



## Water B Gone Anti-Inflammatory Meal Planner

Created by Aeryon Wellness



# Water B Gone Anti-Inflammatory 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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# Water B Gone Anti-Inflammatory Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Paleo Sweet Potato Porridge	Paleo Sweet Potato Porridge	Orange Immunity Booster Smoothie	Orange Immunity Booster Smoothie	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt	Coconut Chia Seed Yogurt
Snack 1	Green Pineapple Smoothie	Green Pineapple Smoothie	Roasted Radishes with Avocado	Green Pineapple Smoothie	Green Pineapple Smoothie	Roasted Radishes with Avocado	Roasted Radishes with Avocado
Lunch	Cucumber Tomato Chickpea Salad with Sumac Dressing	Cucumber Tomato Chickpea Salad with Sumac Dressing	Quinoa Tabbouleh	Quinoa Tabbouleh	Mexican Black Bean Salad	Mexican Black Bean Salad	Mexican Black Bean Salad
Snack 2	Apples & Almonds	Apples & Almonds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Cinnamon Toast Crunch Pumpkin Seeds	Apples & Almonds	Apples & Almonds
Dinner	Ginger Chicken Stir Fry	Ginger Chicken Stir Fry	One Pan Chicken, Golden Cauliflower & Carrot Fries copy	One Pan Chicken, Golden Cauliflower & Carrot Fries copy	Cedar Planked Salmon with Grilled Asparagus	Cedar Planked Salmon with Grilled Asparagus	Ginger Chicken Stir Fry
Snack 3						Water B gone	

# Water B Gone Anti-Inflammatory Meal Planner

69 items

## Fruits

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- 6 Apple
- 4 1/2 Avocado
- 1 Banana
- 2 Lemon
- 1/2 cup Lemon Juice
- 2 Lime
- 3/4 cup Lime Juice
- 2 Navel Orange
- 2 cups Raspberries
- 2 1/4 cups Strawberries

## Breakfast

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- 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

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- 1 cup Almonds
- 1/2 tsp Black Pepper
- 1 1/2 cups Chia Seeds
- 3/4 tsp Chili Powder
- 3 2/3 tbsps Cinnamon
- 3/4 tsp Cumin
- 1 1/3 tbsps Dried Thyme
- 1/2 tsp Garlic Powder
- 1 tsp Ground Flax Seed
- 2 tbsps Ground Sumac
- 1/2 tsp Onion Powder
- 1 tsp Paprika
- 1 1/2 cups Pumpkin Seeds
- 1 1/8 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 1 1/2 tbsps Turmeric
- 1/2 cup Walnuts
- 1 tsp Whole Flax Seeds

## Frozen

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## Vegetables

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- 6 cups Asparagus
- 4 cups Baby Spinach
- 6 cups Broccoli
- 9 stalks Celery
- 2 cups Cherry Tomatoes
- 4 1/2 Cucumber
- 6 Garlic
- 3 1/2 tbsps Ginger
- 4 stalks Green Onion
- 1/2 cup Mint Leaves
- 8 cups Organic Brussels Sprouts
- 2 heads Organic Cauliflower
- 4 3/4 cups Parsley
- 6 cups Radishes
- 6 Red Bell Pepper
- 3/4 cup Red Onion
- 2 Sweet Potato
- 4 Tomato
- 1 1/2 Yellow Onion

## Boxed & Canned

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- 6 cups Black Beans
- 1 cup Canned Coconut Milk
- 4 cups Chickpeas
- 1 1/2 cups Corn
- 1 cup Quinoa

## Baking

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- 1 cup Pureed Pumpkin
- 2 tbsps Unsweetened Coconut Flakes

## Bread, Fish, Meat & Cheese

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- 3 3/4 lbs Chicken Breast
- 2 lbs Organic Chicken Breast
- 1 1/4 lbs Salmon Fillet

## Condiments & Oils

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- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 1/3 cup Coconut Oil
- 1 1/4 cups Extra Virgin Olive Oil
- 1 cup Tamari

## Cold

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- 2/3 cup Unsweetened Almond Milk
- 9 cups Unsweetened Coconut Yogurt

## Other

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- 2 Cedar Plank
- 4 cups Water

