



Move It Vegan

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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Move It Vegan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Aloe Green Smoothie	Aloe Green Smoothie	Aloe Green Smoothie	Carrot Cake Smoothie	Carrot Cake Smoothie	Nut & Seed Keto Granola Yogurt Bowl	Nut & Seed Keto Granola Yogurt Bowl
Snack 1	Banana Blueberry Ginger Ice Cream	Banana Blueberry Ginger Ice Cream	Banana Blueberry Ginger Ice Cream	Veggie Snack Plate	Veggie Snack Plate	Veggie Snack Plate	Veggie Snack Plate
Lunch	Blended Chickpea Tomato Soup	Blended Chickpea Tomato Soup	Blended Chickpea Tomato Soup	Roasted Potato, Zucchini & Quinoa Bowl	Roasted Potato, Zucchini & Quinoa Bowl	Carrot & Lentil Pureed Soup	Carrot & Lentil Pureed Soup
Snack 2	Pineapple Chia Pudding	Pineapple Chia Pudding	Pineapple Chia Pudding	Tahini Carrot Oat Cookies	Tahini Carrot Oat Cookies	Tahini Carrot Oat Cookies	Tahini Carrot Oat Cookies
Dinner	Wild Rice & Nori Bowl	Wild Rice & Nori Bowl	Lentil Goulash	Lentil Goulash	Lentil Goulash	Apple & Beet Quinoa Salad	Apple & Beet Quinoa Salad
Snack 3	Guacamole & Plantain Chips	Guacamole & Plantain Chips	Guacamole & Plantain Chips	Blueberry Coconut Kefir Oatmeal	Blueberry Coconut Kefir Oatmeal	Blueberry Coconut Kefir Oatmeal	Blueberry Coconut Kefir Oatmeal

Move It Vegan

79 items

Fruits

- 2 Apple
- 4 1/2 Avocado
- 3 cups Blueberries
- 3 tbsps Lemon Juice
- 1 1/2 Lime
- 1 cup Pineapple
- 2 cups Strawberries

Breakfast

- 2 cups Maple Syrup

Seeds, Nuts & Spices

- 2/3 cup Almonds
- 1 1/3 cups Chia Seeds
- 1 3/4 tbsps Cinnamon
- 1 1/2 tsps Cumin
- 1/4 cup Ground Flax Seed
- 2/3 cup Hemp Seeds
- 2 tbsps Italian Seasoning
- 3 1/2 tbsps Paprika
- 2 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Smoked Paprika
- 2/3 cup Sunflower Seeds
- 2/3 cup Walnuts

Frozen

- 7 1/3 cups Frozen Banana
- 3 cups Frozen Blueberries
- 4 cups Frozen Edamame
- 3 cups Frozen Pineapple

Vegetables

- 4 Beet
- 18 Carrot
- 8 stalks Celery
- 2 tbsps Cilantro
- 3 2/3 Cucumber
- 26 Garlic
- 1/2 cup Ginger
- 4 cups Grated Carrot
- 2 stalks Green Onion
- 3 1/2 cups Kale Leaves
- 4 cups Matchstick Carrots
- 2 cups Mini Potatoes
- 3 tbsps Mint Leaves
- 1 Orange Bell Pepper
- 8 Red Bell Pepper
- 2/3 cup Red Onion
- 3/4 White Onion
- 4 Yellow Onion
- 9 Yellow Potato
- 2 Zucchini

Boxed & Canned

- 1 1/2 cups Canned Coconut Milk
- 2 cups Chickpeas
- 4 1/2 cups Crushed Tomatoes
- 6 cups Diced Tomatoes
- 1 1/2 cups Dry Red Lentils
- 6 cups Lentils
- 1 1/2 cups Plantain Chips
- 8 2/3 cups Quick Oats
- 2 cups Quinoa
- 12 1/2 cups Vegetable Broth, Low Sodium
- 2 cups Wild Rice

