



Lose The Excuses Meal Plan

Created by Aeryon Wellness



Lose The Excuses 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 The Excuses Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blueberry Chia Parfait	Blueberry Chia Parfait	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Blueberry Chia Parfait	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg
Lunch	Cobb Salad	White Bean Chicken Chilli	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Greek Chicken Salad	Gut Healing Green Smoothie
Snack 1	Lightened Up Deviled Eggs	Celery with Creamy Sunflower Seed Butter	Lightened Up Deviled Eggs	Celery with Creamy Sunflower Seed Butter	Lightened Up Deviled Eggs	Lightened Up Deviled Eggs	Celery with Creamy Sunflower Seed Butter
Dinner	White Bean Chicken Chilli	Cobb Salad	Turkey & Mushroom Stuffed Squash	Turkey & Mushroom Stuffed Squash	Greek Chicken Salad	One Pan Salmon, Green Beans & Smashed Potatoes	One Pan Salmon, Green Beans & Smashed Potatoes
Snack 2	Apple with Almond Butter	Apple with Almond Butter	Fudgey Protein Brownies	Fudgey Protein Brownies	Apple with Almond Butter	Apple with Almond Butter	Fudgey Protein Brownies
Snack 3	Sea Salt & Coconut Popcorn	Yogurt & Berries	Sea Salt & Coconut Popcorn	Yogurt & Berries	Sea Salt & Coconut Popcorn	Yogurt & Berries	Yogurt & Berries

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77 items

Fruits

- ☐ 4 Apple
- ☐ 2 1/3 Avocado
- ☐ 4 Banana
- ☐ 1 1/8 Lemon
- ☐ 2 tsps Lemon Juice
- ☐ 1/3 Lime

Breakfast

- ☐ 1 cup All Natural Peanut Butter
- ☐ 1/2 cup Almond Butter
- ☐ 2 tsps Maple Syrup
- ☐ 1 1/2 tsps Sugar Free Maple Syrup

Seeds, Nuts & Spices

- ☐ 2/3 cup Chia Seeds
- ☐ 1 1/2 tsps Chili Powder
- ☐ 1 1/4 tsps Cumin
- ☐ 1 tbsp Greek Seasoning
- ☐ 2 tsps Ground Flax Seed
- ☐ 1/4 cup Hemp Seeds
- ☐ 1/3 tsp Oregano
- ☐ 1/4 tsp Paprika
- ☐ 1 1/8 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tsp Sesame Seeds
- ☐ 3 tsps Slivered Almonds
- ☐ 3/4 cup Sunflower Seeds
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 2 cups Frozen Banana
- ☐ 4 cups Frozen Berries
- ☐ 2 3/4 cups Frozen Blueberries
- ☐ 1/2 cup Frozen Corn

Vegetables

- ☐ 1 Acorn Squash
- ☐ 1 cup Asparagus
- ☐ 7 1/2 cups Baby Spinach
- ☐ 3/4 Carrot
- ☐ 4 3/4 stalks Celery
- ☐ 2 cups Cherry Tomatoes
- ☐ 2 2/3 tsps Cilantro
- ☐ 1/2 Cucumber
- ☐ 2 1/8 Garlic
- ☐ 3/4 Green Bell Pepper
- ☐ 1/2 stalk Green Onion
- ☐ 1/3 Jalapeno Pepper
- ☐ 2 cups Kale Leaves
- ☐ 2 cups Mini Potatoes
- ☐ 4 pieces Mint Leaves
- ☐ 2 tsps Parsley
- ☐ 1/3 Red Bell Pepper
- ☐ 2 tsps Red Onion
- ☐ 3/4 cup Shiitake Mushrooms
- ☐ 1/3 Sweet Onion
- ☐ 1/3 White Onion

Boxed & Canned

- ☐ 1 1/2 cups Canned Whole Tomatoes
- ☐ 1 cup Organic Chicken Broth
- ☐ 1/3 cup Red Kidney Beans
- ☐ 1 1/16 cups White Navy Beans

Baking

- ☐ 1/2 cup Cocoa Powder
- ☐ 1/2 cup Dark Chocolate Chips
- ☐ 1/2 cup Popcorn Kernels

Bread, Fish, Meat & Cheese

- ☐ 15 1/3 ozs Chicken Breast
- ☐ 8 ozs Chicken Breast, Cooked
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 1/2 cup Feta Cheese
- ☐ 12 ozs Salmon Fillet
- ☐ 2 slices Sourdough Bread