**4 cups** Frozen Pineapple

# Paleo Sweet Potato Porridge

7 ingredients · 20 minutes · 2 servings



## Directions

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1. Peel and shred the sweet potato using a hand grater or the shredding attachment on your food processor.
2. Place shredded sweet potato in a medium sized saucepan, add the coconut milk and water.
3. Cover and cook the sweet potato in the liquid over medium-high heat for about 15 minutes, stirring every couple minutes to prevent the bottom from burning. It will seem dry at first, but as it steams, the sweet potato will soften and release liquid. After about 15 minutes, your sweet potato should be a very soft, porridge-like texture.
4. Divide the sweet potato porridge between bowls and top with berries, coconut oil, cinnamon, and shredded coconut. Enjoy!

## Notes

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### Other Toppings

Dried fruit, nut butter, chia seeds, hemp seeds or fresh fruit.

### Leftovers

Store in an airtight container in the fridge up to 3 to 4 days.

## Ingredients

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- 1 Sweet Potato
- 1/2 cup Canned Coconut Milk
- 1/2 cup Water
- 1 cup Raspberries
- 1 tbsp Coconut Oil
- 1/2 tsp Cinnamon
- 1 tbsp Unsweetened Coconut Flakes

# Orange Immunity Booster Smoothie

8 ingredients · 10 minutes · 1 serving



## Directions

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1. Place all ingredients into your blender and blend very well until creamy. Pour into glasses and enjoy!

## Notes

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### No Pureed Pumpkin

Use steamed sweet potato instead.

### More Protein

Add protein powder, hemp seeds or nut butter.

## Ingredients

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- 1/2 cup Pureed Pumpkin
- 1/2 Banana (frozen)
- 1/4 tsp Turmeric
- 1/8 tsp Cinnamon
- 3/4 tsp Ginger
- 1 1/2 tps Ground Flax Seed
- 1/3 cup Unsweetened Almond Milk
- 1 Navel Orange (peeled and sectioned)

# Coconut Chia Seed Yogurt

5 ingredients · 30 minutes · 3 servings



## Directions

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1. Combine the yogurt, chia seeds and cinnamon in a small bowl. Mix well and refrigerate for at least 30 minutes up to overnight.
2. Top with strawberries and walnuts, and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### More Flavor

Add maple syrup, honey, monk fruit sweetener or cardamom.

### Additional Toppings

Top with blueberries, sunflower seeds, pumpkin seeds or chopped pecans.

## Ingredients

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**3 cups** Unsweetened Coconut Yogurt

**1/2 cup** Chia Seeds

**1 tbsp** Cinnamon

**3/4 cup** Strawberries (chopped)

**2 2/3 tbsps** Walnuts



# Green Pineapple Smoothie

6 ingredients · 5 minutes · 1 serving



## Directions

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

## Notes

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### Leftovers

Best enjoyed immediately.

### No Spinach

Use kale instead.

### Consistency

For a thicker smoothie add some ice cubes.

## Ingredients

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- 1 cup Frozen Pineapple
- 1 cup Baby Spinach
- 3/4 cup Water
- 1/2 Apple (peeled and chopped)
- 1/4 Cucumber (chopped)
- 1/2 Lime (juiced)

# Roasted Radishes with Avocado

6 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper. Add the radishes to the sheet with avocado oil and sea salt. Bake for 20 to 25 minutes or until the radishes are slightly browned.
2. Once the radishes are cooked through, let them cool slightly. Toss them with the avocado, parsley and sesame seeds. Serve and enjoy!

## Notes

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### Leftovers

Refrigerate the radishes in an airtight container for up to 3 days. The avocado is best enjoyed immediately.

### More Flavor

Add additional spices such as chili flakes, cumin, onion powder and/or garlic.

### No Avocado Oil

Use coconut oil, olive oil, butter or ghee.

### No Parsley

Use another fresh herb such as dill or chives.

## Ingredients

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**2 cups** Radishes (trimmed, halved)

**1 tsp** Avocado Oil

**1/4 tsp** Sea Salt

**1/2** Avocado (large, cubed)

**1/4 cup** Parsley (finely chopped)

**1 tbsp** Sesame Seeds

# Cucumber Tomato Chickpea Salad with Sumac Dressing

8 ingredients · 10 minutes · 2 servings



## Directions

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1. In a small bowl, whisk together the oil, maple syrup, sumac, vinegar and sea salt. Set aside.
2. Divide the cucumber, chickpeas and tomatoes into bowls. Drizzle sumac dressing overtop and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to five days.