Baking

- 2 tsps Baking Powder

Condiments & Oils

- 1/4 cup Apple Cider Vinegar
- 1 2/3 tbsps Coconut Oil
- 2 tbsps Dijon Mustard
- 1/2 cup Extra Virgin Olive Oil
- 2 tsps Miso Paste
- 1/4 cup Rice Vinegar
- 5 1/16 cups Tahini

Cold

- 1 1/3 cups Oat Milk
- 1/2 cup Orange Juice
- 12 fl ozs Pineapple Juice
- 1 cup Plain Coconut Milk
- 5 1/3 cups Plain Kefir
- 4 cups Unsweetened Coconut Yogurt

Other

- 12 Ice Cubes
- 8 Nori Sheets
- 4 1/2 fl ozs Pure Aloe Juice
- 4 1/4 cups Water

- 2/3 cup** Dried Unsweetened Cranberries
- 2 2/3 tbsps** Honey
- 1/3 cup** Nutritional Yeast
- 2 2/3 cups** Unsweetened Shredded Coconut
- 1 1/3 tbsps** Vanilla Extract

Aloe Green Smoothie

8 ingredients · 5 minutes · 1 serving



Directions

1. Add water, aloe, kale and ginger to a high-speed blender and blend until kale is pureed.
2. Add remaining ingredients and blend until smooth. Add chia seeds and mix well.

Notes

No Aloe Juice

Use fresh aloe leaf gel or coconut water instead.

Ingredients

- 1 cup Water
- 1 1/2 fl ozs Pure Aloe Juice
- 1/2 cup Kale Leaves (finely chopped)
- 2 tsps Ginger (peeled and grated)
- 1 cup Frozen Pineapple (chunks)
- 1/2 Avocado (fresh or frozen)
- 4 Ice Cubes
- 2 tsps Chia Seeds

Carrot Cake Smoothie

4 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight jar for up to two days.

Serving Size

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

More Flavor

Add ginger and vanilla.

Ingredients

1 Carrot (medium, chopped)

2/3 cup Frozen Banana

1/2 cup Oat Milk

1/4 tsp Cinnamon

Nut & Seed Keto Granola Yogurt Bowl

10 ingredients · 10 minutes · 4 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 sea 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 the granola from the oven and pour it into a large bowl. Add the shredded coconut and hemp seeds to the bowl and mix well.
5. Divide the coconut yogurt, strawberries, and granola evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate the granola in an airtight container for up to one week.

More Flavor

Add cacao powder to the granola mixture before baking.

Additional Toppings

Top with other fresh berries, peaches, cacao nibs, or maple syrup for sweetness.

Ingredients

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

Banana Blueberry Ginger Ice Cream

4 ingredients · 5 minutes · 2 servings



Directions

1. Combine all ingredients in a blender or food processor and blend until a smooth consistency is achieved. You may need to tamper while you blend or stop and push the ingredients back into the blender or food processor with a spatula a couple of times.
2. Scoop into bowls and enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to approximately one cup.

Additional Toppings

Top with nuts, seeds, cacao nibs, shredded coconut, granola, or additional fruit.

Ingredients

- 2 cups** Frozen Banana
- 1 cup** Frozen Blueberries
- 2 tbsps** Ginger (fresh, grated)
- 2 tbsps** Oat Milk

Veggie Snack Plate

4 ingredients · 5 minutes · 2 servings



Directions

1. Place the vegetables on a plate and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serve it With

Hummus, guacamole, or your favorite dip.

Ingredients

- 2 stalks** Celery (cut into sticks)
- 1** Carrot (medium, peeled and cut into sticks)
- 1/2** Red Bell Pepper (medium, cut into sticks)
- 1/4** Cucumber (sliced)

Blended Chickpea Tomato Soup

7 ingredients · 25 minutes · 1 serving



Directions

1. Add the crushed tomatoes, onion, and garlic to a saucepan. Bring to a boil. Reduce the heat to simmer and let it simmer uncovered for about 10 minutes.
2. Add chickpeas, paprika, and cumin. Stir well, cover with a lid, and let simmer for another 15 minutes.
3. Season with salt and pepper. Use an immersion blender and blend the soup until it is smooth. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

More Flavor

Add lemon juice and coconut milk.