Condiments & Oils

- ☐ 2 tsps Apple Cider Vinegar
- ☐ 1/2 tsp Avocado Oil
- ☐ 1 1/2 tsps Balsamic Vinegar
- ☐ 2 tsps Coconut Oil
- ☐ 2 tsps Dijon Mustard
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Pitted Kalamata Olives
- ☐ 1 tbsp Rice Vinegar
- ☐ 1 tsp Tamari

Cold

- ☐ 8 Egg
- ☐ 4 cups Plain Greek Yogurt
- ☐ 6 2/3 cups Unsweetened Almond Milk

Other

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

Blueberry Chia Parfait

5 ingredients · 30 minutes · 1 serving



Directions

1. In a bowl, mix together the almond milk, chia seeds and maple syrup. Whisk until well combined. Let the mixture sit for 30 minutes at room temperature or cover and store in the fridge overnight.
2. Once it has thickened up, layer chia pudding into mason jars or containers. Add a layer of blueberries and sprinkle with slivered almonds. Repeat layers until all ingredients are used up.
3. Eat right away or seal jars and store in the fridge until ready to eat. Enjoy!

Notes

No Slivered Almonds

Use shredded coconut or hemp seeds instead.

Chia Will Not Gel

If your chia seeds do not create a gel, they may be stale. Time to buy a new bag!

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 1 1/2 tps Sugar Free Maple Syrup
- 1/4 cup Frozen Blueberries (thawed)
- 1 tbsp Slivered Almonds

Blueberry Detox Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients, except mint, into a blender . Blend well until smooth. Divide into glasses, top with mint leaves, and enjoy!

Notes

More Protein

Add protein powder, hemp seeds or nut butter.

No Banana

Sweeten with raw honey, maple syrup or soaked dates instead.

Storage

Refrigerate in a mason jar or other air-tight container up to 48 hours. Drink within 24 hours for maximum freshness, nutrition and taste.

Prep Ahead

Portion out all ingredients except almond milk into a ziplock baggie. Store in the freezer until ready to blend with almond milk.

Ingredients

- 1 cup** Frozen Blueberries
- 2 cups** Baby Spinach
- 2 tbsps** Chia Seeds
- 2 cups** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 1 cup** Frozen Banana
- 2 pieces** Mint Leaves

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 1 slice Sourdough Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Cobb Salad

10 ingredients · 30 minutes · 2 servings



Directions

1. In a small bowl, mix together lemon juice, olive oil, mustard and a pinch of sea salt and pepper. Whisk well then pour into bottom of a large mason jar. (Note: Divide dressing between jars if making more than 1 serving.)
2. Layer your ingredients into the jar(s) in this order: spinach, cherry tomatoes, avocado, chicken, egg and feta. Seal jar and store in the fridge.
3. When ready to eat, give the jar a good shake to mix the dressing throughout. You can either transfer the salad to a bowl or enjoy straight from the jar.

Ingredients

- 1/4 Lemon (juiced)
- 1 **tbsp** Extra Virgin Olive Oil
- 1 **tbsp** Dijon Mustard
- Sea Salt & Black Pepper (to taste)
- 1 **cup** Baby Spinach (chopped)
- 1/4 **cup** Cherry Tomatoes (halved)
- 1/4 Avocado (diced)
- 4 **ozs** Chicken Breast, Cooked
- 1 Egg (hardboiled and sliced)
- 1/4 **cup** Feta Cheese (crumbled)

Slow Cooker Vegan Chili

14 ingredients · 8 hours · 3 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 1/2 cups Canned Whole Tomatoes

1/3 cup Red Kidney Beans (cooked, drained and rinsed)

1/3 cup White Navy Beans (cooked, drained and rinsed)

1/3 cup Frozen Corn

3/4 stalk Celery (diced)

3/4 Green Bell Pepper (de-seeded and chopped)

3/4 Carrot (chopped)

1/3 White Onion (diced)

1 1/2 Garlic (cloves, minced)

3/4 tsp Cumin

1/3 tsp Oregano

1 1/8 tbsps Chili Powder

1 1/8 tps Sea Salt

1/3 Avocado

Gut Healing Green Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender and blend until very smooth and creamy. Divide into glasses and enjoy!

Notes

No Kale

Use spinach instead.

No Honey

Use maple syrup, dates or extra banana to sweeten instead.

Likes it Creamy

Use almond milk instead of water for extra creaminess.

