Oat Milk
- ☐ 4 cups Plain Coconut Milk
- ☐ 3 1/2 cups Unsweetened Almond Milk
- ☐ 4 cups Unsweetened Coconut Yogurt

## Other

- ☐ 1/3 cup Chocolate Protein Powder
- ☐ 1 1/8 cups Vanilla Protein Powder
- ☐ 1 cup Water

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- ☐ **1/3 cup** Cocoa Powder
  - ☐ **1/2 cup** Nutritional Yeast
  - ☐ **1 1/3 cups** Oats
  - ☐ **3 1/16 cups** Pitted Dates
  - ☐ **2 1/4 tsps** Vanilla Extract

# Mango Carrot Smoothie

5 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 Oat Milk

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

## Ingredients

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- 1 cup** Frozen Mango
- 1** Carrot (medium, chopped)
- 1 1/4 cups** Oat Milk (unsweetened)
- 1/4 cup** Vanilla Protein Powder
- 1/2 tsp** Ground Ginger



# Kimchi Tofu Scramble

6 ingredients · 10 minutes · 2 servings



## Directions

1. Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
2. Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
3. Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving equals approximately one cup.

## Ingredients

- 1 1/2 **tsps** Sesame Oil
- 16 **ozs** Tofu (regular firm, patted dry, crumbled)
- 1 **tbsp** Tamari
- 4 **cups** Kale Leaves (stems removed, finely chopped, packed)
- 2 **tbsps** Nutritional Yeast
- 1 **cup** Kimchi (drained)

# Raspberry Protein Overnight Oats

7 ingredients · 8 hours · 1 serving



## Directions

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1. Add the milk, oats, chia seeds, protein powder, and cinnamon to a bowl or container and stir to combine.
2. Refrigerate overnight then top with raspberries, chopped almonds, and cinnamon (optional) before eating. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### Additional Toppings

Unsweetened coconut flakes, flax seeds, and/or hemp seeds.

### 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

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- 1 cup** Unsweetened Almond Milk
- 1/2 cup** Oats (rolled)
- 2 tbsps** Chia Seeds
- 3 tbsps** Vanilla Protein Powder
- 1/4 tsp** Cinnamon (plus more for garnish)
- 1/2 cup** Raspberries
- 2 tbsps** Almonds (chopped)



# Avocado & Grapefruit

4 ingredients · 10 minutes · 2 servings



## Directions

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1. Divide the grapefruit and avocado slices onto plates. Season with basil and salt. 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 half of each an avocado and grapefruit.

### Additional Toppings

Drizzle with olive oil and sprinkle with chives.

## Ingredients

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**1** Grapefruit (peeled, cut into sections)

**1** Avocado (medium, sliced)

**2 tbsps** Basil Leaves (chopped)

**1/16 tsp** Sea Salt (or to taste)

# Tahini Chocolate Energy Balls

7 ingredients · 15 minutes · 6 servings



## Directions

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1. Add the dates, tahini, protein powder, cocoa powder, vanilla, and salt to a food processor and pulse until the mixture has a coarse crumb and sticks together.
2. Pour the sesame seeds onto a plate.
3. Use a teaspoon or one-inch cookie scoop to scoop out the mixture and roll it into balls. Roll the balls in the sesame seeds until coated. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to one week. Freeze for up to one month.

### Serving Size

One serving is two balls.

### No Protein Powder

Omit and use more cocoa powder.

### Protein Powder

Either a plant-based or whey based protein powder will work.

## Ingredients

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- 1 1/2 cups Pitted Dates
- 1/3 cup Tahini (runny)
- 3 tbsps Chocolate Protein Powder
- 3 tbsps Cocoa Powder
- 1 tsp Vanilla Extract
- 1/4 tsp Sea Salt
- 3 tbsps Sesame 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 tps** Almond Butter

**1/8 tsp** Vanilla Extract

**1/4 tsp** Cinnamon



# Spinach & Lentil Salad

10 ingredients · 15 minutes · 2 servings



## Directions

1. In a large bowl, whisk together the olive oil, lemon juice, nutritional yeast, salt, and pepper until well combined.
2. Add the lentils, coleslaw mix, green onions, basil, and almonds. Toss gently to ensure all the ingredients are well coated.
3. Divide the spinach into bowls or plates. Top with the lentil mixture and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately three cups.

## Ingredients

- 2 tbsps** Extra Virgin Olive Oil
- 2 tbsps** Lemon Juice
- 1 tbsps** Nutritional Yeast
- Sea Salt & Black Pepper (to taste)
- 2 1/2 cups** Lentils (cooked)
- 1 cup** Coleslaw Mix
- 2 stalks** Green Onion (sliced)
- 1/4 cup** Basil Leaves (chopped)
- 1/4 cup** Almonds (roasted, chopped)
- 2 cups** Baby Spinach

# Edamame, Broccoli & Chickpea Pasta Salad

10 ingredients · 25 minutes · 2 servings



## Directions

1. Cook the pasta according to package directions. Add the broccoli for the two last minutes of cooking.
2. In a large bowl, combine the remaining ingredients. Add the pasta and broccoli and season with salt and pepper to taste. Toss well to coat.
3. Serve immediately or chill in the refrigerator for 30 minutes. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add chopped toasted almonds.

