

reclaim

Nutritional Support Planner



By



Reclaim Hormone Balancing 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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Reclaim Hormone Balancing Meal Planner

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Chocolate Cauliflower Shake	Chocolate Cauliflower Shake	Gut Healing Green Smoothie with banana	Gut Healing Green Smoothie with banana	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl	Berry Beet Smoothie Bowl
Snack 1	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Apple Slices & Nori Crisps	Lightened Up Deviled Eggs	Lightened Up Deviled Eggs	Lightened Up Deviled Eggs
Lunch	Lentil Kale & Brussels Sprouts Salad	Lentil Kale & Brussels Sprouts Salad	Balsamic Roasted Tempeh Bowls	Balsamic Roasted Tempeh Bowls	Kale Chicken Caesar Salad	Kale Chicken Caesar Salad	Kale Chicken Caesar Salad
Snack 2	Lightened Up Deviled Eggs	Lightened Up Deviled Eggs	Avocado Toast with a Poached Egg	Avocado Toast with a Poached Egg	Greek Yogurt with Almonds, Chia & Honey	Greek Yogurt with Almonds, Chia & Honey	Greek Yogurt with Almonds, Chia & Honey
Dinner	Arugula Salad with Salmon	Arugula Salad with Salmon	Mexican Black Bean Omelette	Mexican Black Bean Omelette	Mexican Black Bean Omelette	Salmon, Veggie & Egg Bowl	Salmon, Veggie & Egg Bowl
Snack 3	Lemon Ginger Tea	Lemon Ginger Tea	Beef Bone Broth	Beef Bone Broth	Beef Bone Broth	Lemon Ginger Tea	Lemon Ginger Tea

Reclaim Hormone Balancing Meal Planner

73 items

Fruits

- 8 Apple
- 4 1/2 Avocado
- 6 Banana
- 2 3/4 Lemon
- 1/3 cup Lemon Juice

Breakfast

- 1/4 cup Almond Butter
- 1 1/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 6 Bay Leaf
- 1 1/2 tsps Black Pepper
- 1 tsp Cayenne Pepper
- 1/3 cup Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1 1/2 tsps Cumin
- 1/4 cup Ground Flax Seed
- 1/2 cup Hemp Seeds
- 2 tbsps Italian Seasoning
- 1 tsp Nutmeg
- 2 1/3 tbsps Paprika
- 1/3 cup Pumpkin Seeds
- 2 tpsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3 tbsps Sliced Almonds
- 1/4 cup Slivered Almonds
- 3 tbsps Sunflower Seeds

Frozen

- 4 cups Frozen Cauliflower
- 3 cups Frozen Mango
- 3 cups Frozen Raspberries

Vegetables

- 7 cups Arugula
- 3 Beet
- 4 cups Bok Choy
- 6 cups Brussels Sprouts
- 18 Carrot
- 9 stalks Celery
- 3/4 cup Cherry Tomatoes
- 1 1/4 Cucumber
- 37 1/2 Garlic
- 3/4 cup Ginger
- 1 1/2 Green Bell Pepper
- 2 1/2 stalks Green Onion
- 22 cups Kale Leaves
- 2 cups Mini Potatoes
- 9 1/2 cups Mushrooms
- 2 cups Red Onion
- 1 1/2 tbsps Thyme
- 3 Yellow Onion
- 6 Zucchini

Boxed & Canned

- 3 cups Black Beans
- 3 cups Lentils
- 3 cups Quinoa

Baking

- 1/2 cup Cacao Powder
- 1 1/2 tbsps Honey

Bread, Fish, Meat & Cheese

- 12 lbs Beef Bones
- 2 slices Bread
- 1 1/2 lbs Chicken Breast
- 1 3/4 lbs Salmon Fillet
- 2 1/4 lbs Tempeh

Condiments & Oils

- 1/3 cup Apple Cider Vinegar
- 2 tbsps Avocado Oil
- 1/2 cup Balsamic Vinegar
- 3 tbsps Coconut Oil
- 3 tbsps Dijon Mustard
- 1 2/3 cups Extra Virgin Olive Oil
- 1/4 cup Sauerkraut
- 1/3 cup Tahini