Storage

Make ahead and store in a sealed mason jar. Shake well before drinking. Keeps well in the fridge for 1 - 2 days.

Ingredients

- 2 1/2 cups** Water (cold)
- 2 cups** Kale Leaves
- 1/2** Avocado (peeled and pit removed)
- 1 tbsp** Chia Seeds
- 2 tbsps** Ground Flax Seed
- 1/4 cup** Hemp Seeds
- 1 cup** Vanilla Protein Powder

Lightened Up Deviled Eggs

7 ingredients · 30 minutes · 1 serving



Directions

1. Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
2. Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, salt and paprika. Season with additional salt if needed.
3. Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Notes

Serve Chilled

Best served after being refrigerated for at least one hour.

Serving Size

One serving is equal to two pieces.

Leftovers

Store in an airtight container for up to two days.

More Flavor

Add a pinch of cayenne, garlic powder, onion powder or dried dill to the yolk mixture.

Ingredients

- 1 Egg
- 1 1/8 **tsps** Water
- 1 1/8 **tsps** Extra Virgin Olive Oil
- 1/2 **tsp** Lemon Juice
- 1/16 **tsp** Sea Salt
- 1/16 **tsp** Paprika
- 1/8 **stalk** Green Onion (finely chopped; green parts only)

Celery with Creamy Sunflower Seed Butter

4 ingredients · 10 minutes · 1 serving



Directions

1. Combine the sunflower seeds, water and salt in a blender and blend until smooth. If needed, add more water for a thinner consistency.
2. Serve with celery sticks and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

Each serving equals approximately one celery stalk and 1/3 cup of sunflower seed cream.

No Sunflower Seeds

Use cashews instead.

Ingredients

1/4 cup Sunflower Seeds (raw, soaked overnight, drained, rinsed)

2/3 cup Water

1/16 tsp Sea Salt

1 stalk Celery (cut into sticks)

White Bean Chicken Chilli

14 ingredients · 40 minutes · 2 servings



Directions

1. Heat oil in a large pot with a lid over medium-high heat. Add onion, jalapeno and bell pepper and cook for about 5 minutes or until onion is soft. Add garlic, cumin, chili powder and salt and cook for another minute until fragrant.
2. While vegetables are cooking, add a third of the stock and half of the beans to a food processor or blender and blend to puree the beans.
3. Add the remaining stock and pureed beans to the pot and stir to combine. Place the chicken in the pot, cover with lid and reduce heat to medium-low. Cook at a gentle boil for 20 minutes or until the chicken is cooked through.
4. Remove the cooked chicken breasts from the pot and carefully shred the chicken with two forks. Return the chicken and any juices back to the pot with the remaining beans, frozen corn kernels and cilantro. Stir to combine and season with additional salt if needed. Allow soup to cook for an additional 5 to 10 minutes.
5. Divide the chili into bowls and serve with a lime wedge. Enjoy!

Notes

Additional Toppings

Corn chips, sour cream and/or shredded cheese.

No Chicken Thighs

Use chicken breast instead.

Leftovers

Keep in the fridge for up to 3 days or freeze it for later.

Vegetarian

Omit the chicken and use extra beans.

Serving Size

One serving is equal to approximately one cup of chili.

Save Time

Use cooked beans from the can.

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 1/3 Sweet Onion (medium, chopped)
- 1/3 Jalapeno Pepper (seeded and chopped)
- 1/3 Red Bell Pepper (chopped)
- 2/3 Garlic (cloves, minced)
- 1/2 tsp Cumin
- 1 tsp Chili Powder
- 1/8 tsp Sea Salt
- 1 cup Organic Chicken Broth (divided)
- 2/3 cup White Navy Beans (cooked and divided)
- 5 1/3 ozs Chicken Breast (boneless, skinless)
- 2 2/3 tbsps Frozen Corn
- 2 2/3 tbsps Cilantro (chopped)
- 1/3 Lime (sliced into wedges)

Turkey & Mushroom Stuffed Squash

9 ingredients · 1 hour · 2 servings



Directions

1. Preheat the oven to 425°F (218°C). Drizzle the oil on the squash and place cut side down on a baking sheet lined with parchment paper. Bake for 20 to 30 minutes, or until tender when pierced with a fork.
2. In a pan, over medium heat, add the turkey and cook for 3 to 4 minutes. Add the celery and cook for 2 to 3 minutes, then add the mushrooms and cook for 4 to 5 minutes. Add the spinach and stir until it has wilted and the turkey is completely cooked.
3. Spoon the turkey mixture into the baked squash and garnish with parsley (optional). Enjoy!

