



## Water B Gone Vegan Meal Planner

Created by Aeryon Wellness



# Water B Gone 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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## Water B Gone Vegan Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie	Bloat-Fighting Tropical Smoothie	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Gut Healing Green Smoothie with banana	Gut Healing Green Smoothie with banana
Snack 1	Apples & Almonds	Apples & Almonds	Apples & Almonds	Cucumber Hummus Bites	Cucumber Hummus Bites	Cucumber Hummus Bites	Apples & Almonds
Lunch	Southwestern Coconut Ranch Salad	Southwestern Coconut Ranch Salad	Fresh Salad Rolls	Fresh Salad Rolls	Chickpea Spinach Salad with Tamari Vinaigrette	Chickpea Spinach Salad with Tamari Vinaigrette	Chickpea Spinach Salad with Tamari Vinaigrette
Snack 2	Carrots, Celery & Guacamole	Carrots, Celery & Guacamole	Carrots, Celery & Guacamole	Olive & Tahini Plate	Olive & Tahini Plate	Olive & Tahini Plate	Olive & Tahini Plate
Dinner	Southern Black Eyed Peas	Southern Black Eyed Peas	Pressure Cooker Kitchari	Pressure Cooker Kitchari	Roasted Carrot White Bean & Tahini Soup	Roasted Carrot White Bean & Tahini Soup	Roasted Carrot White Bean & Tahini Soup
Snack 3	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea	Dandelion Tea

# Water B Gone Vegan Meal Planner

73 items

## Fruits

- ☐ 4 Apple
- ☐ 9 1/2 Avocado
- ☐ 2 Banana
- ☐ 1 1/2 Lemon
- ☐ 3 Lime
- ☐ 1 1/2 cups Papaya
- ☐ 1 1/2 cups Pineapple

## Breakfast

- ☐ 7 cups Dandelion Tea

## Seeds, Nuts & Spices

- ☐ 1 cup Almonds
- ☐ 2 tsps Black Pepper
- ☐ 1/4 cup Chia Seeds
- ☐ 2 tsps Creole Seasoning
- ☐ 2 tsps Cumin
- ☐ 2 tbsps Curry Powder
- ☐ 1 tbsp Dried Chives
- ☐ 1/2 cup Ground Flax Seed
- ☐ 1/2 cup Hemp Seeds
- ☐ 1/2 tsp Onion Powder
- ☐ 1 1/3 tbsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tbsps Sunflower Seeds
- ☐ 3 tbsps Turmeric

## Frozen

- ☐ 2 cups Frozen Mango
- ☐ 2 cups Frozen Raspberries

## Vegetables

- ☐ 7 1/2 cups Baby Spinach
- ☐ 2 Beet
- ☐ 70 Carrot
- ☐ 2 heads Cauliflower
- ☐ 17 stalks Celery
- ☐ 1 1/2 cups Cherry Tomatoes
- ☐ 2 cups Cilantro
- ☐ 2 cups Collard Greens
- ☐ 8 3/4 Cucumber
- ☐ 20 Garlic
- ☐ 1 tbsp Ginger
- ☐ 1/2 head Iceberg Lettuce
- ☐ 4 cups Kale Leaves
- ☐ 1 1/2 cups Mint Leaves
- ☐ 16 cups Mixed Greens
- ☐ 4 cups Purple Cabbage
- ☐ 2 Red Bell Pepper
- ☐ 1 1/3 tbsps Thyme
- ☐ 6 Tomato
- ☐ 1 White Onion
- ☐ 3 Yellow Onion

## Boxed & Canned

- ☐ 1 cup Basmati Rice
- ☐ 2 cups Black Beans
- ☐ 1 cup Canned Coconut Milk
- ☐ 2 1/2 cups Chickpeas
- ☐ 2 cups Corn
- ☐ 4 cups Dry Black Eyed Peas
- ☐ 1 cup Dry Red Lentils
- ☐ 6 ozs Rice Vermicelli Noodles
- ☐ 28 cups Vegetable Broth
- ☐ 6 cups White Navy Beans

## Bread, Fish, Meat & Cheese

- ☐ 3 cups Hummus

## Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1/4 cup Avocado Oil
- ☐ 3 tbsps Balsamic Vinegar
- ☐ 1 1/3 cups Black Olives
- ☐ 2 tbsps Coconut Oil
- ☐ 1 1/2 tsps Dijon Mustard
- ☐ 1/3 cup Extra Virgin Olive Oil
- ☐ 16 Rice Paper Wraps
- ☐ 3 tbsps Rice Vinegar
- ☐ 1 1/4 cups Tahini
- ☐ 1/2 cup Tamari

## Cold

- ☐ 2 cups Unsweetened Almond Milk

## Other

- ☐ 15 Ice Cubes
- ☐ 2 tsps Schisandra Berry Powder
- ☐ 8 2/3 cups Water
- ☐ 2 cups Whey Or Vegan Protein
- ☐ 3 servings Whey Protein Powder/vegan Protein Powder

# Bloat-Fighting Tropical Smoothie

9 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### Likes it Sweet

Add raw honey.