Cold

- 42 Egg
- 1 1/2 cups Plain Greek Yogurt
- 7 3/4 cups Unsweetened Almond Milk

Other

- 1 cup Chocolate Protein Powder
- 2 tbsps Maca Powder
- 16 Nori Sheets
- 1 tsp Schisandra Berry Powder
- 57 1/16 cups Water
- 3 cups Whey Or Vegan Protein

Chocolate Cauliflower Shake

7 ingredients · 5 minutes · 2 servings



Directions

1. In your blender, combine all ingredients. Blend until smooth, pour into glasses and enjoy!

Notes

Make it Mocha

Replace half of the almond milk with chilled coffee.

Likes it Sweeter

Add pitted medjool dates.

No Maca Powder

Leave it out or use cinnamon instead.

Ingredients

- 2 cups** Frozen Cauliflower
- 2** Banana (frozen)
- 2 tbsps** Almond Butter
- 1/4 cup** Cacao Powder
- 1/2 cup** Chocolate Protein Powder
- 2 cups** Unsweetened Almond Milk
- 1 tbsp** Maca Powder

Gut Healing Green Smoothie with banana

7 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

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

Apple Slices & Nori Crisps

3 ingredients · 5 minutes · 2 servings



Directions

1. Cut nori sheets into quarters with scissors. Brush sheets very lightly with olive oil. Heat a large pan over medium heat and toast the nori sheets about 30 seconds per side.
2. Slice apples and divide onto plates with nori crisps. Enjoy!

Notes

Save Time

Buy pre-toasted nori sheets.

Ingredients

- 4 Nori Sheets
- 1/3 tsp Extra Virgin Olive Oil
- 2 Apple (medium)

Lightened Up Deviled Eggs

7 ingredients · 30 minutes · 4 servings



Directions

1. Hard boil the eggs by bringing a small pot of salted water to a boil. Carefully place the eggs in the pot. Cover the pot with a lid and turn off the heat but keep the pot on the hot burner. Let it stand for 12 minutes and then drain the water. Place eggs in a bowl of ice water for 10 minutes or until cool.
2. Peel the eggs. Cut each one in half lengthwise and separate the yolks from the egg whites. Add the yolks to a small mixing bowl and mash with a fork until a fine crumb forms. Stir in water, olive oil, lemon juice, salt and paprika. Season with additional salt if needed.
3. Spoon the egg yolk mixture into the egg whites and garnish with green onions. Chill and enjoy!

Notes

Serve Chilled

Best served after being refrigerated for at least one hour.

Serving Size

One serving is equal to two pieces.

Leftovers

Store in an airtight container for up to two days.

More Flavor

Add a pinch of cayenne, garlic powder, onion powder or dried dill to the yolk mixture.

Ingredients

- 4 Egg
- 1 1/2 tbsps Water
- 1 1/2 tbsps Extra Virgin Olive Oil
- 2 tpsps Lemon Juice
- 1/8 tsp Sea Salt
- 1/4 tsp Paprika
- 1/2 stalk Green Onion (finely chopped; green parts only)

Lentil Kale & Brussels Sprouts Salad

11 ingredients · 30 minutes · 3 servings



Directions

1. Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
2. Add the brussels sprouts to a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until brussels sprouts are cooked through and starting to brown.
3. While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
4. Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
5. Divide kale between bowls. Top with lentils and brussels sprouts. Drizzle with desired amount of dressing. Top with almonds. Enjoy!

Notes

No Brussels Sprouts

Use broccoli instead.

No Lentils

Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.