Notes

No Pork Sausage

Use chicken sausage or beef sausage instead.

Vegan and Vegetarian

Use cooked lentils instead of sausage.

Meal Prep

Cook the squash and the rice ahead of time and warm through before serving.

Leftovers

Keeps well in the fridge up to three days.

Ingredients

- 1/2 tsp Avocado Oil
- 1 Acorn Squash (halved and seeds removed)
- 8 ozs Extra Lean Ground Turkey
- 1 stalk Celery (chopped)
- 3/4 cup Shiitake Mushrooms (chopped)
- 1 1/2 cups Baby Spinach
- 1/8 Lemon (juiced)
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (optional, finely chopped)

Greek Chicken Salad

10 ingredients · 45 minutes · 2 servings



Directions

1. Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Divide the salad and chicken between plates. Enjoy!

Notes

More Carbs

Mix quinoa into the salad or serve with roasted potatoes.

Cheese Lover

Sprinkle with feta cheese.

No Greek Seasoning

Use Italian seasoning instead.

Ingredients

1 tbsp Greek Seasoning
1/2 Lemon (juiced)
2 tbsps Extra Virgin Olive Oil
10 ozs Chicken Breast (boneless, skinless)
1 1/2 cups Cherry Tomatoes (halved)
1/2 Cucumber (diced)
2 tbsps Red Onion (finely diced)
1/2 cup Pitted Kalamata Olives (chopped)
1 1/2 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

One Pan Salmon, Green Beans & Smashed Potatoes

9 ingredients · 30 minutes · 2 servings



Directions

1. Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
2. Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
3. Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the asparagus and add to the baking sheet, leaving space for the potatoes.
4. Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
5. Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and asparagus with sesame seeds. Divide onto plates and enjoy.

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add miso paste or sriracha to the marinade.

Additional Toppings

Chopped cilantro or lime juice.

More Crispy

Remove the salmon and asparagus from the oven once cooked through and broil the potatoes for an additional three to five minutes.

Ingredients

- 2 cups Mini Potatoes
- 1 tsp Tamari
- 2 tsps Maple Syrup
- 1 tbsp Rice Vinegar
- 12 ozs Salmon Fillet
- 2 tbsps Extra Virgin Olive Oil
- 1/2 tsp Sea Salt
- 1 cup Asparagus
- 1 tsp Sesame Seeds

Apple with Almond Butter

2 ingredients · 5 minutes · 1 serving



Directions

1. Slice apple and cut away the core.
2. Dip into almond butter.
3. Yummmmm.

Ingredients

- 1 Apple
- 2 **tbsps** Almond Butter

Fudgy Protein Brownies

6 ingredients · 30 minutes · 9 servings



Directions

1. Preheat oven to 350°F (177°C). Line a cake or loaf pan with parchment paper.
2. In a small saucepan over low-medium heat, melt the peanut butter.
3. In a mixing bowl, mash the bananas, cocoa powder, protein powder and nut butter until combined. Stir in chocolate chips.
4. Pour into pan, sprinkle with walnuts and bake for 25 minutes. Remove from oven and let cool completely before serving.

Notes

No Walnuts

Omit walnuts or use any preferred type of nuts instead.

No Peanut Butter

Use any nut or seed butter instead.

Ingredients

- 1 cup** All Natural Peanut Butter
- 4** Banana
- 1/2 cup** Cocoa Powder
- 1/2 cup** Chocolate Protein Powder
- 1/2 cup** Dark Chocolate Chips
- 1/2 cup** Walnuts (chopped)

Sea Salt & Coconut Popcorn

3 ingredients · 10 minutes · 1 serving



Directions

1. In a tall, deep pot, heat oil over medium heat for 5 minutes. Pour kernels in with oil and quickly cover with lid. Give the pot a quick shake and place back on heat.
2. Let kernels pop. Shake the pot when popping slows down holding the lid on tightly.
3. Remove from heat when popping stops. Pour into a bowl immediately to avoid the popcorn burning. Sprinkle with sea salt to taste. Enjoy! (Note: Never, ever, EVER leave stove top popcorn unattended.)

Ingredients

2 2/3 tbsps Popcorn Kernels

2 tsps Coconut Oil

1/3 tsp Sea Salt

Yogurt & Berries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

1 cup Plain Greek Yogurt

1 cup Frozen Berries (thawed)