### Additional Toppings

Season with fresh herbs like basil and/or dill.

## Ingredients

- 4 ozs** Chickpea Pasta (dry)
- 1 cup** Broccoli (cut into florets)
- 2 tbsps** Extra Virgin Olive Oil
- 1 tbsp** Apple Cider Vinegar
- 1 tsp** Italian Seasoning
- 1 tbsp** Hemp Seeds
- 1 tbsp** Nutritional Yeast
- 1 cup** Frozen Edamame (thawed)
- 1/2** Cucumber (medium, sliced)
- Sea Salt & Black Pepper (to taste)



# One Pan Orange Tempeh & Veggies

9 ingredients · 30 minutes · 2 servings



## Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. Mix the oil, soy sauce, garlic powder, and allspice together. Toss with the tempeh, bell pepper, and mushrooms and place on the baking sheet.
3. Place in the oven and cook for 20 minutes, or until the tempeh has started to brown on the edges and the mushrooms and bell pepper are tender.
4. Meanwhile, toss the cabbage with the orange juice. Serve and top with the roasted vegetables and tempeh. Garnish with any remaining orange juice and orange slices. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 2 1/2 cups.

### More Flavor

Mix the orange juice with sesame oil and miso paste.

### Additional Toppings

Chopped cilantro and/or sesame seeds.

### Gluten-free

Use tamari or coconut aminos instead.

## Ingredients

- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Soy Sauce, Low Sodium
- 1/2 **tsp** Garlic Powder
- 1/4 **tsp** Ground Allspice
- 8 **ozs** Tempeh (sliced)
- 1 Yellow Bell Pepper (medium, sliced)
- 10 Cremini Mushrooms (sliced)
- 3 **cups** Purple Cabbage (shredded)
- 1 Navel Orange (juiced, sliced for garnish)



# Strawberry Matcha Chia Pudding Parfait

7 ingredients · 1 hour 10 minutes · 2 servings



## Directions

1. In a bowl, add the milk, green tea powder, half of the maple syrup and lemon juice. Whisk until well combined.
2. Stir in the chia seeds. Let it sit for five to ten minutes then stir again. Refrigerate for at least one hour or until the chia seeds have set.
3. Once the pudding is ready, mash the strawberries and the remaining maple syrup in a bowl. Then, layer the mashed strawberries, yogurt, and pudding into jars. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/4 cup.

### No Strawberries

Use raspberries, blueberries, or blackberries instead.

### No Coconut Yogurt

Use yogurt of choice instead.

## Ingredients

**1 cup** Plain Coconut Milk (from the carton)

**1 tsp** Green Tea Powder

**2 tbsps** Maple Syrup (divided)

**1/2** Lemon (juiced)

**1/4 cup** Chia Seeds

**2/3 cup** Strawberries (chopped)

**1 cup** Unsweetened Coconut Yogurt

# Veggie Tom Yum & Green Curry Soup

12 ingredients · 30 minutes · 4 servings



## Directions

1. Heat a splash of broth in a large pot. Add the onion, ginger, mushrooms, garlic, and chili flakes for five to seven minutes or until tender.
2. Stir in the curry paste and cook for one more minute.
3. Add the remaining broth, coconut milk, lime juice, tomatoes, and tamari. Simmer for 10 to 15 minutes to warm through and thicken the soup.
4. Divide evenly between bowls. Top with cilantro and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days.

### Serving Size

One serving is approximately two cups.

### More Flavor

Add tofu, bean sprouts, napa cabbage, and/or cooked protein of choice. Use red hot chili peppers instead of chili flakes.

### Additional Toppings

Green onions.

## Ingredients

- 6 cups** Vegetable Broth (divided)
- 1** Yellow Onion (small, thinly sliced)
- 1 1/2 tbsps** Ginger (fresh, grated)
- 2 cups** Shiitake Mushrooms (sliced)
- 4** Garlic (clove, minced)
- 1 tsp** Chili Flakes
- 3 tbsps** Green Curry Paste
- 1/2 cup** Canned Coconut Milk
- 1/4 cup** Lime Juice
- 2 cups** Diced Tomatoes (from the can, drained)
- 2 tbsps** Tamari
- 1/4 cup** Cilantro (chopped)



# Tofu & Broccoli with Almond Sriracha Sauce

10 ingredients · 35 minutes · 2 servings



## Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Cook the rice according to package directions.
2. In a bowl, whisk together the almond butter, ginger, tamari, sriracha, vinegar, and 1/3 of the oil.
3. Spread the broccoli and the tofu onto the prepared baking sheet. Drizzle with the remaining oil and toss gently. Arrange in a single layer.
4. Place the baking sheet in the oven and cook for 15 to 20 minutes, or until the tofu and broccoli are crispy. Rotate the baking sheet halfway through.
5. Divide the rice, tofu, broccoli, and sauce evenly between bowls. Garnish with green onions. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups of tofu and broccoli, 1/2 cup of cooked rice, and three tablespoons of sauce.

