



Move It

Created by Aeryon Wellness



Move It

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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Move It

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Gut Healing Green Smoothie	Nut & Seed Keto Granola	Nut & Seed Keto Granola	Cassava Waffles with Strawberry Drizzle	Cassava Waffles with Strawberry Drizzle
Snack 1	Coconut Banana Oat Cookies	Coconut Banana Oat Cookies	Coconut Banana Oat Cookies	Strawberry Overnight Oats	Strawberry Overnight Oats	Strawberry Overnight Oats	Strawberry Overnight Oats
Lunch	Chicken, Beet & Carrot Bowl	Chicken, Beet & Carrot Bowl	Chicken, Beet & Carrot Bowl	Sweet Potato & Parsnip Hash	Sweet Potato & Parsnip Hash	Ginger Salmon Patties with Fennel & Cucumber Salad	Ginger Salmon Patties with Fennel & Cucumber Salad
Snack 2	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole	Carrots & Guacamole	Cream of Celery & Asparagus Soup	Cream of Celery & Asparagus Soup	Cream of Celery & Asparagus Soup
Dinner	Salmon, Beet & Fennel Bowl	Salmon, Beet & Fennel Bowl	Steamed Cod with Quinoa & Cilantro Sauce	Steamed Cod with Quinoa & Cilantro Sauce	Kimchi Fried Cauliflower Rice	Kimchi Fried Cauliflower Rice	Kimchi Fried Cauliflower Rice
Snack 3	Homemade Bone Broth	Homemade Bone Broth	Homemade Bone Broth	Homemade Bone Broth	Golden Turmeric Latte	Golden Turmeric Latte	Golden Turmeric Latte

Move It

74 items

Fruits

- 5 1/2 Avocado
- 9 Banana
- 4 Lime
- 2 tbsps Lime Juice
- 4 cups Strawberries

Breakfast

- 1/2 cup Maple Syrup

Seeds, Nuts & Spices

- 2 cups Almonds
- 3 tsps Black Pepper
- 1 1/3 tbsps Celtic Grey Salt
- 3 tbsps Chia Seeds
- 1 1/3 tbsps Cinnamon
- 1 tbsp Cumin
- 1 tsp Cumin Seed
- 2 tsps Dried Parsley
- 2 tsps Garlic Powder
- 1/3 cup Ground Flax Seed
- 3 cups Hemp Seeds
- 1 tbsp Paprika
- 3 1/2 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 2 cups Sunflower Seeds
- 1 1/2 tsps Turmeric
- 2 cups Walnuts

Frozen

- 3 cups Frozen Peas

Vegetables

- 9 cups Asparagus
- 32 cups Baby Spinach
- 29 Beet
- 37 Carrot
- 3 heads Cauliflower
- 12 cups Cauliflower Rice
- 26 stalks Celery
- 4 cups Cilantro
- 2 Cucumber
- 4 bulbs Fennel
- 1/2 cup Fresh Dill
- 23 Garlic
- 3 1/2 tbsps Ginger
- 13 stalks Green Onion
- 6 cups Kale Leaves
- 4 cups Parsley
- 4 Parsnip
- 2 Sweet Potato
- 8 Yellow Onion

Boxed & Canned

- 2 cups Basmati Rice
- 1 1/2 cups Organic Coconut Milk
- 1 cup Quinoa

Baking

- 1 tsp Baking Powder
- 1 tsp Baking Soda
- 3 cups Cassava Flour
- 3 1/2 cups Oats
- 1/2 cup Raw Honey
- 4 1/2 cups Unsweetened Coconut Flakes
- 2/3 cup Unsweetened Shredded Coconut
- 3 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 Beef Bones Or Chicken Carcass
- 6 lbs Chicken Thighs With Skin
- 2 Cod Fillet
- 1 1/4 lbs Lean Ground Beef
- 3 1/2 lbs Salmon Fillet

Condiments & Oils

- 1/2 cup Apple Cider Vinegar
- 2 2/3 tbsps Avocado Oil
- 1/2 cup Coconut Aminos
- 1 3/4 cups Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 3/4 cup Green Goddess Salad Dressing
- 6 cups Kimchi
- 2 tbsps Sesame Oil
- 3/4 cup Tahini
- 1/3 cup Tamari