### More Protein

Add hemp seeds or a scoop of vanilla protein powder.

## Ingredients

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**1/2 cup** Papaya (chopped)

**1/2 cup** Pineapple (chopped)

**1** Cucumber (chopped)

**5** Ice Cubes

**1/2 cup** Mint Leaves

**1 cup** Baby Spinach

**1 cup** Water

**1 serving** Whey Protein Powder/vegan Protein Powder

**1 tbsp** Ground Flax Seed



# Berry Beet Smoothie Bowl

8 ingredients · 10 minutes · 2 servings



## Directions

1. In your blender or food processor, combine the beet, frozen mango, frozen raspberries, dates, schisandra berry powder and milk. Blend until smooth and thick.
2. Transfer to a bowl and add toppings and your choice of berries. Enjoy!

## Notes

### Topping Ideas

Blueberries, raspberries, strawberries, mango, chia seeds, bee pollen, or shredded coconut.

### No Schisandra Berry Powder

Leave it out, or use acai powder instead.

## Ingredients

- 1 Beet (medium, peeled and diced)
- 1 cup Frozen Mango
- 1 cup Frozen Raspberries
- 1 tsp Schisandra Berry Powder
- 1 cup Unsweetened Almond Milk
- 1 cup Whey Or Vegan Protein
- 1 tbsp Sunflower Seeds
- 1 tbsp Chia Seeds

# Gut Healing Green Smoothie with banana

7 ingredients · 5 minutes · 2 servings



## Directions

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

## Notes

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### 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

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

# 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



# Cucumber Hummus Bites

4 ingredients · 10 minutes · 4 servings



## Directions

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1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately and alongside cherry tomatoes. Enjoy!

## Notes

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### More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

## Ingredients

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- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper
- 1/2 cup Cherry Tomatoes

# Southwestern Coconut Ranch Salad

12 ingredients · 10 minutes · 4 servings



## Directions

1. Add the coconut milk, oil, vinegar, chives, onion powder and salt in a jar and shake until well combined.
2. Divide the mixed greens, corn, cucumber, black beans and tomato into bowls or containers if on-the-go. Top with avocado and drizzle with your desired amount of dressing. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to five days. For best results, store the dressing separately for up to one week and add the avocado just before serving.

### More Flavor

Use fresh instead of dried herbs.

### No Coconut Milk

Use coconut yogurt, sour cream, Greek yogurt, mayonnaise or buttermilk instead.

## Ingredients

**1/2 cup** Canned Coconut Milk (full fat, refrigerated overnight)

**2 tbsps** Avocado Oil

**1 tbsps** Apple Cider Vinegar

**1 1/2 tsps** Dried Chives

**1/4 tsp** Onion Powder

**1/2 tsp** Sea Salt

**8 cups** Mixed Greens

**1 cup** Corn (cooked)

**1 cup** Black Beans (cooked)

**2** Tomato (chopped)

**2** Avocado (pit removed, chopped)

**1/2** Cucumber



# Fresh Salad Rolls

11 ingredients · 15 minutes · 4 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

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

# Chickpea Spinach Salad with Tamari Vinaigrette

7 ingredients · 5 minutes · 1 serving



## Directions

1. Add the tamari, balsamic vinegar, and dijon mustard to a jar. Cover, shake well, and set aside.
2. Divide the baby spinach, cucumber and chickpeas onto plates. Top with dressing and avocado slices and enjoy!

## Notes

### Leftovers

Refrigerate the dressing and salad separately in airtight container for up to 4 to 5 days.

### More Flavor

Add grated ginger, minced garlic and/or toasted sesame seeds.

### No Balsamic Vinegar

Use red wine vinegar instead.

## Ingredients

- 1 **tbsp** Tamari
- 1 **tbsp** Balsamic Vinegar
- 1/2 **tsp** Dijon Mustard
- 1 **1/2 cups** Baby Spinach
- 1/4 **Cucumber** (sliced)
- 1/2 **cup** Chickpeas (cooked)
- 1/2 **Avocado**



# Carrots, Celery & Guacamole

5 ingredients · 5 minutes · 2 servings



## Directions

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1. Peel and slice carrots into sticks. Chop up celery.
2. Peel and pit the avocado. Mash the flesh in a small bowl with lime juice and salt.
3. Dip the carrots and celery into the guac & enjoy!