### Additional Toppings

Add bell peppers or other roasted vegetables.

## Ingredients

- 1/2 cup Brown Rice (dry, rinsed)
- 3 tbsps Almond Butter
- 1/2 tsp Ginger (fresh, minced)
- 2 tbsps Tamari
- 1 tbsp Sriracha
- 1 tbsp Rice Vinegar
- 1 1/2 tbsps Sesame Oil (divided)
- 3 cups Broccoli (chopped into florets)
- 8 ozs Tofu (extra firm, pressed, cubed)
- 1 stalk Green Onion (sliced)

# Seitan Tacos

8 ingredients · 15 minutes · 4 servings



## Directions

1. Heat the oil in a pan over medium-high heat. Add the seitan, cumin, paprika, salt and pepper. Cook until slightly crispy, about five minutes. Stir in the salsa.
2. Fill the tortillas with romaine, seitan, and avocado. Enjoy!

## Notes

### Leftovers

Enjoy immediately for best results or refrigerate in an airtight container for two days.

### Serving Size

One serving is two 7-inch filled whole wheat tortillas.

### Gluten-Free

Use gluten-free tortilla.

### More Flavor

Add garlic powder, onion powder, chili powder, lime juice, or jalapeños.

### Additional Toppings

Add shredded cheese, green onions, and plain yogurt.

## Ingredients

- 1 tsp Avocado Oil
- 12 ozs Seitan (finely chopped)
- 1/2 tsp Cumin (ground)
- 1/2 tsp Smoked Paprika
- 8 Whole Wheat Tortilla (small)
- 1/2 head Romaine Hearts (chopped)
- 1 cup Salsa
- 2 Avocado (mashed)



# Chickpea & Tofu Curry

10 ingredients · 20 minutes · 2 servings



## Directions

1. In a large pot, heat the oil over medium-high heat. Add the onion and garlic and cook, stirring, until fragrant and translucent, about three minutes.
2. Add the tofu, chickpeas, tomatoes, water, and curry powder. Season with salt and pepper and stir to combine.
3. Bring to a boil, then reduce the heat and let simmer for 10 to 15 minutes. Stir in the cilantro. Divide evenly between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is equal to approximately two cups.

## Ingredients

- 1 tbsp** Extra Virgin Olive Oil
- 1** Yellow Onion (medium, diced)
- 2** Garlic (cloves, chopped)
- 9 ozs** Tofu (firm, drained, cubed)
- 2 2/3 cups** Chickpeas (from the can, drained and rinsed)
- 2 cups** Diced Tomatoes (from the can, with the juices)
- 1/2 cup** Water
- 1 tbsp** Curry Powder
- Sea Salt & Black Pepper (to taste)
- 1/2 cup** Cilantro (chopped)

# Squash & Lentil Chili

9 ingredients · 45 minutes · 2 servings



## Directions

1. Heat a large pot over medium heat and add a splash of the vegetable broth. Add the onion, stir, and let it cook for a couple of minutes.
2. Add the butternut squash and cook for another five minutes. Then, add the tomatoes, green pepper, tomato paste, lentils, chili powder, salt, pepper, and remaining broth. Stir, reduce the heat to low, and cover with a lid.
3. Simmer for 20 to 25 minutes, until it has thickened and absorbed most of the liquid. 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 two cups.

### More Flavor

Add smoked paprika and cayenne.

## Ingredients

- 1 cup Vegetable Broth (divided)
- 1 White Onion (small, diced)
- 2 cups Butternut Squash (peeled, chopped)
- 3 Tomato (large, chopped)
- 1 Green Bell Pepper (diced)
- 1/4 cup Tomato Paste
- 1 cup Dry Lentils
- 2 tsps Chili Powder
- Sea Salt & Black Pepper (to taste)



# Tomato, Kale & White Bean Soup

9 ingredients · 35 minutes · 2 servings



## Directions

1. Heat the oil in a pot over medium heat. Add the onion and sauté for about five minutes. Add the garlic and cumin and sauté for another minute.
2. Add the beans, tomato purée, and broth to the pot. Stir and season with salt and pepper. Cover the pot with a lid and simmer on low heat for 20 minutes.
3. Remove the lid, use a potato masher and mash some of the beans in the pot. Alternatively, blend some of the soup with a hand blender. Stir and add the kale leaves. Simmer uncovered for another five minutes.
4. Divide the soup evenly between bowls and enjoy!

## Notes

### Leftovers

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

### Serving Size

One serving is approximately two cups.

### More Flavor

Add bell pepper, mushrooms, and/or lemon juice.

### Additional Toppings

Top with chopped parsley.

## Ingredients

- 1 **tsp** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 2 Garlic (clove, minced)
- 1 **tsp** Cumin
- 2 **cups** White Navy Beans (cooked)
- 1 **cup** Tomato Purée
- 2 **cups** Vegetable Broth, Low Sodium
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Kale Leaves (chopped)