



U Remind Me

Created by Aeryon Wellness



U Remind Me

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.

Always consult your physician or healthcare provider before beginning any nutrition or exercise program. If you choose to use this information without prior consent of your physician, you are agreeing to accept full responsibility for your decisions and agreeing to hold harmless Aeryon Wellness Inc, its agents, employees, contractors and any affiliated companies from any liability with respect to injury or illness to you or your property arising out of or connected with your use of the information contained within this program, other programs, our email newsletter or our website.

U Remind Me

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry & Nut Breakfast Bowl	Berry & Nut Breakfast Bowl	Coconut Blueberry Crepes	Coconut Blueberry Crepes	Spinach & Feta Scrambled Eggs	Spinach & Feta Scrambled Eggs	Toast with Sunflower Seed Butter & Blueberries
Snack 1	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding	Blueberry Coconut Chia Pudding	Bulletproof Hot Chocolate	Bulletproof Hot Chocolate	Bulletproof Hot Chocolate	Bulletproof Hot Chocolate
Lunch	Greek Egg & Veggie Bowl	Greek Egg & Veggie Bowl	Fish Taco Bowls	Fish Taco Bowls	Fish Taco Bowls	Mackerel Salad Open Face Sandwich	Mackerel Salad Open Face Sandwich
Snack 2	Eggs & Sauerkraut	Eggs & Sauerkraut	Eggs & Sauerkraut	Yogurt & Mixed Berry Sauce	Yogurt & Mixed Berry Sauce	Yogurt & Mixed Berry Sauce	Yogurt & Mixed Berry Sauce
Dinner	Kale, Salmon & Beet Salad	Kale, Salmon & Beet Salad	One Pan Crispy Chicken with Potatoes & Greens	One Pan Crispy Chicken with Potatoes & Greens	Blueberry Kale Salad	Blueberry Kale Salad	Blueberry Kale Salad
Snack 3	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Immunity Boosting Bone Broth	Avocado Toast with Hard Boiled Eggs & Strawberries	Avocado Toast with Hard Boiled Eggs & Strawberries	Avocado Toast with Hard Boiled Eggs & Strawberries	Immunity Boosting Bone Broth

U Remind Me

74 items

Fruits

- 6 Avocado
- 1 cup Blackberries
- 9 1/2 cups Blueberries
- 10 Lemon
- 1/3 cup Lime Juice
- 3 Mango
- 4 cups Strawberries

Seeds, Nuts & Spices

- 1/4 cup Almonds
- 3/4 tsp Black Pepper
- 3/4 cup Chia Seeds
- 1 1/4 tsps Garlic Powder
- 2 tbsps Hemp Seeds
- 1 tsp Oregano
- 1 2/3 cups Pumpkin Seeds
- 3 1/16 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 tsp Turmeric
- 1/4 cup Walnuts

Frozen

- 2 cups Frozen Berries
- 1/2 cup Frozen Blueberries

Vegetables

- 4 cups Arugula
- 1 cup Baby Spinach
- 14 Beet
- 4 Carrot
- 22 stalks Celery
- 3 cups Cherry Tomatoes
- 3/4 cup Cilantro
- 3 1/2 Cucumber
- 2 tbsps Fresh Dill
- 12 Garlic
- 1/2 Green Bell Pepper
- 2 stalks Green Onion
- 50 cups Kale Leaves
- 4 cups Mini Potatoes
- 4 cups Parsley
- 1/2 cup Radishes
- 1/2 cup Red Onion
- 18 leaves Romaine
- 2 tbsps Rosemary
- 1 3/4 Tomato
- 1 Yellow Bell Pepper
- 4 Yellow Onion

Boxed & Canned

- 5 1/2 cups Canned Coconut Milk
- 1 1/4 lbs Canned Wild Salmon

Baking

- 1/4 cup Cacao Powder
- 1/3 cup Coconut Flour
- 1 1/3 tbsps Honey
- 2 tps Monk Fruit Sweetener
- 1 tsp Raw Honey
- 1/3 cup Unsweetened Shredded Coconut
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 ozs Canned Mackerel
- 1 lb Chicken Thighs With Skin
- 6 Cod Fillet
- 1/3 cup Feta Cheese
- 6 slices Gluten-Free Bread
- 4 Whole Chicken Carcass
- 3 slices Whole Grain Bread

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 2 tps Avocado Oil
- 1/4 cup Coconut Oil
- 1 1/3 tbsps Dijon Mustard
- 2 3/4 cups Extra Virgin Olive Oil
- 1/2 cup Pitted Kalamata Olives
- 1 cup Sauerkraut
- 2 tbsps Sunflower Seed Butter

Cold

- 1/4 cup Butter
- 25 Egg
- 2/3 cup Egg Whites
- 3 1/2 cups Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk

Other

- 1/2 tsp Bee Pollen
- 2 1/16 ozs Collagen Powder
- 26 cups Water

Berry & Nut Breakfast Bowl

7 ingredients · 10 minutes · 1 serving



Directions

1. Add strawberries and blackberries to a bowl. Top with the nuts and seeds.
2. Pour the almond milk over top and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. Keep the almond milk, berries and nuts separately until ready to serve.