Cold

- 16 Egg
- 5 cups Unsweetened Almond Milk
- 1 cup Unsweetened Coconut Yogurt

Other

- 46 1/2 cups Water

Gut Healing Green Smoothie

8 ingredients · 5 minutes · 2 servings



Directions

1. Place all ingredients in your blender and blend until smooth. Pour into a glass 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 Banana (frozen)
- 1 tbsp Chia Seeds
- 2 tbsps Ground Flax Seed
- 1/4 cup Hemp Seeds
- 2 tbsps Raw Honey

Nut & Seed Keto Granola

8 ingredients · 10 minutes · 11 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, mix together the almonds, sunflower seeds, walnuts, cinnamon, coconut oil, and salt. Spread the mixture onto the baking sheet.
3. Bake the granola for eight minutes, stirring halfway. Be sure to watch the granola closely so that it does not burn.
4. Remove from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds and mix well. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one week.

Serving Size

One serving is 1/3 cup.

Nut-Free

Omit the almonds and walnuts and replace them with pumpkin seeds and more sunflower seeds.

More Flavor

Add two tbsps of cacao powder to the mixture before baking.

Ingredients

- 1 cup Almonds
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 tsp Cinnamon
- 1 1/2 tbsps Coconut Oil (melted)
- 1/4 tsp Sea Salt
- 1/3 cup Unsweetened Shredded Coconut
- 1/3 cup Hemp Seeds

Cassava Waffles with Strawberry Drizzle

10 ingredients · 25 minutes · 6 servings



Directions

1. Pre-heat your waffle iron to medium-high heat.
2. In a medium mixing bowl, whisk together the melted coconut oil, egg, vanilla extract, maple syrup, and almond milk. Set aside.
3. In a large mixing bowl stir together the cassava flour, baking powder, baking soda, and sea salt.
4. Mix in the wet ingredients to the dry ingredients and whisk until a smooth consistency is achieved.
5. Grease the waffle maker. Add the batter to cover the bottom of your maker, about 1/2 cup. Cook for three to five minutes or until golden brown. Continue with the remaining batter until it is used up.
6. While the waffles are cooking, add the strawberries to a blender or use an immersion blender, and blend for 20 to 30 seconds, until pureed.
7. Add strawberry puree to the waffles and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one waffle and 1/4 cup of strawberry purée.

More Flavor

Add fresh fruit, chocolate chips, or cinnamon to the batter.

Additional Toppings

Top with maple syrup, peanut or almond butter, coconut oil or butter, or additional fruit.

Make it Vegan

Use flax eggs in place of eggs.

Ingredients

- 2 tbsps Coconut Oil (melted)
- 2 Egg
- 1/2 tsp Vanilla Extract
- 2 tbsps Maple Syrup
- 1 1/2 cups Unsweetened Almond Milk
- 1 1/2 cups Cassava Flour
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Sea Salt
- 1 cup Strawberries

Coconut Banana Oat Cookies

5 ingredients · 40 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (180°C) and line a baking sheet with parchment paper.
2. In a food processor, blend the coconut flakes and oats until they resemble bread crumbs. Add the bananas, cinnamon, and salt and blend again until mostly smooth. It's ok if there are small pieces of banana.
3. Scoop about two tablespoons of batter per cookie onto the baking sheet. Shape them into round cookies.
4. Bake for 16 to 18 minutes or until they are golden brown at the bottom. Let them cool for 10 minutes. Enjoy!

Notes

Leftovers

Store in an airtight container at room temperature for up to two days. Refrigerate or freeze if longer.

Serving Size

One serving is one cookie.

Ingredients

- 1 1/2 cups Unsweetened Coconut Flakes
- 1/2 cup Oats
- 2 Banana (roughly chopped)
- 1/2 tsp Cinnamon
- 1/4 tsp Sea Salt

Strawberry Overnight Oats

6 ingredients · 8 hours · 2 servings



Directions

1. Add all the ingredients to a resealable bowl or container and stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
2. Remove the oats from the fridge. Divide into containers and top with additional strawberries, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately one cup.

No Coconut Yogurt

Use Greek yogurt or plain cow's milk yogurt instead.