## Notes

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### Leftovers

Store the guacamole in an airtight container in the refrigerator for up to two days. Sliced carrots can be stored in the refrigerator for up to four days.

### Spice it Up

Add chili flakes, salsa and/or chopped cilantro to the guacamole.

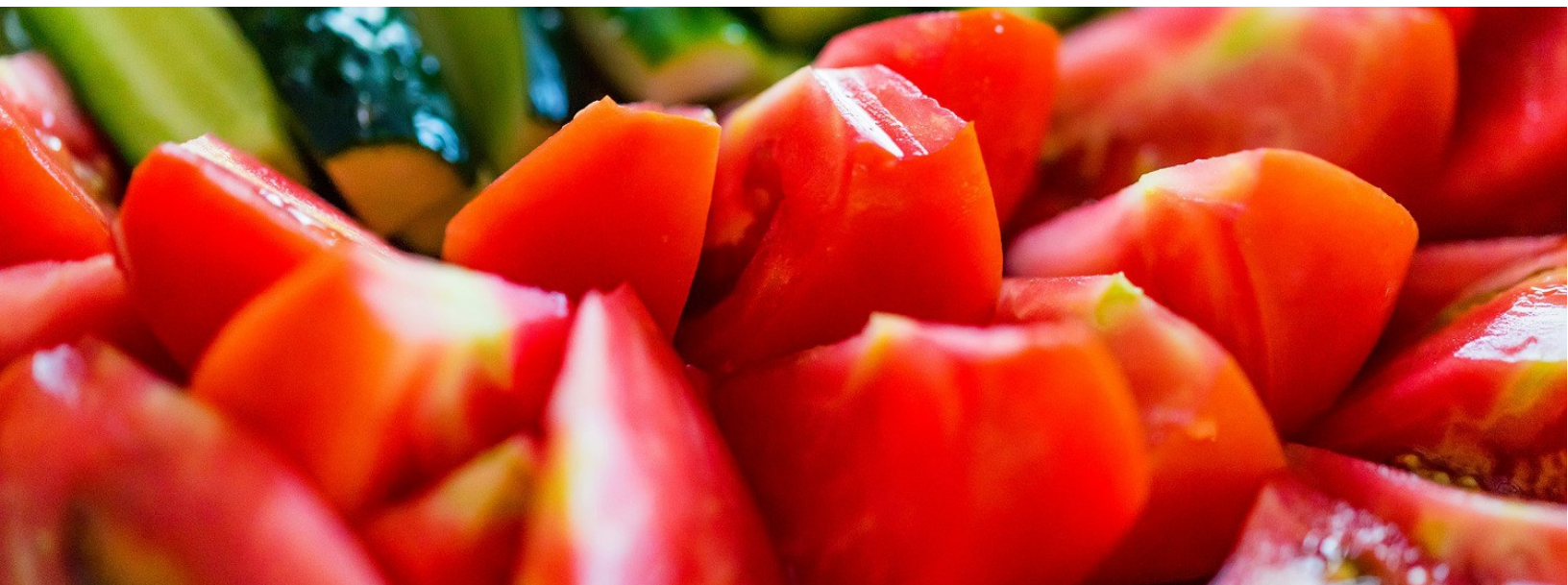
## Ingredients

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- 4 Carrot (medium)
- 1 Avocado
- 1 Lime (juiced)
- 1/4 tsp Sea Salt (or more to taste)
- 2 stalks Celery

# Olive & Tahini Plate

6 ingredients · 5 minutes · 1 serving



## Directions

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1. In a small bowl, whisk together the tahini, water and sea salt.
2. Arrange the tomatoes, cucumbers and black olives around the tahini, and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days.

### More Flavor

Add your choice of spices to the tahini spread, such as cumin, paprika or garlic.

### Additional Toppings

Top with chives, black pepper, feta cheese, red onion, garlic or bell peppers.