### Serving Size

One serving is approximately 2 1/2 to 3 cups.

### More Flavor

Let the salad marinate in the dressing overnight before serving.

### Additional Toppings

Black pepper, red pepper flakes, avocado, bell peppers, mushrooms.

## Ingredients

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- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Maple Syrup
- 1 tbsps Ground Sumac
- 1 1/2 tbsps Apple Cider Vinegar
- 1/4 tsp Sea Salt
- 1 Cucumber (chopped)
- 2 cups Chickpeas (cooked)
- 1 cup Cherry Tomatoes (halved)

# Quinoa Tabbouleh

8 ingredients · 25 minutes · 4 servings



## Directions

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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

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### 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

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- 1/2 cup** Quinoa (uncooked)
- 2 cups** Parsley (stems removed, finely chopped)
- 1/4 cup** Mint Leaves (stems removed, finely chopped)
- 2 stalks** Green Onion (finely chopped)
- 2** Tomato (medium, chopped)
- 1 tbsp** Extra Virgin Olive Oil
- 1/4 cup** Lemon Juice
- Sea Salt & Black Pepper (to taste)

# Mexican Black Bean Salad

10 ingredients · 15 minutes · 4 servings



## Directions

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1. In a large mixing bowl combine the black beans, diced cucumber, pepper, onion, corn and avocado.
2. Add the lime juice, chili powder, cumin, and salt to a mason jar. Seal with a lid and shake until combined. Pour dressing over the black bean mixture and stir until evenly coated.
3. Serve chilled and enjoy.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 cup.

### More Flavor

Add cilantro, tomato, corn or hot sauce.

### No Black Beans

Use cooked lentils or chickpeas instead.

## Ingredients

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- 2 cups** Black Beans (cooked)
- 1** Red Bell Pepper (chopped)
- 1/4 cup** Red Onion (chopped)
- 1** Avocado (diced)
- 1/4 cup** Lime Juice
- 1/4 tsp** Chili Powder
- 1/4 tsp** Cumin
- 1/8 tsp** Sea Salt
- 1/2 cup** Corn (organic)
- 1/2** Cucumber

# Apples & Almonds

2 ingredients · 5 minutes · 1 serving



## Directions

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1. Core apple and cut it into slices. Serve with almonds.

## Ingredients

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- 1 Apple (sliced)
- 1/4 cup Almonds

# Cinnamon Toast Crunch Pumpkin Seeds

5 ingredients · 50 minutes · 2 servings



## Directions

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1. Preheat oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. Add all ingredients to a mixing bowl and mix well. Spread seeds across the baking sheet. Place in the oven and bake for 40 to 50 minutes or until golden brown. Stir at the halfway point.
3. Remove pumpkin seeds from the oven and let cool. Break into pieces and enjoy!

## Notes

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### Best Results

This recipe was created and tested using fresh pumpkin seeds. It is a great one to whip up with leftovers seeds from any type of squash.

### No Fresh Seeds

Use store-bought pumpkin seeds instead. Since they have already been dried, cut the time in the oven down to 30 minutes.

### Storage

Once completely cooled, store in an air-tight container at room temperature.

## Ingredients

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- 1/2 cup** Pumpkin Seeds (rinsed and dried)
- 1 1/2 tsps** Extra Virgin Olive Oil
- 1 tsp** Maple Syrup
- 1/4 tsp** Sea Salt
- 1/4 tsp** Cinnamon

# Ginger Chicken Stir Fry

10 ingredients · 30 minutes · 4 servings



## Directions

1. Mix together tamari, garlic and ginger in a jar. Put on a lid and shake well. Set aside.
2. Add coconut oil to a large frying pan and place over medium heat. Add chicken and yellow onion. Saute for 8 to 10 minutes or until chicken is mostly cooked through. Add in celery, red pepper and broccoli. Saute for another 5 minutes. Pour in sauce from jar. Stir well to mix.
3. Plate stir fry. Garnish with sesame seeds and hot sauce if you like. Enjoy!

## Notes

### Alternative Veggies

Use mushrooms, snap peas, carrots or any other vegetables you have on hand.

### Serve it With

Brown rice, pasta or quinoa.