Ingredients

1/2 cup Oats

1/2 cup Unsweetened Almond Milk

1/2 cup Strawberries (chopped, plus extra to garnish)

1/4 cup Unsweetened Coconut Yogurt

1 tbsp Maple Syrup

1/2 tsp Vanilla Extract

Chicken, Beet & Carrot Bowl

10 ingredients · 50 minutes · 6 servings



Directions

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a large bowl, add the chicken thighs, 2/3 of the coconut oil, 1/3 of the salt, paprika, and cumin. Be sure to coat the chicken well. Place the chicken on one half of the baking sheet.
3. Add the beets, carrots, 1/3 of the coconut oil, and 1/3 of the salt to a large bowl and toss the vegetables until they are well coated. Place the vegetables on the other half of the baking sheet. Roast the chicken and the vegetables for 40 minutes, being sure to flip the vegetables halfway.
4. Meanwhile, sauté the cauliflower rice in a large pan with the remaining coconut oil for five to seven minutes.
5. Mix the tahini, water, and remaining salt together to make a dressing.
6. Divide the cauliflower rice, chicken, and vegetables evenly between the bowls and top with the dressing. Enjoy!

Ingredients

- 2 lbs Chicken Thighs with Skin (bone-in)
- 3 tbsps Coconut Oil (divided)
- 3/4 tsp Sea Salt (divided)
- 1 tsp Paprika
- 1 tsp Cumin
- 7 Beet (small, peeled and quartered)
- 5 Carrot (medium, peeled and quartered)
- 4 cups Cauliflower Rice
- 1/4 cup Tahini
- 1/2 cup Water

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Garnish with fresh herbs like cilantro or parsley. Add lemon, lime, and/or honey to the dressing.

Sweet Potato & Parsnip Hash

10 ingredients · 35 minutes · 4 servings



Directions

1. In a large cast-iron skillet, heat the oil over medium heat. Add the beef and break it up as it cooks.
2. Add half of the coconut aminos, half of the salt, and half of the garlic powder. Mix to combine.
3. Cook the beef for seven to eight minutes or until it is cooked through. Using a slotted spoon, place the beef into a bowl and set aside.
4. Add the onions, sweet potato, parsnips, parsley, remaining coconut aminos, remaining salt, and remaining garlic powder to the skillet. Mix to combine.
5. Cook for 15 minutes or until the sweet potato is fork tender. Stir occasionally and add water if necessary to prevent sticking. Add the beef back in and mix to combine.
6. Lastly, add the spinach and cook until wilted, about two to three minutes. Divide evenly between plates and enjoy!

Ingredients

- 1 **tbps** Avocado Oil
- 10 **ozs** Lean Ground Beef
- 1/4 **cup** Coconut Aminos (divided)
- 1/2 **tsp** Sea Salt (divided)
- 1 **tsp** Garlic Powder (divided)
- 1/2 Yellow Onion (diced)
- 1 Sweet Potato (medium, cubed)
- 2 Parsnip (peeled, cubed)
- 1 **tsp** Dried Parsley
- 2 **cups** Baby Spinach

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

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

Additional Toppings

Sliced avocado, fresh herbs, and/or hot sauce.

No Ground Beef

Use ground turkey, chicken, or pork.

Ginger Salmon Patties with Fennel & Cucumber Salad

10 ingredients · 20 minutes · 2 servings



Directions

1. In a medium bowl, whisk together 3/5 of the oil, the lime juice, maple syrup, and half of the sea salt. Add the cucumber, fennel, and dill and toss to coat.
2. In a separate bowl, add the salmon chunks, green onions, ginger, and the remaining salt. Mix gently.
3. Divide the salmon mixture evenly into equal parts, and form into slightly flattened patties, about three to four inches in diameter.
4. Add the remaining oil to a non-stick pan over medium heat. Cook the patties for six to eight minutes, flipping once halfway.
5. Divide the salad and salmon patties between plates and enjoy!

Notes

Leftovers

Refrigerate in separate airtight containers for up to three days.

Serving Size

One serving is equal to two patties

More Flavor

Add or swap other fresh vegetables and leafy greens to the salad such as radishes, grated carrots, baby spinach, and kale. Add or swap other chopped fresh herbs like chives, basil, or cilantro.

