



Lose the Excuses Vegan Meal Plan

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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Lose the Excuses Vegan Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Kiwi Green Smoothie	Kiwi Green Smoothie	Avocado Toast	Avocado Toast	Raspberry Zinger Smoothie	Raspberry Zinger Smoothie	Brownie Protein Pancakes
Snack 1	Cranberry Protein Cookies	Aeryon Ashlie's Peach Cobbler Smoothie	Chocolate Almond Butter Pudding Vegan	Cranberry Protein Cookies	Chocolate Almond Butter Pudding Vegan	Cranberry Protein Cookies	Aeryon Ashlie's Peach Cobbler Smoothie
Lunch	Quinoa Tabbouleh	Quinoa Tabbouleh	Fresh Salad Rolls	Squash & Quinoa Spinach Salad	Squash & Quinoa Spinach Salad	Zucchini Noodle Vegan Bolognese	Zucchini Noodle Vegan Bolognese
Snack 2	Maple Roasted Almonds	Maple Roasted Almonds	Banana Protein Smoothie	Chocolate Almond Butter Pudding Vegan	Banana Protein Smoothie	Banana Protein Smoothie	Maple Roasted Almonds
Dinner	Fresh Salad Rolls	Slow Cooker Vegan Chili	Slow Cooker Vegan Chili	Maple Mustard Kale Salad with Crispy Tofu	Maple Mustard Kale Salad with Crispy Tofu	Portobello Mushroom Pizzas	Portobello Mushroom Pizzas
Snack 3	Yogurt & Berries	Coconut Brownie Bites	Yogurt & Berries	Coconut Brownie Bites	Coconut Brownie Bites	Yogurt & Berries	Coconut Brownie Bites

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78 items

Fruits

- ☐ 1/2 Apple
- ☐ 2 1/4 Avocado
- ☐ 3 1/2 Banana
- ☐ 2 Kiwi
- ☐ 2 Lemon
- ☐ 1/4 cup Lemon Juice
- ☐ 2 Peach

Breakfast

- ☐ 1 1/4 cups Almond Butter
- ☐ 1 tbsp Maple Syrup
- ☐ 2 1/4 tsps Sugar Free Maple Syrup

Seeds, Nuts & Spices

- ☐ 4 3/4 cups Almonds
- ☐ 1/4 cup Chia Seeds
- ☐ 2 1/4 tsps Chili Powder
- ☐ 1 1/8 tsps Cinnamon
- ☐ 1/2 tsp Cumin
- ☐ 2 tsps Ground Flax Seed
- ☐ 1/4 tsp Oregano
- ☐ 1/4 tsp Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 tbsp Walnuts

Frozen

- ☐ 3 cups Frozen Berries
- ☐ 2 cups Frozen Cauliflower
- ☐ 1/4 cup Frozen Corn
- ☐ 2 cups Frozen Raspberries

Vegetables

- ☐ 4 1/2 cups Baby Spinach
- ☐ 1 cup Butternut Squash
- ☐ 1 1/4 Carrot
- ☐ 1/2 stalk Celery
- ☐ 1/2 Cucumber
- ☐ 2 1/2 Garlic
- ☐ 1 1/8 tsps Ginger
- ☐ 1/2 Green Bell Pepper
- ☐ 1 stalk Green Onion
- ☐ 1/8 head Iceberg Lettuce
- ☐ 6 cups Kale Leaves
- ☐ 2 tsps Mint Leaves
- ☐ 1 cup Parsley
- ☐ 1 1/2 cups Purple Cabbage
- ☐ 1 1/4 Red Bell Pepper
- ☐ 1 tbsp Red Onion
- ☐ 1 Tomato
- ☐ 1/4 White Onion
- ☐ 2 Zucchini

Boxed & Canned

- ☐ 1 cup Canned Whole Tomatoes
- ☐ 2/3 cup Quinoa
- ☐ 1/4 cup Red Kidney Beans
- ☐ 2 1/4 ozs Rice Vermicelli Noodles
- ☐ 1/4 cup White Navy Beans

Baking

- ☐ 1/2 cup Almond Flour
- ☐ 1 tbsp Arrowroot Powder
- ☐ 1 tbsp Baking Powder
- ☐ 1 1/16 cups Cocoa Powder
- ☐ 1/4 cup Dried Unsweetened Cranberries
- ☐ 1 cup Oats
- ☐ 1/4 cup Organic Dark Chocolate Chips
- ☐ 4 1/4 cups Pitted Dates

