



Reclaim Vegan Meal Planner

Created by Aeryon Wellness



Reclaim Vegan Meal Planner

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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Reclaim Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Triple Berry Protein Bowl	Blueberry Detox Smoothie	Blueberry Detox Smoothie	Kimchi Tofu Scramble	Kimchi Tofu Scramble
Snack 1	Apple with Peanut Butter	Apple with Peanut Butter	Tropical Matcha Smoothie	Tropical Matcha Smoothie	Tropical Matcha Smoothie	Apple with Peanut Butter	Apple with Peanut Butter
Lunch	Tofu Veggie Fried Rice	Tofu Veggie Fried Rice	Baked Tofu & Cabbage with Peanut Ginger Sauce	Baked Tofu & Cabbage with Peanut Ginger Sauce	Smashed Chickpea Salad Wrap	Smashed Chickpea Salad Wrap	Smashed Chickpea Salad Wrap
Snack 2	Crunchy Chickpeas	Detox Green Smoothie	Detox Green Smoothie	Crunchy Chickpeas	Crunchy Chickpeas	Detox Green Smoothie	Crunchy Chickpeas
Dinner	Creamy Cauliflower Soup	Creamy Cauliflower Soup	Coconut Turmeric Cauliflower	Coconut Turmeric Cauliflower	Maple Mustard Kale Salad with Crispy Tofu	Maple Mustard Kale Salad with Crispy Tofu	Maple Mustard Kale Salad with Crispy Tofu

Reclaim Vegan Meal Planner

66 items

Fruits

- ☐ 16 Apple
- ☐ 1 Avocado
- ☐ 1 1/2 cups Blackberries
- ☐ 1 1/2 cups Blueberries
- ☐ 3 Lemon
- ☐ 1/2 cup Lemon Juice
- ☐ 1 tbsp Lime Juice
- ☐ 6 Pear
- ☐ 1 1/2 cups Pineapple
- ☐ 1 1/2 cups Strawberries

Breakfast

- ☐ 2 1/8 cups All Natural Peanut Butter
- ☐ 3 tbsps Almond Butter
- ☐ 2 tbsps Green Tea Powder
- ☐ 3 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 2 tsps Black Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 1 1/3 tbsps Cinnamon
- ☐ 1 cup Ground Flax Seed
- ☐ 3 tbsps Hemp Seeds
- ☐ 1 2/3 tbsps Nutmeg
- ☐ 1 1/8 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sesame Seeds
- ☐ 1/3 cup Slivered Almonds
- ☐ 2 tbsps Turmeric

Frozen

- ☐ 2 cups Frozen Banana
- ☐ 2 cups Frozen Blueberries
- ☐ 2 cups Frozen Edamame

Vegetables

- ☐ 13 cups Baby Spinach
- ☐ 4 cups Broccoli
- ☐ 3 Carrot
- ☐ 3 heads Cauliflower
- ☐ 1/2 cup Cilantro
- ☐ 4 1/2 Cucumber
- ☐ 3 2/3 tbsps Ginger
- ☐ 8 stalks Green Onion
- ☐ 38 cups Kale Leaves
- ☐ 4 pieces Mint Leaves
- ☐ 1/3 cup Parsley
- ☐ 10 cups Purple Cabbage
- ☐ 1 1/2 Red Bell Pepper
- ☐ 3 tbsps Red Onion
- ☐ 6 leaves Romaine
- ☐ 1/2 Sweet Onion
- ☐ 4 Sweet Potato
- ☐ 3 Zucchini

Boxed & Canned

- ☐ 1 cup Canned Coconut Milk
- ☐ 10 1/4 cups Chickpeas
- ☐ 2 cups Jasmine Rice
- ☐ 2 cups Vegetable Broth

Baking

- ☐ 3 tbsps Arrowroot Powder
- ☐ 1/4 cup Nutritional Yeast

Bread, Fish, Meat & Cheese

- ☐ 6 1/4 lbs Tofu
- ☐ 3 Whole Wheat Tortilla

Condiments & Oils

- ☐ 1 tbsp Coconut Oil
- ☐ 1/3 cup Dijon Mustard
- ☐ 2/3 cup Extra Virgin Olive Oil
- ☐ 2 cups Kimchi
- ☐ 1/4 cup Sesame Oil
- ☐ 1 cup Tamari

Cold

- ☐ 8 Egg
- ☐ 4 cups Plain Coconut Milk
- ☐ 10 3/4 cups Unsweetened Almond Milk

Other

- ☐ 15 Ice Cubes
- ☐ 1 1/4 cups Vanilla Protein Powder
- ☐ 5 2/3 cups Water

Triple Berry Protein Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Wash berries and place in bowl(s). Sprinkle berries with hemp seeds and slivered almonds. Top with almond butter and pour almond milk over top. Enjoy!