### Leftovers

Keeps well in the fridge up to 3 days.

### Vegan and Vegetarian

Use chickpeas or tofu instead of chicken.

### Make It Faster

Use pre-sliced veggies from the bag.

## Ingredients

- 1/3 cup Tamari
- 2 Garlic (cloves, minced)
- 1 tbsp Ginger (peeled and grated)
- 1 tbsp Coconut Oil
- 1 1/4 lbs Chicken Breast (sliced into cubes)
- 1/2 Yellow Onion (diced)
- 3 stalks Celery (sliced)
- 1 Red Bell Pepper (diced)
- 2 cups Broccoli (chopped into florets)
- 1 tbsp Sesame Seeds



# One Pan Chicken, Golden Cauliflower & Carrot Fries copy

7 ingredients · 40 minutes · 4 servings



## Directions

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1. Preheat oven to 375F and line a large baking sheet with parchment paper.
2. Peel and slice brussels sprouts into sticks. Wash and chop cauliflower into florets.
3. Brush chicken breast with 1/3 of the olive oil. Season with thyme and sea salt and black pepper to taste. Place on the baking sheet.
4. Toss carrot sticks in 1/3 of the olive oil and season with salt and pepper to taste. Place on the baking sheet next to chicken.
5. Toss cauliflower with the remaining olive oil, turmeric and salt and pepper to taste. Mix until cauliflower is evenly yellow then transfer to the baking sheet.
6. Place the baking sheet in the oven and bake for 30 minutes or until chicken breast is cooked through.
7. Remove baking sheet from the oven and divide onto plates. Enjoy!

## Notes

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### Low FODMAP

Use zucchini instead of cauliflower.

## Ingredients

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- 4 cups** Organic Brussels Sprouts (medium)
- 1 head** Organic Cauliflower
- 1/3 cup** Extra Virgin Olive Oil (divided three ways)
- 1 lb** Organic Chicken Breast
- 2 tsps** Dried Thyme
- 2 tsps** Turmeric (powder)
- Sea Salt & Black Pepper (to taste)

# Cedar Planked Salmon with Grilled Asparagus

12 ingredients · 30 minutes · 2 servings



## Directions

1. Ensure your cedar plank has been soaked for at least 4 hours and review the safety notes below.
2. Toss asparagus in olive oil, salt and pepper to taste and set aside.
3. In a bowl, mix together maple syrup, garlic powder, onion powder, paprika, salt and pepper. Place salmon fillets in the bowl and coat evenly with the marinade.
4. Preheat grill on high heat. Grill asparagus for 2 to 3 minutes until tender. Set aside.
5. Reduce to medium heat and place soaked plank on grill for about 3 minutes or until it begins to crackle and smoke.
6. Flip the plank over and place salmon fillets on top, then layer the lemon slices on top of the salmon. Place the ends of the lemon on the plank as well, cut side down. Reduce heat to low, close lid and cook until salmon flakes easily, about 15 to 20 minutes. Baste with leftover marinade at halfway mark.
7. Divide asparagus onto plates. Squeeze lemon over salmon, serve and enjoy!

## Notes

### Safety First

Never leave your barbecue unattended. Do not let your barbecue go above 350°F (177°C) as the plank may catch fire. Have a spray bottle of water on hand in case of flare-ups.

### No Asparagus

Replace with Pineapple Salsa (from Fish Tacos recipe) or any other grilled veggies.

### Likes it Spicy

Add chili powder or red pepper flakes to the marinade.

### No BBQ

Soak plank at least 4 hrs and brush with oil. Preheat oven to 350°F (177°C) and bake salmon on the plank until it flakes easily, about 15 to 20 minutes.

### Prep Ahead

Soak the plank ahead of time and store in the freezer until ready to use.

## Ingredients

- 1 Cedar Plank
- 3 cups Asparagus (woody ends snapped off)
- 1 tbsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Maple Syrup
- 1/4 tsp Garlic Powder
- 1/4 tsp Onion Powder
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt
- 1/4 tsp Black Pepper
- 10 ozs Salmon Fillet
- 1 Lemon (sliced into rounds)

**More Carbs**

Serve with quinoa, potatoes or brown rice.

**Keep it Simple**

Omit the marinade and season the salmon with olive oil, salt and pepper.