Additional Toppings

Serve with wasabi mayo, mashed avocado, or guacamole.

Prepare in advance

The salmon mixture can be prepared a few hours ahead of time of cooking and kept stored in the refrigerator. The salad can also be prepared in advance and kept stored in the refrigerator.

Ingredients

- 2 1/2 tbsps Extra Virgin Olive Oil (divided)
- 1 tbsp Lime Juice
- 1 tsp Maple Syrup
- 1/4 tsp Sea Salt (divided)
- 1 Cucumber (large, thinly sliced)
- 1 bulb Fennel (small, thinly sliced)
- 1/4 cup Fresh Dill (chopped)
- 12 ozs Salmon Fillet (skinless, chopped into small chunks)
- 2 stalks Green Onion (chopped)
- 1 tbsp Ginger (grated)

Carrots & Guacamole

4 ingredients · 5 minutes · 2 servings



Directions

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

Notes

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

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

Cream of Celery & Asparagus Soup

10 ingredients · 25 minutes · 4 servings



Directions

1. Heat coconut oil in a large stock pot over medium heat. Add yellow onion and celery. Saute for 5 minutes or until veggies are slightly softened. Add minced garlic and saute for another minute.
2. Add water, sea salt and black pepper to the stock pot. Cover and bring to a boil then reduce to a simmer. Remove lid and set asparagus on top. Cover and let steam for 5 minutes or until bright green.
3. Add hemp seeds and baby spinach to your blender. Pour soup over top and puree. Ladle into bowls. Enjoy!

Notes

Leftovers

Store in an airtight container in the fridge for up to four days. Freeze in a freezer-safe container for up to three months.

Serving Size

One serving is approximately 2 cups.

No Hemp Seeds

Use cashews.

Add Some Crunch

Set aside a few spears of asparagus, roast before serving and use as a garnish.

No Spinach

Use kale, swiss chard or any leafy green.

Ingredients

- 2 tbsps** Coconut Oil
- 1** Yellow Onion (chopped)
- 6 stalks** Celery (chopped)
- 3** Garlic (cloves, minced)
- 4 cups** Water
- 1 tsp** Sea Salt
- 1/2 tsp** Black Pepper
- 3 cups** Asparagus (woody ends snapped off)
- 1/2 cup** Hemp Seeds
- 4 cups** Baby Spinach

Salmon, Beet & Fennel Bowl

8 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 375°F (190°C). Add the beets to a parchment-lined baking sheet and coat in oil. Season with salt and pepper to taste. Bake for 15 minutes. They will not yet be cooked through.
2. Meanwhile, cook the rice according to the package directions.
3. Season the salmon with salt and pepper. Add to the baking sheet with the beets and cook for another 15 minutes or until the beets are fork tender and the salmon is cooked through.
4. Divide the spinach, rice, fennel, beets, and salmon evenly between bowls. Top with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add goat cheese, hemp or pumpkin seeds.

Make it Vegan

Use tofu or tempeh in place of the salmon.

Ingredients

- 4 Beet (medium, cubed)
- 1 tsp Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1 cup Basmati Rice (uncooked, rinsed)
- 1 lb Salmon Fillet
- 8 cups Baby Spinach
- 1 bulb Fennel (medium, shaved)
- 1/3 cup Green Goddess Salad Dressing

Steamed Cod with Quinoa & Cilantro Sauce

8 ingredients · 30 minutes · 2 servings



Directions

1. Cook the carrot with the quinoa according to the quinoa package directions. Once done cooking, fluff with a fork and set aside.
2. Using a small food processor or an immersion blender, pulse together the cilantro, garlic, oil, cumin seeds, and 1/3 of the salt, until smooth. Set aside.
3. Add the cod to a steamer basket over boiling water. Season with 1/3 of the salt. Steam covered for six to eight minutes or until it is flakey and cooked through. Repeat in batches if needed. Let it cool slightly before serving.
4. Serve the cod over the quinoa. Top with the cilantro sauce and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup of quinoa and one cod fillet.

Fillet Size

One cod fillet is equal to 231 grams or eight ounces.