Ingredients

- 1/2 cup** Strawberries (sliced)
- 1/2 cup** Blueberries
- 1/2 cup** Blackberries
- 1 tbsp** Almond Butter
- 1 tbsp** Hemp Seeds
- 2 tbsps** Slivered Almonds
- 1/4 cup** Unsweetened Almond Milk

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

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

Apple with Peanut Butter

2 ingredients · 3 minutes · 4 servings



Directions

1. Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

Notes

Keep it Fresh

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Ingredients

4 Apple

1/2 cup All Natural Peanut Butter

Tropical Matcha Smoothie

7 ingredients · 5 minutes · 2 servings



Directions

1. Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

Notes

Likes it Sweet

Add honey or pitted dates.

More Protein

Add vanilla protein powder.

Ingredients

- 1 Zucchini (chopped and frozen)
- 1/2 cup Pineapple (fresh or frozen)
- 3 cups Baby Spinach
- 2 tsps Green Tea Powder
- 1/4 cup Ground Flax Seed
- 2 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder

Tofu Veggie Fried Rice

11 ingredients · 35 minutes · 4 servings



Directions

1. Cook the jasmine rice according to package directions.
2. Heat half of the sesame oil in a large non-stick pan over medium heat. Cook the tofu for about five minutes or until browned, frequently tossing. Season with salt and pepper and transfer to a bowl.
3. In the same pan, heat the remaining sesame oil over medium heat. Cook the broccoli, purple cabbage, and carrots until fork-tender, about five to seven minutes.
4. Slide the veggies to the side of the pan and add the eggs. Gently push the eggs back and forth with your spatula until scrambled and cooked through.
5. Add the rice over top of the eggs and break it up with your spatula. Add the tofu and tamari. Gently stir until everything is well combined. Divide into bowls, garnish with green onions, sesame seeds, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

No Tamari

Use soy sauce or coconut aminos instead.

Additional Toppings

Add corn, mushrooms, or green peas.

Ingredients

- 1 cup** Jasmine Rice (uncooked)
- 1 1/2 tbsps** Sesame Oil (divided)
- 1 1/16 lbs** Tofu (extra firm, drained and diced)
- Sea Salt & Black Pepper (to taste, divided)
- 2 cups** Broccoli (chopped)
- 1 cup** Purple Cabbage (thinly sliced)
- 1** Carrot (medium, diced)
- 4** Egg (large, whisked)
- 3 tbsps** Tamari
- 3 stalks** Green Onion (sliced)
- 1 tbsp** Sesame Seeds

Baked Tofu & Cabbage with Peanut Ginger Sauce

9 ingredients · 40 minutes · 2 servings



Directions

1. Add the tofu and edamame to a mixing bowl with 3/4 of the tamari and toss to coat. Let the tofu marinate while preheating the oven.
2. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
3. Arrange the cabbage and sweet potato cubes on one side of the baking sheet and the marinated tofu and edamame on the other. Bake for 30 minutes stirring halfway through.
4. Meanwhile, in a small mixing bowl combine the peanut butter, ginger, lime juice, and the remaining tamari. Stir in the water to thin the sauce.
5. Add the baked vegetables to a plate and top with sauce. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Nut-Free

Use sunflower seed butter instead of peanut butter.

More Flavor

Add garlic, honey, sesame oil, or red pepper flakes to the sauce.

No Tamari

Use coconut aminos instead.

More Carbs

Serve with rice or quinoa instead of cauliflower rice.

Ingredients

- 6 1/8 ozs Tofu (extra firm, cubed)
- 1 cup Frozen Edamame
- 2 tbsps Tamari (divided)
- 4 cups Purple Cabbage (cut into 1-inch strips)
- 1 tbsp All Natural Peanut Butter
- 1 tsp Ginger (fresh, grated)
- 1 1/2 tsps Lime Juice
- 1 1/2 tsps Water
- 2 Sweet Potato

Smashed Chickpea Salad Wrap

8 ingredients · 10 minutes · 1 serving



Directions

1. Add the chickpeas, mustard, lemon juice, and salt to a bowl and roughly mash with a fork. Add the onion and parsley and mix well to combine.
2. Transfer the chickpea salad to the center of the tortilla leaving at least 2 inches around the edges. Place the romaine on top of the chickpea salad and roll the tortilla tightly while folding the ends in. Enjoy!

Notes

Leftovers

Store components separately in the fridge until ready to assemble and serve.

Gluten-Free

Use a gluten-free or brown rice tortilla.

Serving Size

One serving is equal to one wrap.