Bread, Fish, Meat & Cheese

- ☐ 3 1/2 ozs Ground Tofu
- ☐ 4 slices Sourdough Bread
- ☐ 7 1/16 ozs Tofu

Condiments & Oils

- ☐ 2 tsps Apple Cider Vinegar
- ☐ 1/3 cup Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 3 tsps Extra Virgin Olive Oil
- ☐ 6 Rice Paper Wraps
- ☐ 1 1/8 tsps Rice Vinegar
- ☐ 2 1/2 tsps Tamari
- ☐ 1 1/4 cups Tomato Sauce

Cold

- ☐ 1 cup Cottage Cheese
- ☐ 3 cups Plain Greek Yogurt
- ☐ 7 1/2 cups Unsweetened Almond Milk
- ☐ 3 cups Unsweetened Cashew Milk

Other

- ☐ 1/2 cup Chocolate Protein Powder
- ☐ 4 Ice Cubes
- ☐ 3 cups Vanilla Protein Powder
- ☐ 2 1/3 cups Water
- ☐ 1 serving Whey Or Vegan Protein

☐ **2 cups** Unsweetened Coconut Flakes

Kiwi Green Smoothie

7 ingredients · 5 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds

Use flax seed instead.

No Protein Powder

Use hemp seeds instead.

Ingredients

- 1 Kiwi (small, peeled)
- 1/2 Banana (frozen)
- 1/4 cup Vanilla Protein Powder
- 1 tbsp Chia Seeds
- 1 1/4 cups Baby Spinach
- 1 cup Water
- 2 Ice Cubes

Avocado Toast

4 ingredients · 5 minutes · 2 servings



Directions

1. Toast flax bread in toaster, or broil on high for about 3 minutes per side.
2. Mash avocado on bread. Sprinkle red pepper flakes and sea salt. Enjoy!

Notes

More Protein

Top with a poached egg.

Make Your Own Bread

See our Grain-Free Flax Bread recipe.

Ingredients

2 slices Sourdough Bread

1/2 Avocado

1/8 tsp Red Pepper Flakes

1/8 tsp Sea Salt

Raspberry Zinger Smoothie

6 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

- 1 cup** Frozen Cauliflower
- 1 cup** Frozen Raspberries
- 1** Lemon (juiced)
- 1/4 cup** Vanilla Protein Powder
- 1 tbsp** Chia Seeds
- 1 1/2 cups** Unsweetened Almond Milk

Brownie Protein Pancakes

9 ingredients · 15 minutes · 2 servings



Directions

1. Combine the ground flax and water in a small bowl. Whisk and set aside to thicken for about 5 minutes.
2. In a medium sized bowl, combine the almond flour, protein powder, cocoa powder, and baking powder.
3. Add the almond milk and flax mixture to dry ingredients. Mix well until a smooth batter forms. Fold in the chocolate chips.
4. Heat coconut oil in a nonstick skillet over medium heat. Spoon the batter into the pan in 1/4 cup portions. Cook pancakes for about 3 to 4 minutes per side.
5. Plate the pancakes and enjoy!

Notes

Protein Powder

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, results may vary.

Save Time

Make the pancake batter in a blender.

Toppings

Maple syrup, honey, fresh fruit, granola, seeds or nuts.

Leftovers

Store in a sealed container in the fridge up to 3 days. Reheat in the oven, toaster oven or in a skillet.

No Chickpea Flour

Try oat flour instead. Results may vary.

Ingredients

- 2 **tbps** Ground Flax Seed
- 1/3 **cup** Water
- 1/2 **cup** Almond Flour
- 1/2 **cup** Chocolate Protein Powder
- 1 **tbsp** Cocoa Powder
- 1 **tbsp** Baking Powder
- 1 **cup** Unsweetened Almond Milk (or water)
- 1/4 **cup** Organic Dark Chocolate Chips
- 1 1/2 **tsps** Coconut Oil

Cranberry Protein Cookies

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat oven to 350°F (177°C). Mash bananas in a bowl with a fork. Add protein powder and mix well.
2. Mix in the oats, almond butter, cinnamon and dried cranberries. Roll into balls and place on a baking sheet lined with parchment paper. Press down gently with a fork to flatten. Bake for 20 minutes or until golden brown. Enjoy!

Notes

Serving Size

One serving is equal to one cookie.

Leftovers

Store in the fridge for up to four days or in the freezer for up to three months.

Ingredients

- 1 Banana (mashed)
- 1/4 cup Vanilla Protein Powder
- 1 cup Oats
- 1 cup Almond Butter
- 1/2 tsp Cinnamon
- 1/4 cup Dried Unsweetened Cranberries

Aeryon Ashlie's Peach Cobbler Smoothie

6 ingredients · 5 minutes · 2 servings



Directions

1. Throw all ingredients into a blender. Blend well until smooth.
2. Divide into glasses and enjoy!

Notes

Dairy-Free

Use coconut yogurt instead of cottage cheese.

