



U Remind Me 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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U Remind Me Vegan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Blueberry Energy Smoothie	Blueberry Energy Smoothie	Blueberry Energy Smoothie	Mocha Smoothie	Mocha Smoothie	Blueberry Beet Chia Pudding	Blueberry Beet Chia Pudding
Snack 1	Green Tea Collagen Latte	Green Tea Collagen Latte	Green Tea Collagen Latte	Stuffed Avocado with Sumac-Spiced Black Beans	Stuffed Avocado with Sumac-Spiced Black Beans	Stuffed Avocado with Sumac-Spiced Black Beans	Stuffed Avocado with Sumac-Spiced Black Beans
Lunch	Carrot & Mixed Bean Salad with Tahini Dressing	Carrot & Mixed Bean Salad with Tahini Dressing	Lettuce Wrap Lentil Beet Burgers	Lettuce Wrap Lentil Beet Burgers	Lentil Chickpea Salad	Lentil Chickpea Salad	Lentil Chickpea Salad
Snack 2	Pecan Trail Mix	Pecan Trail Mix	Pecan Trail Mix	Pecan Trail Mix	Blueberry Coconut Yogurt Popsicles	Blueberry Coconut Yogurt Popsicles	Blueberry Coconut Yogurt Popsicles
Dinner	Turmeric & Ginger Butternut Squash Stew	Turmeric & Ginger Butternut Squash Stew	Chickpea, Walnut & Raisin Salad Sandwich	Chickpea, Walnut & Raisin Salad Sandwich	Balsamic Tofu with Rice	Balsamic Tofu with Rice	Balsamic Tofu with Rice
Snack 3	Veggies & Turmeric Yogurt Dip	Veggies & Turmeric Yogurt Dip	Veggies & Turmeric Yogurt Dip	Cherries, Chocolate & Walnuts	Cherries, Chocolate & Walnuts	Cherries, Chocolate & Walnuts	Cherries, Chocolate & Walnuts

U Remind Me Vegan

71 items

Fruits

- 10 Avocado
- 2 Banana
- 2 cups Blueberries
- 2 cups Cherries
- 3 tbsps Lemon Juice

Breakfast

- 3 tbsps Almond Butter
- 1/2 cup Coffee
- 1 tsp Green Tea Powder
- 3/4 cup Maple Syrup

Seeds, Nuts & Spices

- 2 cups Chia Seeds
- 2 tsps Cinnamon
- 1/2 cup Ground Flax Seed
- 1 tsp Ground Sumac
- 1/3 cup Hemp Seeds
- 1 tbsp Italian Seasoning
- 1 1/2 tsps Oregano
- 4 cups Pecans
- 1 cup Pumpkin Seeds
- 2 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 2 3/4 tsps Turmeric
- 2 2/3 cups Walnuts

Frozen

- 6 cups Frozen Blueberries

Vegetables

- 12 cups Baby Spinach
- 10 Beet
- 10 cups Butternut Squash
- 5 Carrot
- 8 stalks Celery
- 1/4 cup Cherry Tomatoes
- 2/3 cup Chives
- 10 Garlic
- 2 tbsps Ginger
- 1/2 head Iceberg Lettuce
- 2 1/4 cups Parsley
- 3 Red Bell Pepper
- 1 1/2 cups Red Onion
- 2 heads Romaine Hearts
- 2 tbsps Rosemary
- 11 Tomato
- 2 Yellow Onion

Boxed & Canned

- 1/3 cup Black Beans
- 5 1/2 cups Canned Coconut Milk
- 10 cups Chickpeas
- 1/4 cup Corn
- 2 cups Dry Green Lentils
- 3 cups Green Lentils
- 3 3/4 cups Jasmine Rice
- 2 cups Lentils
- 4 cups Mixed Beans
- 8 cups Vegetable Broth, Low Sodium

Baking

- 2 tbsps Cocoa Powder
- 11 1/2 ozs Dark Chocolate
- 1 cup Dried Unsweetened Cranberries
- 3/4 tsp Monk Fruit Sweetener
- 2/3 cup Raisins
- 2 tsps Vanilla Extract