No Steamer Basket

Bake the fish fillet in a baking dish with the lid on at 375°F (190°C) for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.)

More Flavor

Cook the quinoa in vegetable or bone broth.

Ingredients

- 1 Carrot (large, finely chopped)
- 1/2 cup Quinoa (tricolor, rinsed, and drained)
- 1/2 tsp Sea Salt (divided)
- 2 cups Cilantro
- 1 Garlic (clove, crushed)
- 2 tbsps Coconut Oil
- 1/2 tsp Cumin Seed
- 1 Cod Fillet (cut in half)

Kimchi Fried Cauliflower Rice

11 ingredients · 20 minutes · 4 servings



Directions

1. Use a food processor to process your cauliflower florets into a rice-like consistency. Transfer to a bowl and set aside.
2. Heat coconut oil in a large skillet over medium heat. Add kimchi and cauliflower rice then saute for 5 minutes. Add in tamari, apple cider vinegar, black pepper, sesame seeds, sesame oil, green onion and green peas. Stir well to mix and saute for another 2 to 4 minutes or until heated through. Reduce heat to lowest setting.
3. In a separate frying pan, fry your eggs.
4. Divide kimchi fried rice between bowls and top with a fried egg. Enjoy!

Notes

No Cauliflower

Use cooked quinoa or brown rice instead.

Meat Lover

Add chopped bacon.

No Eggs

Use diced chicken breast or roasted chickpeas instead.

Ingredients

- 1 head Cauliflower (medium, chopped into florets)
- 1 tbsps Coconut Oil
- 2 cups Kimchi (liquid drained off)
- 2 tbsps Tamari
- 1 tbsps Apple Cider Vinegar
- 1/2 tsp Black Pepper
- 2 tbsps Sesame Seeds
- 2 tsps Sesame Oil
- 3 stalks Green Onion (chopped)
- 1 cup Frozen Peas (thawed)
- 4 Egg

Homemade Bone Broth

9 ingredients · 12 hours · 4 servings



Directions

1. Place the bones in the slow cooker. Add all remaining ingredients. Set slow cooker to low and let cook for at least 24 for poultry , 48 hours for beef.
2. When cooking time is up, strain the broth through a strainer or mesh sack. Discard the vegetables that you strained out. Allow broth to cool. Once cool, remove the layer of fat that forms on the top and discard or save it for future cooking. Freeze broth until ready to use.

Notes

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Beef Bones Or Chicken Carcass (about 2 lbs of bones)
- 1 Carrot (peeled and chopped)
- 1 Yellow Onion (diced)
- 2 stalks Celery (chopped)
- 3 Garlic (cloves, halved)
- 1 tbsp Apple Cider Vinegar
- 1 tsp Celtic Grey Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Golden Turmeric Latte

7 ingredients · 10 minutes · 1 serving



Directions

1. Grate the ginger then squeeze the juice out of it into a saucepan. Discard the pulp. Add the remaining ingredients to the saucepan and place over medium heat. Heat through for about 3 to 5 minutes, not letting it come to a boil. Whisk continuously.
2. Carefully transfer into a mason jar and seal with a lid. Shake vigorously for about 30 seconds, or until a foam starts to form. (Note: You can also use a blender for this step, but the turmeric can stain the blender cup.) Pour into glasses through a sieve and enjoy!

Notes

Use Fresh Turmeric Root

Skip the turmeric powder and use fresh turmeric root instead. Peel turmeric root and grate. Measure out about 1 tbsp grated turmeric root per serving.

Avoid a Mess

Rinse all glasses and mugs out right after use to avoid turmeric stains. Use baking soda on turmeric stains if they do happen.

On-the-Go

Add all ingredients except water to a mason jar. When ready to drink, just add hot water from the kettle and shake up for a warming, anti-inflammatory snack.

Vegan

Use maple syrup to sweeten instead of honey.

Ingredients

- 1 1/2 **tsps** Ginger (grated)
- 1/2 **cup** Organic Coconut Milk (canned)
- 1/2 **cup** Water
- 1/2 **tsp** Turmeric (powder)
- 1 1/2 **tsps** Raw Honey
- 1/4 **tsp** Cinnamon
- 3/4 **tsp** Coconut Oil