Additional Toppings

Add a pinch of cinnamon, shredded coconut, additional nuts and seeds, a dollop of yogurt or a drizzle of honey.

No Berries

Use peaches, mango, pineapple or banana instead.

No Almond Milk

Use another non-dairy milk instead.

Ingredients

- 1/2 cup Strawberries (chopped)
- 1/2 cup Blackberries (cut in half)
- 2 tbsps Walnuts (chopped)
- 2 tbsps Almonds (chopped)
- 1 tbsp Pumpkin Seeds
- 1 tbsp Hemp Seeds
- 1/4 cup Unsweetened Almond Milk

Coconut Blueberry Crepes

6 ingredients · 15 minutes · 3 servings



Directions

1. Add the coconut milk, blueberries, eggs, coconut flour, and salt to a blender. Blend until smooth.
2. Heat a bit of the coconut oil in a skillet over medium heat. Pour 1/4 cup of the batter at a time and gently swirl to spread it into a thin layer. Cook each side for about 30 seconds to one minute. Repeat with the remaining batter and coconut oil.
3. Divide the crepes onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

Serving Size

Each serving equals approximately two crepes.

Additional Toppings

Serve it with honey, maple syrup, fresh fruit, almond butter, cottage cheese, yogurt, or jelly.

Ingredients

1/4 cup Canned Coconut Milk

1/4 cup Frozen Blueberries

4 Egg (large)

3 tbsps Coconut Flour

1/8 tsp Sea Salt

2 tbsps Coconut Oil (divided)

Spinach & Feta Scrambled Eggs

9 ingredients · 15 minutes · 2 servings



Directions

1. Crack the eggs into a bowl and add the eggs whites. Whisk well.
2. Add the tomato, bell pepper, spinach, feta cheese, garlic powder, salt, and pepper and mix to combine.
3. Heat the oil in a pan over medium heat. Pour the egg mixture into the pan and scramble until it is cooked to your liking.
4. Divide the scramble evenly between plates. Enjoy!

Notes

Leftovers

Best enjoyed immediately but can be refrigerated in an airtight container for up to three days.

Serving Size

One serving is equal to approximately 1/2 cup.

Serve it With

Fresh fruit such as blueberries, strawberries, and blackberries. Buttered toast or over roasted potatoes or rice.

Ingredients

- 2 Egg
- 1/3 cup Egg Whites
- 1/2 Tomato (chopped)
- 1/2 Yellow Bell Pepper (chopped)
- 1/2 cup Baby Spinach (packed)
- 1 tbsp Feta Cheese (crumbled)
- 1/4 tsp Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 1 tsp Avocado Oil

Toast with Sunflower Seed Butter & Blueberries

4 ingredients · 5 minutes · 1 serving



Directions

1. Spread the sunflower seed butter on top of the toasted bread. Top each piece of toast with the blueberries and bee pollen. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is equal to two slices of toast.

Additional Toppings

Add hemp seeds or chia seeds.

No Bee Pollen

Use raw honey.

Ingredients

- 2 tbsps Sunflower Seed Butter
- 2 slices Gluten-Free Bread (toasted)
- 1/2 cup Blueberries
- 1/2 tsp Bee Pollen

Blueberry Coconut Chia Pudding

5 ingredients · 35 minutes · 2 servings



Directions

1. Add the coconut milk, blueberries, and vanilla to a blender and blend well until combined.
2. Pour the blueberry mixture into a medium-sized bowl and add the chia seeds. Stir well to combine. Refrigerate for at least 30 minutes or overnight to thicken.
3. Divide evenly between bowls or in to-go containers. Top with extra blueberries and shredded coconut, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately 1 1/3 cups of chia pudding.

Likes it Sweeter

Add maple syrup or honey.

More Flavor

Add cardamom.

Ingredients

- 1 cup** Canned Coconut Milk
- 1 cup** Blueberries (plus extra for garnish)
- 1 tsp** Vanilla Extract
- 1/4 cup** Chia Seeds
- 2 tbsps** Unsweetened Shredded Coconut (plus extra for garnish)

Bulletproof Hot Chocolate

6 ingredients · 5 minutes · 1 serving



Directions

1. In a pot, bring the water and coconut milk to a slow boil.
2. Pour into a blender along with the rest of the ingredients and blend until frothy.
3. Taste and add more sweetener if desired. Pour into a mug and enjoy!

Notes

Leftovers

Best enjoyed immediately.