Additional Toppings

Fresh herbs.

Make it Spicy

Add chili flakes.

Consistency

This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.

Ingredients

- 1 1/2 cups Crushed Tomatoes (from the can)
- 1/4 White Onion (small, chopped)
- 2 Garlic (clove)
- 2/3 cup Chickpeas (cooked, rinsed)
- 1 tsp Smoked Paprika
- 1/2 tsp Cumin (ground)
- Sea Salt & Black Pepper (to taste)

Roasted Potato, Zucchini & Quinoa Bowl

13 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
2. Arrange the zucchini, bell pepper, red onion, and potatoes on the tray. Toss with coconut oil and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until the vegetables are tender.
3. Meanwhile, cook the quinoa according to the package directions. Once cooked, fluff with a fork and let it cool. Mix the quinoa with cucumber and green onion.
4. Whisk together the tahini, water, and honey to make a dressing. Season it with salt and pepper.
5. Divide all of the ingredients evenly between bowls. Top with cilantro, if using. Serve with the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add corn and grated carrots. Top with parsley.

No Coconut Oil

Use any other oil on hand.

No Quinoa

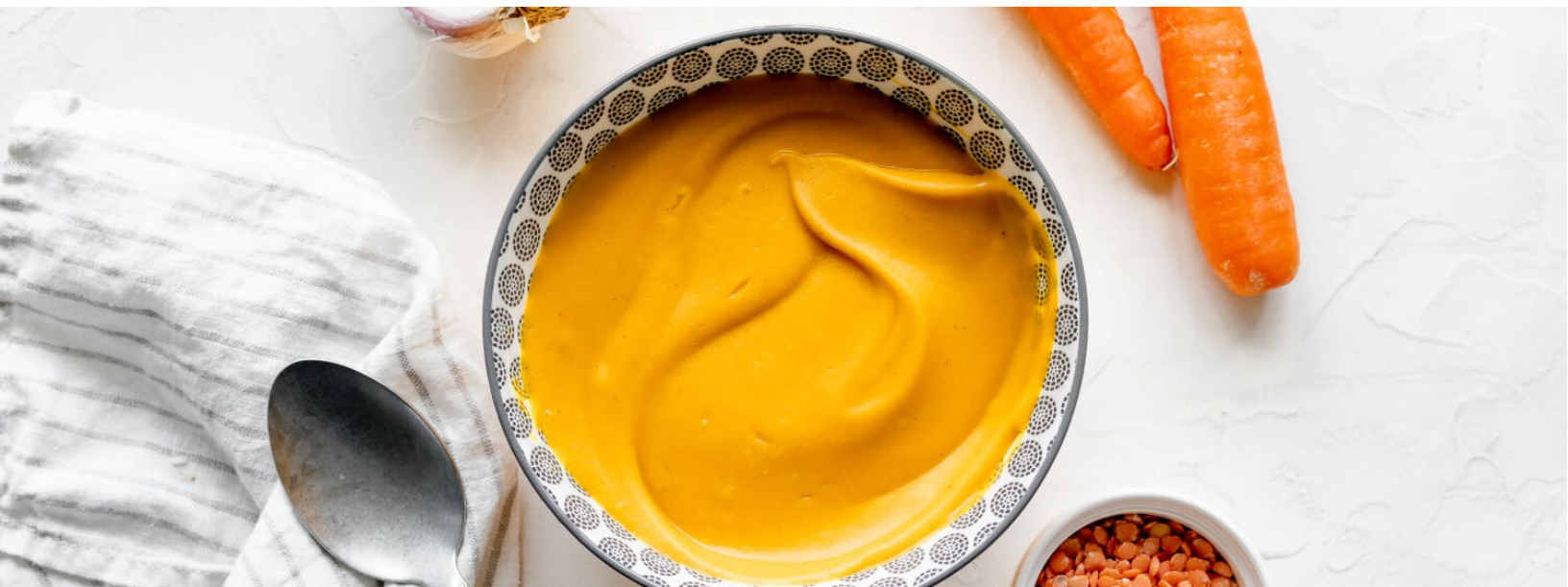
Use couscous or rice instead and adjust the cooking time as needed.