Ingredients

- 3/4 cup** Chickpeas
- 1 tbsp** Dijon Mustard
- 1 tbsp** Lemon Juice
- 1/16 tsp** Sea Salt
- 1 tbsp** Red Onion (finely chopped)
- 2 tbsps** Parsley (finely chopped)
- 1** Whole Wheat Tortilla (large)
- 2 leaves** Romaine (chopped)

Crunchy Chickpeas

5 ingredients · 1 hour · 4 servings



Directions

1. Preheat oven to 350°F (177°C). Ensure chickpeas are dry. Place chickpeas in a mixing bowl and add olive oil. Mix until chickpeas are evenly coated.
2. Line a cooking sheet with parchment paper. Spread the chickpeas over the sheet and bake for 50 minutes. At the halfway point (the 25 minute mark), remove the sheet and give it a shake to rotate the chickpeas.
3. Remove from oven and place roasted chickpeas in a mixing bowl. Add sea salt, cinnamon and nutmeg. Toss again until evenly coated.
4. Transfer chickpeas back onto baking sheet and bake for another 10 to 15 minutes.
5. Remove from oven. Enjoy hot or cold!

Notes

Serving Size

One serving is equal to about 1/2 cup of roasted chickpeas.

Ingredients

- 2 cups** Chickpeas (cooked, drained and rinsed)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 tsp** Sea Salt
- 1 tsp** Nutmeg
- 1 tsp** Cinnamon

Detox Green Smoothie

8 ingredients · 10 minutes · 2 servings



Directions

1. Place all ingredients together in a blender. Blend until smooth. Be patient! No one likes clumps in their smoothies. It may take 1 minute or longer to get a great, smoothie-consistency.
2. Divide between glasses and enjoy!

Notes

No Kale

Use spinach.

No Pear

Use apples.

Metabolism Boost

Add 1/4 tsp cayenne pepper.

Make it Sweeter

Add 1/2 cup frozen pineapple or mango.

More Protein

Add a scoop of protein powder or hemp seeds.

Ingredients

- 4 cups** Kale Leaves
- 1** Cucumber (chopped)
- 1** Lemon (juiced)
- 2** Pear (peeled and chopped)
- 1 tbsp** Ginger (grated)
- 1 tbsp** Ground Flax Seed
- 1 1/2 cups** Water
- 5** Ice Cubes

Creamy Cauliflower Soup

11 ingredients · 1 hour · 2 servings



Directions

1. Add coconut oil to a large pot and place over medium heat. Sauté the onions and carrots for about 5 minutes or until soft and golden.
2. Add the cauliflower and cook until it browns (about 5 minutes).
3. Add the broth and water. Bring to a boil. Reduce heat to simmer and cover. Let simmer for 30 minutes.
4. Add in coconut milk, sea salt and nutmeg. Stir well until milk is heated through and remove from heat.
5. With caution, puree your soup using a blender. Ensure lid is on tightly. (NOTE: If using a regular blender, ensure to remove the centerpiece of the lid and cover with a tea towel to allow a place for the steam to escape. Otherwise the steam will cause the lid to pop off, creating a mess and potentially burning yourself.)
6. Pour into bowl and top with sliced avocado and green onion. Sprinkle with fresh ground pepper and serve!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1.5 cups of soup.

More Flavor

Add fresh garlic, additional salt, and/or black pepper.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1/4 Sweet Onion (chopped)
- 1/2 Carrot (chopped)
- 1/2 **head** Cauliflower (cut into florets)
- 1 **cup** Vegetable Broth
- 1/2 **cup** Water
- 1/2 **cup** Canned Coconut Milk
- 1/8 **tsp** Sea Salt (or more to taste)
- 1/2 **tsp** Nutmeg
- 1/2 Avocado (peeled and sliced)
- 1 **stalk** Green Onion (chopped)

Coconut Turmeric Cauliflower

6 ingredients · 30 minutes · 4 servings



Directions

1. Heat a skillet over medium heat and add the coconut milk, turmeric, salt and black pepper. Whisk together and let simmer on low.
2. Once bubbles start to appear in the sauce, add the cauliflower florets and reduce the heat slightly. Cook covered with a lid for 15 to 20 minutes, or until your desired consistency is reached.
3. Divide the cauliflower mixture between bowls. Top with cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add garlic powder or chilli flakes to the sauce.

Additional Toppings

Top with sesame seeds.

Ingredients

- 2 cups** Plain Coconut Milk (from the carton)
- 1 tbsp** Turmeric
- 1 tsp** Sea Salt
- 1 tsp** Black Pepper
- 1 head** Cauliflower (chopped into florets)
- 1/4 cup** Cilantro (chopped)

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)