Ingredients

- 3 cups Brussels Sprouts (washed and halved)
- 2 tsps Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 3 tsps Tahini
- 2 tsps Maple Syrup
- 3 tsps Water (warm)
- 1/8 tsp Cayenne Pepper (less if you don't like it spicy)
- 1/16 tsp Sea Salt
- 1 1/2 cups Lentils (cooked, drained and rinsed)
- 2 tsps Slivered Almonds
- 6 cups Kale Leaves (chopped)

Balsamic Roasted Tempeh Bowls

12 ingredients · 1 hour · 6 servings



Directions

1. Preheat oven to 350°F (177°C).
2. Combine the olive oil, balsamic vinegar, garlic, sea salt, black pepper and Italian seasoning in a bowl and mix well. Place the tempeh, red onion, carrot, mushrooms and zucchini together in a large bowl and toss with the balsamic dressing to coat.
3. Transfer the veggies and tempeh to a large baking sheet and roast in the oven for 45 minutes, stirring halfway.
4. While the veggies and tempeh roast, make the quinoa. Bring the water to a boil in a small saucepan, add the quinoa, cover and simmer for 15 minutes. Remove from heat and fluff with a fork.
5. To serve, divide the quinoa between bowls and top with roasted veggies and tempeh. Garnish with additional balsamic vinegar if you'd like, and enjoy!

Notes

Leftovers

Keeps well in the fridge up to 4 days.

Ingredients

- 1/4 cup** Extra Virgin Olive Oil
- 1/4 cup** Balsamic Vinegar
- 3** Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp** Italian Seasoning
- 1 1/8 lbs** Tempeh
- 1 cup** Red Onion (medium, sliced)
- 6** Carrot (medium, peeled and chopped)
- 4 cups** Mushrooms (quartered)
- 3** Zucchini (sliced)
- 1 1/2 cups** Quinoa (dry)
- 2 1/2 cups** Water

Kale Chicken Caesar Salad

15 ingredients · 50 minutes · 2 servings



Directions

1. Preheat oven to 420°F (216°C). Take your garlic bulb and peel away the skin so the cloves are showing. Use a knife to slice the top off the garlic head. Drizzle with olive oil, season with a bit of sea salt and black pepper and wrap in foil. Bake in the oven for 30 minutes.
2. Remove garlic from oven and set aside until cool. Reduce oven to 350°F (177°C) and lightly oil a baking sheet.
3. In a bowl, mix together paprika, salt, cayenne pepper, cumin, thyme and black pepper. Rub the chicken breasts with a bit of extra virgin olive oil then coat both sides evenly with the spice mixture.
4. Heat a cast iron skillet over high heat for 5 minutes or until it is smoking hot. Place the chicken in the hot pan and cook for about 1 minute or until blackened to your liking. Flip and cook for another minute. Then place the chicken breasts on the baking sheet and bake in oven for 10 minutes (or until centre is no longer pink).
5. Meanwhile, make your creamy garlic dressing by taking your roasted garlic and squeezing it out into a food processor or magic bullet. Add in oil, lemon juice, mustard and season with a bit of sea salt. Blend until creamy.
6. Add kale leaves, cucumber, cherry tomatoes and pumpkin seeds to a large mixing bowl. Toss with desired amount of dressing.
7. Plate salad and top with blackened chicken. Season with fresh ground pepper. Enjoy!

Notes

Vegetarian

Swap the chicken for roasted chickpeas.

Ingredients

- 1/2 Garlic (entire bulb)
- 8 ozs Chicken Breast
- 1 tsp Paprika
- 1/4 tsp Sea Salt
- 1/4 tsp Cayenne Pepper
- 1/2 tsp Cumin
- 1 1/2 tsps Thyme
- 1/2 tsp Black Pepper
- 2 1/2 tbsps Extra Virgin Olive Oil
- 1/4 Lemon (juiced)
- 1 tbsp Dijon Mustard
- 2 cups Kale Leaves
- 1/4 Cucumber (thinly sliced)
- 1/4 cup Cherry Tomatoes (halved)
- 2 tbsps Pumpkin Seeds

Avocado Toast with a Poached Egg

6 ingredients · 15 minutes · 1 serving



Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack your egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3 to 4 minutes then use a slotted spoon to carefully remove from the poached egg onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Ingredients

- 1 slice Bread
- 1/2 Avocado
- Sea Salt & Black Pepper (to taste)
- 1 Egg
- 1 tbsp Apple Cider Vinegar
- 1/8 tsp Sea Salt

Greek Yogurt with Almonds, Chia & Honey

4 ingredients · 5 minutes · 1 serving



Directions

1. Add the Greek yogurt to a bowl. Top with almonds, honey, and chia seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1/2 cup.