More Flavor

Add sea salt, cinnamon, and/or vanilla extract.

Make it Vegan

Omit collagen powder and use coconut oil instead of butter.

Ingredients

- 1/2 cup Water
- 1/2 cup Canned Coconut Milk (full fat)
- 1 tbsp Butter
- 1 tbsp Cacao Powder
- 1/2 oz Collagen Powder
- 1/2 tsp Monk Fruit Sweetener

Greek Egg & Veggie Bowl

11 ingredients · 15 minutes · 1 serving



Directions

1. Bring a medium-sized pot of water to a boil and add the eggs. Boil for seven to eight minutes then immediately remove and place in icy water.
2. Meanwhile, prepare the bowl by adding the arugula, tomato, cucumber, onion, bell pepper, and olives. Drizzle with oil. Add salt, pepper, and feta cheese.
3. Peel the eggs, slice them in half and add them to the bowl. Top with oregano. Enjoy!

Notes

Leftovers

Best enjoyed immediately. To meal prep, refrigerate the eggs separate from the vegetables. When ready to eat, combine all ingredients, peel and slice the eggs, and enjoy!

Serving Size

One serving is roughly three cups of vegetables with two eggs.

Dairy-Free

Omit the feta cheese or use plant-based feta.

Additional Toppings

Chili flakes and/or fresh herbs.

Ingredients

- 2 Egg
- 2 cups Arugula
- 1/4 Tomato (cut into wedges)
- 1/4 Cucumber (medium, diced)
- 1/4 cup Red Onion (sliced)
- 1/4 Green Bell Pepper (medium, sliced)
- 1/4 cup Pitted Kalamata Olives
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Feta Cheese (crumbled)
- 1/2 tsp Oregano

Fish Taco Bowls

11 ingredients · 20 minutes · 3 servings



Directions

1. Pat the cod dry with a paper towel. Add 1/5 of the oil, turmeric, garlic powder, and 1/2 of the salt to the cod. Rub the spices into the cod and set it aside.
2. Heat a skillet over medium heat and then add the cod. Cook for four minutes per side, or until cooked through. Remove and let cool and then flake and set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, cilantro, and remaining salt until smooth.
4. Divide the romaine evenly between bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days.

More Flavor

Add jalapeno to the dressing before blending and purée. Add a touch of honey to the dressing to for a bit of sweetness.

Additional Toppings

Add crushed tortilla chips to the salad for crunch.

No Blender

Finely chop the cilantro and shake the dressing ingredients together in a jar.

Fillet Size

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

Ingredients

- 2 Cod Fillet
- 1/3 cup Extra Virgin Olive Oil (divided)
- 1/4 tsp Turmeric (ground)
- 1/4 tsp Garlic Powder
- 1/2 tsp Sea Salt (divided)
- 2 tbsps Lime Juice
- 1/4 cup Cilantro (finely chopped)
- 6 leaves Romaine (large, chopped)
- 1 cup Cherry Tomatoes (halved)
- 1 Mango (peeled and cubed)
- 1 Avocado (sliced)

Mackerel Salad Open Face Sandwich

10 ingredients · 10 minutes · 2 servings



Directions

1. Add the mackerel, yogurt, lemon juice, mustard, celery, onion, dill, salt, and black pepper to a bowl. Mash and stir until well combined.
2. Divide the mackerel salad onto the bread and add a tomato slice to each piece. Enjoy!

Notes

Leftovers

Refrigerate the mackerel salad in an airtight container for up to three days. Spread onto bread when ready to serve.

Serving Size

One serving is equal to one piece of bread and approximately 1/2 cup of mackerel salad.

Dairy-Free

Use coconut yogurt or mayonnaise instead of Greek yogurt.

No Dill

Use fresh parsley.

No Bread

Eat the mackerel salad as is or put it in a lettuce wrap or on top of crackers.

Ingredients

- 2 ozs Canned Mackerel (skinless, boneless)
- 1/4 cup Plain Greek Yogurt
- 1/2 Lemon (juiced)
- 1/2 tsp Dijon Mustard
- 1 stalk Celery (chopped)
- 1 stalk Green Onion (thinly sliced)
- 1 tbsp Fresh Dill (finely chopped)
- Sea Salt & Black Pepper (to taste)
- 2 slices Gluten-Free Bread
- 1/8 Tomato (sliced)

Eggs & Sauerkraut

3 ingredients · 15 minutes · 1 serving



Directions

1. Bring a pot of water to a boil. Once boiling, reduce the heat slightly and add the eggs. Cook for 10 minutes, or to your preference. Once the eggs are done, add them to a bowl of ice water. Once they're cool enough to handle, peel and slice.
2. Serve the eggs with avocado and sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serve it With

Toast, tomatoes, olives, or fresh fruit.