No Cashew Milk

Use almond, rice, coconut or your choice of alternative milk instead.

No Dates

Sweeten with maple syrup, honey or banana instead.

Storage

Refrigerate in a sealed mason jar up to 24 hours. Shake well before drinking.

More Protein

Add hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fibre

Add ground flax seed.

Ingredients

1 1/2 cups Unsweetened Cashew Milk

1/2 cup Cottage Cheese

2 tbsps Pitted Dates

1/2 serving Whey Or Vegan Protein

1 Peach

1 tsp Cinnamon

Chocolate Almond Butter Pudding Vegan

4 ingredients · 5 minutes · 3 servings



Directions

1. Combine all ingredients in a food processor or blender and blend until smooth and creamy. You may need to occasionally scrape down the sides.
2. Divide into small bowls, add your choice of toppings or enjoy as is!

Notes

No Cocoa Powder

Use cacao powder instead.

No Almond Butter

Use peanut butter or any type of nut butter.

Optional Toppings

Toasted coconut, hemp seeds, crushed nuts, coconut whipped cream or fresh fruit.

More Fibre

Add ground flax seeds before blending.

Ingredients

1 Avocado (peeled and pits removed)

1/2 cup Unsweetened Almond Milk

1/4 cup Almond Butter

1 cup Vanilla Protein Powder (vegan)

Quinoa Tabbouleh

8 ingredients · 25 minutes · 2 servings



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Once cooled, combine the quinoa with the remaining ingredients in a large mixing bowl. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add minced garlic.

No Quinoa

Use bulgur, cauliflower rice, hemp seeds, or lentils instead.

Ingredients

1/4 cup Quinoa (uncooked)

1 cup Parsley (stems removed, finely chopped)

2 tbsps Mint Leaves (stems removed, finely chopped)

1 stalk Green Onion (finely chopped)

1 Tomato (medium, chopped)

1 1/2 tsps Extra Virgin Olive Oil

2 tbsps Lemon Juice

Sea Salt & Black Pepper (to taste)

Fresh Salad Rolls

11 ingredients · 15 minutes · 2 servings



Directions

1. Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
2. In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
3. Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
4. Dip into the sauce and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

Serving Size

One serving equals approximately two rolls.

Additional Toppings

Add bean sprouts, crushed peanuts, cilantro, shrimp, Thai basil, mint, cucumbers, or sliced cooked pork.

Hoisin Lover

Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

Ingredients

- 1 1/2 ozs Rice Vermicelli Noodles
- 1 tbsp Tamari
- 2 1/4 tsps Rice Vinegar
- 1 Garlic (cloves, minced)
- 3/4 tsp Ginger (minced)
- 1 1/2 tsps Water
- 4 Rice Paper Wraps
- 1/8 head Iceberg Lettuce (leaves pulled apart)
- 1/2 Red Bell Pepper (medium, sliced)
- 1/2 Carrot (large, shredded)
- 1 cup Purple Cabbage (thinly sliced)

Squash & Quinoa Spinach Salad

9 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Place the butternut squash cubes on the baking sheet and season with the cinnamon and salt and pepper to taste. Toss to coat the squash with the seasoning then arrange into a single, even layer (do not overcrowd the pan). Bake for 25 to 30 minutes, flipping halfway through, or until the cubes are cooked through and have browned on both sides.
3. Meanwhile, cook the quinoa according to package directions.
4. To assemble the salad, divide the baby spinach, quinoa, and butternut squash between bowls and top with the apple, red onion, and walnuts. Drizzle with apple cider vinegar. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Omit the walnuts and use sunflower or pumpkin seeds instead.

More Flavor

Mix the apple cider vinegar with honey or maple syrup for sweetness. Add fresh herbs, dried cranberries, or crumbled goat cheese.

More Fat

Add extra virgin olive oil to the apple cider vinegar.

Ingredients

1 cup Butternut Squash (cut into small cubes)

1/8 tsp Cinnamon

Sea Salt & Black Pepper (to taste)

1/3 cup Quinoa

2 cups Baby Spinach

1/2 Apple (small, peeled and finely chopped)

1 tbsp Red Onion (finely chopped)

1 tbsp Walnuts (finely chopped)

2 tbsps Apple Cider Vinegar

Zucchini Noodle Vegan Bolognese

4 ingredients · 20 minutes · 2 servings



Directions

1. Heat the olive oil in a non-stick skillet. Add the ground tofu, stirring to break it up as it cooks. After about 5 minutes, add the tomato sauce. Cover and let the sauce simmer for 10 minutes.
2. While the sauce is simmering, spiralize the zucchinis and divide between plates or containers.
3. Top the zucchini noodles with the vegan bolognese and enjoy!