Bread, Fish, Meat & Cheese

- 16 slices Gluten-Free Bread
- 3 1/16 lbs Tofu

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 1 cup Balsamic Vinegar
- 2 tbsps Coconut Oil
- 1/3 cup Extra Virgin Olive Oil
- 1 1/4 cups Tahini
- 3 tbsps Tamari
- 1/3 cup White Wine Vinegar

Cold

- 3/4 cup Plain Coconut Milk
- 11 cups Unsweetened Almond Milk
- 4 cups Unsweetened Coconut Yogurt

Other

- 1 oz Collagen Powder
- 3 1/2 cups Vanilla Protein Powder
- 6 1/2 cups Water

Blueberry Energy Smoothie

6 ingredients · 10 minutes · 2 servings



Directions

1. Combine almond butter, hemp seeds and water in a blender. Blend until very smooth.
2. Add in baby spinach and frozen blueberries. Blend again until smooth. Divide into glasses and enjoy!

Notes

Make it Sweeter

Add in a few soaked dates to sweeten it up.

Ingredients

- 1 **tbsp** Almond Butter
- 2 **tbsps** Hemp Seeds
- 2 **cups** Water
- 2 **cups** Baby Spinach
- 1/2 **cup** Frozen Blueberries
- 1 **cup** Vanilla Protein Powder

Mocha Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

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

Notes

Leftovers

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

No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free

Use nut-free milk such as oat milk.

Ingredients

1 cup Unsweetened Almond Milk

1/4 cup Coffee (brewed)

1 Banana (medium)

1/4 cup Vanilla Protein Powder

1 tbsp Cocoa Powder

1 tsp Vanilla Extract

Blueberry Beet Chia Pudding

7 ingredients · 3 hours · 4 servings



Directions

1. Place the beets in a small steamer basket and steam for about 10 minutes, or until soft.
2. Add the steamed beets to a blender with the almond milk, coconut milk, blueberries, cinnamon and maple syrup. Blend until smooth.
3. Pour the beet mixture into a bowl and whisk in the chia seeds. Let stand for 10 minutes to thicken slightly then divide between jars/containers. Refrigerate for about 3 hours, or until set.
4. Remove chia pudding from fridge. Add desired toppings and enjoy!

Notes

Save Time

Buy canned beets. Make sure they are not pickled!

Topping Ideas

Fresh berries, sliced kiwi, coconut, pumpkin seeds, hemp seeds, or almonds.

Ingredients

- 1 Beet (medium)
- 3 cups Unsweetened Almond Milk
- 1 cup Canned Coconut Milk
- 1 cup Blueberries (fresh or frozen)
- 1 tsp Cinnamon
- 2 tbsps Maple Syrup
- 1 cup Chia Seeds

Green Tea Collagen Latte

5 ingredients · 10 minutes · 1 serving



Directions

1. Heat the almond milk in a small pot over medium-high heat until the milk is warm, about 3 to 5 minutes.
2. Transfer the warmed milk to a blender along with the remaining ingredients. Blend for about a minute until well combined and very foamy.
3. Pour into a mug and enjoy!

Notes

Nut-Free

Use a nut-free milk instead, like coconut or oat.

Additional Toppings

Sprinkle with additional green tea powder to serve.

Make it Vegan

Omit the collagen powder.

Ingredients

- 1 cup** Unsweetened Almond Milk
- 1/3 oz** Collagen Powder
- 1 tsp** Green Tea Powder (Matcha)
- 1/4 tsp** Monk Fruit Sweetener (to taste)
- 1 tsp** Coconut Oil

Stuffed Avocado with Sumac-Spiced Black Beans

6 ingredients · 10 minutes · 2 servings



Directions

1. Remove the avocado pit. Scoop out additional flesh of the avocado from where the pit was removed, creating space for the black bean mixture to go.
2. In a bowl, combine the scooped avocado flesh with the remaining ingredients.
3. Stuff the avocado with the black bean mixture. Serve immediately and enjoy!

Notes

Leftovers

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

Serving Size

One serving is equal to one half of a stuffed avocado.

More Flavor

Add lemon juice or additional spices, such as cayenne or chili flakes.