Ingredients

- 1 Zucchini (sliced)
- 1/2 Orange Bell Pepper (medium, chopped)
- 1/3 cup Red Onion (cut into chunks)
- 1 cup Mini Potatoes (quartered)
- 1 tsp Coconut Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa
- 1/3 Cucumber (large, diced)
- 1 stalk Green Onion (thinly sliced)
- 3 tbsps Tahini
- 2 tbsps Water
- 1 tsp Honey
- 1 tbsp Cilantro (for garnish, optional)

Carrot & Lentil Pureed Soup

9 ingredients · 35 minutes · 4 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the onion and sauté for three to four minutes. Add the garlic and sauté for 30 seconds. Add a splash of broth or water if needed so the onions and garlic don't burn.
2. Add the carrots, lentils, broth, coconut milk, Italian seasoning, salt, and pepper. Stir to combine and bring to a boil.
3. Reduce the heat to low and simmer for 15 to 20 minutes or until the lentils are cooked.
4. Remove from the heat and use an immersion blender or a high-powered blender to blend the soup until it is smooth. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

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

No Coconut Milk

Use cow's milk or any other alternative milk.

Consistency

This soup was developed to be a thick consistency. If you'd prefer a thinner consistency, blend additional water or broth while blending until your desired consistency is reached.

Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1/2 Yellow Onion (medium, peeled, chopped)
- 1 Garlic (clove, minced)
- 4 Carrot (medium, chopped)
- 3/4 **cup** Dry Red Lentils (rinsed)
- 4 **cups** Vegetable Broth, Low Sodium
- 1/2 **cup** Plain Coconut Milk (from the carton)
- 1 **tbsp** Italian Seasoning
- Sea Salt & Black Pepper (to taste)

Pineapple Chia Pudding

6 ingredients · 35 minutes · 2 servings



Directions

1. Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
2. Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Add vanilla extract.

Additional Toppings

Coconut flakes.

Likes it Sweeter

Add honey or maple syrup.

Ingredients

- 1/2 cup** Canned Coconut Milk
- 4 fl ozs** Pineapple Juice
- 1/4 cup** Chia Seeds
- 1/2** Lime (zested)
- 1/3 cup** Pineapple (chopped)
- 1 tbsp** Mint Leaves (chopped, optional garnish)

Tahini Carrot Oat Cookies

10 ingredients · 25 minutes · 10 servings



Directions

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix the ground flax seed and water together in a small bowl and set aside for five minutes.
3. Mix the tahini, maple syrup, and vanilla extract together in a large bowl.
4. Add the flax mixture, grated carrot, quick oats, shredded coconut, baking powder, and salt to the tahini mixture and mix well.
5. Use a 1/4 cup measuring cup to scoop the cookie dough onto the baking sheet. Gently press down the cookie mounds.
6. Bake for 12 to 14 minutes. Set the cookies on a cooling rack for 10 minutes. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is one cookie.

More Flavor

Add nuts and/or seeds.

No Tahini

Use almond, cashew, or peanut butter.

Bigger Cookies

Use a 1/2 cup measuring cup instead and increase bake time to 18 minutes.

Ingredients

- 1 **tbsp** Ground Flax Seed
- 2 **tbsps** Water
- 1 **cup** Tahini
- 1/2 **cup** Maple Syrup
- 1 **tsp** Vanilla Extract
- 1 **cup** Grated Carrot
- 1 1/2 **cups** Quick Oats
- 1/2 **cup** Unsweetened Shredded Coconut
- 1/2 **tsp** Baking Powder
- 1/4 **tsp** Sea Salt

Wild Rice & Nori Bowl

10 ingredients · 30 minutes · 4 servings



Directions

1. Cook the rice according to package directions.
2. Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
3. Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

Add grated ginger, garlic, tamari, and/or sesame oil to the dressing.