Notes

Zucchini Noodles

Can be enjoyed raw or sauteed. If sauteeing, we recommend doing so right before serving, as cooking the noodles will release more moisture.

Leftovers

Keeps well in the fridge for about 3 days. To reheat, add the noodles and sauce together in a pan and heat through.

Vegetarian/Vegan

Use lentils instead of ground chicken.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 3 1/2 **ozs** Ground Tofu
- 1 1/4 **cups** Tomato Sauce
- 2 Zucchini (large)

Maple Roasted Almonds

3 ingredients · 10 minutes · 1 serving



Directions

1. Place almonds in a frying pan and toast over medium heat. When slightly browned, add maple syrup and cinnamon and stir well. Turn heat back to low. Continuously stir almonds until they become sticky (about 2 minutes).
2. Remove from heat and spread almonds onto a piece of parchment paper. Let dry for 10 minutes. When cool, break apart and place single portions in snack-sized baggies for an easy grab-and-go snack.

Ingredients

1/4 cup Almonds

3/4 tsp Sugar Free Maple Syrup

1/4 tsp Cinnamon

Banana Protein Smoothie

3 ingredients · 10 minutes · 1 serving



Directions

1. Place all ingredients in your blender and blend until smooth. Enjoy!

Notes

What is Coconut Butter?

The ground up meat of the whole coconut. Also sometimes called coconut manna. Cashew butter can be used instead.

No Protein Powder

Use 1/4 cup hemp seeds per serving instead.

Ingredients

1/4 cup Vanilla Protein Powder

1/2 Banana

1 cup Unsweetened Almond Milk

Slow Cooker Vegan Chili

14 ingredients · 8 hours · 2 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 cup Canned Whole Tomatoes

1/4 cup Red Kidney Beans (cooked, drained and rinsed)

1/4 cup White Navy Beans (cooked, drained and rinsed)

1/4 cup Frozen Corn

1/2 stalk Celery (diced)

1/2 Green Bell Pepper (de-seeded and chopped)

1/2 Carrot (chopped)

1/4 White Onion (diced)

1 Garlic (cloves, minced)

1/2 tsp Cumin

1/4 tsp Oregano

2 1/4 tps Chili Powder

3/4 tsp Sea Salt

1/4 Avocado

Maple Mustard Kale Salad with Crispy Tofu

10 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Add the tofu cubes to a bowl and gently toss with the tamari. Add the arrowroot powder and gently toss until the tofu cubes are well coated. Arrange the coated tofu cubes on the prepared baking sheet. Bake for 28 to 30 minutes, flipping halfway through. Let the tofu cool slightly.
3. Add the kale to a mixing bowl. Add the lemon juice and half of the oil and massage with your hands for one to two minutes until wilted and tender.
4. In a small bowl combine the remaining oil with the Dijon mustard and maple syrup.
5. To serve, divide the massaged kale between plates and top with cucumber, red pepper and the crispy tofu. Spoon the remaining dressing over. Enjoy!

Notes

Leftovers

Refrigerate the kale salad in an airtight container for up to three days. Store dressing and tofu separately.

Additional Toppings

Add tomato, grated carrot, green onion, or red onion.

No Tamari

Use coconut aminos instead.

No Maple Syrup

Use honey or other liquid sweetener instead.

Ingredients

7 1/16 ozs Tofu (extra firm, pressed then cut into 1/2-inch cubes)

1 tbsp Tamari

1 tbsp Arrowroot Powder

6 cups Kale Leaves (finely chopped)

2 tbsps Lemon Juice

2 tbsps Extra Virgin Olive Oil (divided)

1 tbsp Dijon Mustard

1 tbsp Maple Syrup

1/2 Cucumber (chopped)

1/2 Red Bell Pepper (chopped)

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)

Coconut Brownie Bites

5 ingredients · 15 minutes · 14 servings



Directions

1. Combine the almonds, cocoa powder, and half of the shredded coconut together in a food processor. Process into a fine powder.
2. Add in the soaked dates and coconut oil. Pulse until a dough-like consistency forms.
3. Roll batter into small bite-sized balls. Then roll balls through a bowl with the remaining coconut flakes to coat. Betcha cant eat just one!

Ingredients

- 1 cup** Almonds
- 1/4 cup** Cocoa Powder
- 1/2 cup** Unsweetened Coconut Flakes (divided)
- 1 cup** Pitted Dates (soaked and drained)
- 1 1/2 tbsps** Coconut Oil