Ingredients

- 1 Avocado (large, halved)
- 1 1/2 **tbps** Black Beans (cooked, rinsed)
- 1 **tbsp** Cherry Tomatoes (sliced into quarters)
- 1 **tbsp** Corn (fresh or frozen/thawed)
- 1/4 **tsp** Ground Sumac
- Sea Salt & Black Pepper (to taste)

Carrot & Mixed Bean Salad with Tahini Dressing

10 ingredients · 15 minutes · 4 servings



Directions

1. In a jar, whisk together the tahini, maple syrup, vinegar, and water. Set aside.
2. Arrange the beans, celery, tomato, carrot, and avocado in a large salad bowl. Drizzle with the dressing and top with chives. Toss the salad before serving and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately two cups.

More Flavor

Add salt and pepper to taste.

Ingredients

- 1/2 cup** Tahini
- 1 1/3 tbsps** Maple Syrup
- 3 tbsps** Apple Cider Vinegar (to taste)
- 1/4 cup** Water
- 2 cups** Mixed Beans (cooked)
- 2 stalks** Celery (sliced)
- 4** Tomato (small, chopped)
- 1** Carrot (large, shredded)
- 1** Avocado (chopped)
- 1/3 cup** Chives (chopped, flowers optional)

Lettuce Wrap Lentil Beet Burgers

9 ingredients · 1 hour 15 minutes · 6 servings



Directions

1. Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
3. To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
4. Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
5. To serve, top the burger patties with sliced avocado and use a few leaves of lettuce as a bun. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days or freeze for up one month. Enjoy cold or reheat on the stovetop.

Serving Size

One serving is one burger patty.

Nut-Free

Omit the walnuts.

Additional Toppings

Top the patty with your favourite burger toppings.

Lentils

This recipe was created and tested using canned brown lentils.

Beets

Four medium beets are equal to approximately 2 1/2 cups of cubed beets.

Ingredients

- 4 Beet (medium-size, peeled, cut into small cubes)
- 1 cup Lentils (cooked, rinsed)
- 1/2 cup Walnuts (roughly chopped)
- 1/2 cup Parsley (chopped)
- 1/4 cup Ground Flax Seed
- 1/2 tsp Sea Salt
- 2 Garlic (clove, minced)
- 2 Avocado (sliced)
- 1 head Romaine Hearts (leave separated)

Lentil Chickpea Salad

10 ingredients · 30 minutes · 4 servings



Directions

1. Add all ingredients to a large bowl. Mix well. Taste and adjust flavor if desired.
2. Divide onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/4 cups.

Additional Toppings

Feta cheese, olives, fresh dill.

No White Wine Vinegar

Use red white vinegar, apple cider vinegar, or lemon juice.

Ingredients

1 cup Green Lentils (cooked, drained)

2 cups Chickpeas (cooked, drained)

1/2 cup Red Onion (small, diced)

1 Red Bell Pepper (medium, diced)

1 Tomato (large, diced)

1/4 cup Parsley (chopped)

2 tbsps Extra Virgin Olive Oil

2 tbsps White Wine Vinegar

1/2 tsp Oregano

1/4 tsp Sea Salt

Pecan Trail Mix

4 ingredients · 5 minutes · 4 servings



Directions

1. Add all of the ingredients into a jar. Shake well until mixed together. Enjoy!

Notes

Leftovers

Store in an airtight container in the pantry for up to one month.

Serving Size

One serving equals approximately 1/2 cup.

Ingredients

1 cup Pecans

1/4 cup Pumpkin Seeds

1/4 cup Dried Unsweetened Cranberries

2 ozs Dark Chocolate (at least 70%, chopped)

Blueberry Coconut Yogurt Popsicles

4 ingredients · 5 hours · 7 servings



Directions

1. Add all of the ingredients to a blender and blend until smooth.
2. Pour into three ounce paper cups and insert popsicle sticks in the middle.
3. Place in the freezer for four to five hours or until completely frozen. Remove from the paper cup and enjoy!

Notes

Serving Size

One serving is equal to one popsicle.

Additional Toppings

Add chia seeds or hemp seeds before blending.

No Maple Syrup

Use raw honey.

No Paper Cups

Use popsicle molds.

Ingredients

1 1/2 cups Frozen Blueberries

1 cup Unsweetened Coconut Yogurt

1/4 cup Plain Coconut Milk (unsweetened from the carton)

1 tbsp Maple Syrup

Turmeric & Ginger Butternut Squash Stew

11 ingredients · 30 minutes · 4 servings



Directions

1. In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
2. Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
3. Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is equal to approximately two cups of stew.