Ingredients

- 2 Egg
- 1/2 Avocado (small)
- 1/3 cup Sauerkraut

Yogurt & Mixed Berry Sauce

3 ingredients · 5 minutes · 1 serving



Directions

1. Blend the mixed berries in a food processor until your desired consistency is reached.
2. Serve the yogurt with blended berries and honey. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Additional Toppings

Top with fresh fruit, crushed nuts, or hemp seeds.

Ingredients

1/2 cup Frozen Berries (thawed)

3/4 cup Plain Greek Yogurt

1 tsp Honey

Kale, Salmon & Beet Salad

8 ingredients · 50 minutes · 4 servings



Directions

1. Preheat the oven to 425°F (218°C). Wrap the beets in foil and bake for 40 to 45 minutes, or until cooked through. Remove the beets from the oven and let them cool. Once cooled, peel and slice into quarters.
2. While the beets cook, make the dressing in a small bowl by whisking together the olive oil, apple cider vinegar, honey and sea salt. Set aside.
3. Add the kale to a bowl and add half of the dressing, using your hands to massage it into the kale leaves. Then add the radishes, salmon and beets. Drizzle the remaining dressing on top. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Add pickled onions or your favorite nuts and seeds.

No Salmon

Use canned tuna or sardines instead.

Ingredients

- 4 Beet (skin on, washed)
- 2 tbsps Extra Virgin Olive Oil
- 1 tbsp Apple Cider Vinegar
- 1/2 tsp Raw Honey
- 1/8 tsp Sea Salt
- 8 cups Kale Leaves (finely shredded)
- 1/4 cup Radishes (thinly sliced)
- 10 ozs Canned Wild Salmon

One Pan Crispy Chicken with Potatoes & Greens

5 ingredients · 35 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (218°C).
2. Heat a cast iron pan over medium heat and season the chicken and potatoes with sea salt. Place the chicken skin side down on the pan and arrange the potatoes around the chicken. Add the chopped rosemary. Cook for 15 minutes without moving the chicken and occasionally tossing the potatoes.
3. After 15 minutes, flip the chicken over and place the pan in the oven for 10 to 12 minutes.
4. Remove the chicken and potatoes from the oven and transfer to a plate, leaving the drippings in the pan. Add the kale to the pan, and saute over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, potatoes and kale onto plates and enjoy!

Notes

No Rosemary

Use thyme or another herb instead.

No Kale

Use another green such as Swiss chard or spinach.

Leftovers

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

Ingredients

- 8 ozs** Chicken Thighs with Skin
- 2 cups** Mini Potatoes (halved)
- 1/8 tsp** Sea Salt
- 1 tbsp** Rosemary (chopped)
- 2 cups** Kale Leaves (chopped)

Blueberry Kale Salad

11 ingredients · 20 minutes · 6 servings



Directions

1. In a large bowl, combine the kale, cucumber, celery, blueberries, spiralized beets, and pumpkin seeds.
2. In a mason jar, combine the olive oil, lemon juice, Dijon mustard, salt and pepper. Shake well.
3. Before serving, pour dressing over the salad and toss well. Enjoy!

Notes

Storage

Keeps well in the fridge for 4 days.

More Carbs

Add cooked quinoa.

Ingredients

- 10 cups** Kale Leaves (chopped)
- 1** Cucumber (chopped)
- 4 stalks** Celery (chopped)
- 2 cups** Blueberries
- 2** Beet (peeled and spiralized)
- 1/2 cup** Pumpkin Seeds
- 1/2 cup** Extra Virgin Olive Oil
- 3** Lemon (medium, juiced)
- 1 tsp** Dijon Mustard
- 1 tsp** Sea Salt
- 1/4 tsp** Black Pepper

Immunity Boosting 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 12 hours.
2. After 12 hours, 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

Leftovers

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

Serving Size

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

Low FODMAP

Omit garlic and onions.

Ingredients

- 1 Whole 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 Sea Salt
- 1 cup Parsley (chopped)
- 6 cups Water

Avocado Toast with Hard Boiled Eggs & Strawberries

4 ingredients · 15 minutes · 1 serving



Directions

1. Place the egg in a saucepan and cover with water. Bring to a boil over high heat. Turn off the heat and let sit for 10 to 12 minutes covered. Peel and slice when cool enough to handle.
2. Top the whole grain toast with the avocado and eggs. Serve alongside the strawberries and enjoy!

Notes

Leftovers

For best results, enjoy freshly made. Refrigerate for up to one day.

Gluten-Free

Use gluten-free bread instead of whole grain bread.

More Flavor

Add mayo, cheese, or season with salt and pepper to taste.

Additional Toppings

Add tomato slices, cucumber, fresh herbs, sauerkraut, or pickled red onions.

Ingredients

- 1 Egg
- 1 slice Whole Grain Bread (toasted)
- 1/2 Avocado (sliced or mashed)
- 1 cup Strawberries