## Ingredients

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- 2 tbsps** Tahini
- 2 tbsps** Water
- 1/8 tsp** Sea Salt
- 1/2** Tomato (cut into wedges)
- 1/4** Cucumber (sliced)
- 1/3 cup** Black Olives



# Southern Black Eyed Peas

9 ingredients · 8 hours · 4 servings



## Directions

1. Soak the dry black-eyed peas in water overnight or for at least four hours. Be sure to cover by several inches. Drain, rinse, and set aside.
2. Heat a few tablespoons of the broth in a large pot over medium-high heat. Cook the onion, celery, garlic, and thyme for five minutes or until soft. Season with salt and black pepper to taste.
3. Stir in the creole seasoning until well coated then add the remaining broth and black eyed peas. Bring to a boil, then lower to a simmer. Cover and let simmer for 20 minutes or until the beans are cooked through.
4. Add the collard greens and cook for one to two minutes or until wilted. Adjust seasoning as needed, and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to four days, or freeze in an airtight bag for up to two months.

### Serving Size

One serving is equal to approximately one and a half, to two cups.

### More Flavor

Add bay leaves, jalapeños, smoked sausage, smoked turkey, or chopped bacon.

### Additional Toppings

Serve with rice and green onions.

## Ingredients

- 2 cups** Dry Black Eyed Peas
- 4 cups** Vegetable Broth (divided)
- 1/2** White Onion (large, peeled, chopped)
- 1 stalk** Celery (chopped)
- 2** Garlic (cloves, minced)
- 2 tsp** Thyme (fresh, removed from stem)
- Sea Salt & Black Pepper (to taste)
- 1 tsp** Creole Seasoning
- 1 cup** Collard Greens (chopped)

# Pressure Cooker Kitchari

13 ingredients · 30 minutes · 4 servings



## Directions

1. Combine all ingredients, except cilantro, in your pressure cooker. Bring to pressure and cook for 4 minutes. After 4 minutes, release the pressure manually.
2. Divide between bowls and top with cilantro. Enjoy!

## Notes

### Serving Size

One serving is equal to about 2 cups.

### No Basmati Rice

Use brown rice and increase cooking time.

### No Red Lentils

Use yellow split peas. Increase cooking time to 17 minutes at pressure.

### Stove Top

Increase broth to 5.5 cups and cook covered for about 25 minutes.

### More Vegetables

Leafy greens, squash, tomatoes, or parsnips all make a great additions to kitchari.

## Ingredients

- 1/2 cup Basmati Rice (dry)
- 1/2 cup Dry Red Lentils
- 1 tsp Cumin
- 1 tbsp Turmeric
- 1 tbsp Curry Powder
- 1 head Cauliflower (chopped into florets)
- 1 Carrot (medium, diced)
- 4 cups Vegetable Broth
- 1 tbsp Coconut Oil
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 cup Cilantro (chopped)
- 1/2 cup Chickpeas



# Roasted Carrot White Bean & Tahini Soup

11 ingredients · 1 hour · 4 servings



## Directions

1. Preheat your oven to 375°F (191°C) and line a baking sheet with parchment paper.
2. In a large bowl, toss the chopped carrots with half of the olive oil. Spread them over the baking sheet and roast for 40 minutes, tossing halfway through cooking.
3. In a large pot, heat the rest of the olive oil. Add the onion and celery, cook for 7-10 minutes or until softened. Then add the garlic and cook for 2 to 3 more minutes.
4. Add the roasted carrots, vegetable broth, white beans, turmeric, and tahini into the pot. Use an immersion blender to puree until completely smooth. Add lemon juice and salt and pepper to taste.
5. Divide between bowls and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container up to 4 days, or freeze up to 6 months.

### Serving Size

One serving is approximately 2 cups.

### No Immersion Blender

Use a regular blender instead, ensuring there is a place in the lid for the steam to escape.

### Carrot Tip

If using different sized carrots, aim for about 0.5 lb. of carrots per serving.

### No Carrots

Use sweet potato instead.

### Add Toppings

Greek yogurt, avocado, roasted vegetables, pumpkin seeds, sesame seeds, hemp seeds, cinnamon or extra turmeric.

## Ingredients

- 18** Carrot (medium, peeled and roughly chopped)
- 2 tbsps** Extra Virgin Olive Oil (divided)
- 1** Yellow Onion (medium, diced)
- 3 stalks** Celery (chopped)
- 4** Garlic (cloves, minced)
- 4 cups** Vegetable Broth
- 2 cups** White Navy Beans (cooked, drained and rinsed)
- 1 tsp** Turmeric
- 1/4 cup** Tahini
- 1/2** Lemon (juiced)
- Sea Salt & Black Pepper (to taste)

# Dandelion Tea

1 ingredient · 5 minutes · 1 serving



## Directions

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1. Pour tea into a mug and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Like it Sweet

Add sweetener of choice to taste.

### More Flavor

Add milk of choice to taste.

## Ingredients

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**1 cup** Dandelion Tea (brewed)