Additional Toppings

Top with chili flakes.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 3 **Garlic** (cloves, minced)
- 1 **tbsp** Ginger (freshly grated)
- 1 **Yellow Onion** (chopped)
- 5 **cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
- 1 **tsp** Turmeric (dried)
- Sea Salt & Black Pepper (to taste)
- 1 3/4 **cups** Canned Coconut Milk
- 4 **cups** Vegetable Broth, Low Sodium
- 1 **cup** Dry Green Lentils (rinsed)
- 3 **cups** Baby Spinach

Chickpea, Walnut & Raisin Salad Sandwich

10 ingredients · 15 minutes · 4 servings



Directions

1. In a small bowl whisk together the tahini, lemon juice, salt, and pepper. Set aside.
2. In a large bowl, lightly smash the chickpeas with the back of a fork. Mix in the celery, walnut, raisins, and parsley. Add the tahini mixture and mix well.
3. Assemble the sandwich by placing a lettuce leaf on toasted bread, spoon the chickpea salad on top, and place another toasted bread on top.
4. Slice the sandwich in half and enjoy.

Notes

Leftovers

Refrigerate the chickpea salad in an airtight container for up to four days. Assemble the sandwich before serving.

Serving Size

One serving is equal to one sandwich with approximately 2/3 cup chickpea salad, two slices of bread, and one lettuce leaf.

Nut-Free

Use sunflower seeds instead of walnuts.

More Flavor

Add chopped red onions.

No Parsley

Use chopped cilantro or dill.

No Raisins

Use dried cranberry.

Ingredients

- 2 tbsps Tahini
- 1 1/2 tbsps Lemon Juice
- Sea Salt & Black Pepper (to taste)
- 2 cups Chickpeas (cooked, rinsed)
- 1/2 stalk Celery (finely chopped)
- 1/3 cup Walnuts (chopped)
- 1/3 cup Raisins
- 1/4 cup Parsley (chopped)
- 8 slices Gluten-Free Bread (toasted)
- 1/4 head Iceberg Lettuce (leaves pulled apart)

Balsamic Tofu with Rice

8 ingredients · 20 minutes · 4 servings



Directions

1. Cook the rice according to package directions.
2. Whisk together the balsamic vinegar, tamari, maple syrup, rosemary, and Italian seasoning. Set aside.
3. Gently toss the tofu in a large bowl with salt and pepper.
4. Heat a non-stick pan over medium-high heat. Cook the tofu in the pan until golden, about eight to ten minutes, flipping and tossing every couple of minutes. Reduce the heat to low and add the balsamic mixture. Cook for one minute, tossing to coat until thickened.
5. Divide the rice onto plates and top with tofu. Garnish with extra rosemary if desired. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately 1/2 cup of rice and one cup of tofu.

Additional Toppings

Cooked mushrooms, peppers, or sautéed greens.

More Flavor

Use oil in the pan to create extra crispy tofu pieces.

Ingredients

- 1 1/4 cups Jasmine Rice (dry)
- 1/3 cup Balsamic Vinegar
- 1 tbsp Tamari
- 1 tbsp Maple Syrup
- 2 tsp Rosemary (fresh, chopped)
- 1 tsp Italian Seasoning
- Sea Salt & Black Pepper (to taste)
- 1 lb Tofu (extra-firm, pressed, and cubed)

Veggies & Turmeric Yogurt Dip

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the coconut yogurt, turmeric, and salt. Serve alongside the carrot and celery sticks. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add fresh herbs, paprika, garlic powder, black pepper, or onion powder.

Additional Toppings

Add cucumber slices, tomato, olives, bell peppers, or crackers.

Ingredients

1/3 cup Unsweetened Coconut Yogurt

1/4 tsp Turmeric

1/8 tsp Sea Salt (to taste)

1 Carrot (medium, peeled, cut into sticks)

1 stalk Celery (cut into sticks)

Cherries, Chocolate & Walnuts

3 ingredients · 5 minutes · 1 serving



Directions

1. Serve the cherries with walnuts and chocolate. Enjoy!

Notes

Leftovers

Store ingredients separately until ready to serve.

Nut-Free

Omit the walnuts and use pumpkin seeds or sunflower seeds instead.

Ingredients

1/2 cup Cherries

1/4 cup Walnuts

1 oz Dark Chocolate