Additional Toppings

Add sesame seeds, green onions, chives, toasted cashews, tofu, chopped bell peppers, and/or avocado.

Ingredients

- 1 cup Wild Rice (dry)
- 1/3 cup Tahini
- 1/4 cup Water
- 2 tbsps Rice Vinegar
- 1 tbsp Honey
- 1 tsp Miso Paste
- 1 Cucumber (chopped)
- 2 cups Matchstick Carrots
- 2 cups Frozen Edamame (thawed)
- 4 Nori Sheets (small, thinly sliced)

Lentil Goulash

10 ingredients · 30 minutes · 8 servings



Directions

1. Heat the oil in a large pot over medium heat. Add the onion and garlic and cook until the onion softens, about five minutes.
2. Add the peppers, potatoes, lentils, paprika, vegetable broth, and diced tomatoes. Bring to a boil and simmer for 25 to 30 minutes, or until the potatoes are fork tender. Season with salt, serve, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

More Flavor

Use Hungarian paprika or smoked paprika instead.

Ingredients

- 1 **tbps** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 6 Garlic (cloves, minced)
- 2 Red Bell Pepper (diced)
- 3 Yellow Potato (medium, peeled, diced)
- 2 **cups** Lentils (cooked)
- 1 **1/8 tbsps** Paprika
- 1 **1/2 cups** Vegetable Broth, Low Sodium
- 2 **cups** Diced Tomatoes (from the can, with juices)
- 1 **tsp** Sea Salt

Apple & Beet Quinoa Salad

11 ingredients · 25 minutes · 4 servings



Directions

1. Cook the quinoa according to package directions. Once it has finished cooking, set it aside to cool.
2. Combine the cooled quinoa and all remaining ingredients in a large bowl and mix until well combined. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately one cup.

Make it a Meal

Serve with your favorite protein on top.

Ingredients

- 1/2 cup** Quinoa (uncooked)
- 1** Apple (julienned)
- 2** Beet (small, peeled, grated)
- 2** Carrot (small, peeled, grated)
- 1 cup** Kale Leaves (chopped)
- 1/3 cup** Dried Unsweetened Cranberries
- 1/4 cup** Orange Juice
- 2 tbsps** Apple Cider Vinegar
- 1 tbsp** Dijon Mustard
- 2 tbsps** Hemp Seeds
- 1/2 tsp** Sea Salt

Guacamole & Plantain Chips

5 ingredients · 10 minutes · 2 servings



Directions

1. In a bowl, mash together the avocado, nutritional yeast, lemon juice, and sea salt with a fork.
2. Place the guacamole in a bowl and serve with plantain chips. Enjoy!

Notes

Leftovers

Best enjoyed immediately but the guacamole can be stored in a resealable container in the fridge for up to one to two days.

Serving Size

One serving is equal to approximately 1/4 cup of guacamole and 1/4 cup of plantain chips.

More Flavor

Add chopped cilantro to the guacamole for a fresh twist.

Ingredients

- 1 Avocado (medium, ripe)
- 2 tbsps Nutritional Yeast
- 1 tbsp Lemon Juice
- 1/4 tsp Sea Salt
- 1/2 cup Plantain Chips (store-bought or homemade)

Blueberry Coconut Kefir Oatmeal

6 ingredients · 5 minutes · 2 servings



Directions

1. In a jar or mixing bowl, combine the oats, chia seeds, cinnamon and kefir. Divide into bowls and top with blueberries and shredded coconut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four to five days.

Serving Size

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

Gluten-Free

Use gluten-free oats.

Dairy-Free

Use coconut yogurt instead of kefir.

Additional Toppings

Maple syrup, honey, nutmeg, nuts, nut butter, hemp seeds, dark chocolate chips, raisins, or fruit.

Ingredients

2/3 cup Quick Oats

1 tbsp Chia Seeds

1 tsp Cinnamon

1 1/3 cups Plain Kefir

3/4 cup Blueberries (fresh or frozen)

1 tbsp Unsweetened Shredded Coconut