Additional Toppings

Add other seeds, nuts and/or your favorite fruits.

Dairy-Free

Use a dairy-free yogurt like coconut, almond, or cashew.

Ingredients

- 1/2 cup Plain Greek Yogurt
- 1 tbsp Sliced Almonds (coarsely chopped)
- 1 1/2 tps Honey
- 1 tsp Chia Seeds

Arugula Salad with Salmon

7 ingredients · 15 minutes · 1 serving



Directions

1. Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
2. In a small bowl, mix the oil and lemon juice together.
3. Add the arugula to a plate and top with the cucumber, avocado. Drizzle the dressing over top and place the salmon on top. Enjoy!

Notes

Leftovers

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

More Flavor

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

Additional Toppings

More vegetables, nuts or seeds.

Ingredients

- 6 ozs** Salmon Fillet
- 1/8 tsp** Sea Salt
- 1 tbsp** Extra Virgin Olive Oil
- 1 tbsp** Lemon Juice
- 2 cups** Arugula
- 1/4** Cucumber (sliced)
- 1/2** Avocado (sliced)

Mexican Black Bean Omelette

12 ingredients · 15 minutes · 2 servings



Directions

1. Place coconut oil in a frying pan and place on medium-low heat.
2. Mix eggs, almond milk, green pepper, mushrooms, half the black beans, chili powder, nutmeg and paprika in a mixing bowl. Beat with a fork.
3. Pour egg mixture into frying pan and let cook for about 3 minutes. Fold in half when underside of omelette begins to brown and let cook for another 3 minutes. (Note: If you are making more than 1 serving, you will have to divide the egg mixture and cook it in portions.)
4. Top with diced avocado and the remaining black beans. Sprinkle with sea salt and pepper to taste. Top with arugula. Enjoy!

Ingredients

- 1 **tbsp** Coconut Oil
- 4 Egg (whisked)
- 1/4 **cup** Unsweetened Almond Milk
- 1/2 Green Bell Pepper (finely diced)
- 1 **cup** Black Beans (cooked, drained and rinsed)
- 1/2 **cup** Mushrooms (diced)
- 1 1/2 **tsps** Chili Powder
- 1 **tsp** Nutmeg
- 1 **tsp** Paprika
- Sea Salt & Black Pepper (to taste)
- 1/2 Avocado (diced)
- 1 **cup** Arugula

Salmon, Veggie & Egg Bowl

8 ingredients · 30 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (205°C). Add the potatoes to a baking sheet. Toss with 1/3 of the oil, salt, and pepper to taste.
2. Bake in the oven for 15 minutes. Remove from the oven, toss the potatoes, and add the salmon fillets to the same baking sheet. Bake for 15 minutes more or until the potatoes are tender and the salmon is cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium heat. Add the bok choy, stir for a minute, then add the water. Cook for five minutes, then add the eggs. Scramble until desired doneness.
4. Evenly divide the potatoes, salmon, egg, and bok choy between bowls. Top with sauerkraut and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic powder and onions.

Additional Toppings

Microgreens.

Ingredients

- 1 cup Mini Potatoes (halved)
- 1 tbsp Avocado Oil (divided)
- Sea Salt & Black Pepper (to taste)
- 8 ozs Salmon Fillet
- 2 cups Bok Choy (finely chopped)
- 2 tbsps Water
- 4 Egg (whisked)
- 2 tbsps Sauerkraut

Lemon Ginger Tea

3 ingredients · 10 minutes · 2 servings



Directions

1. Add the water and ginger slices to a small pot and bring to a boil. Lower the heat and let it simmer for about 5 minutes, or longer if you prefer a spicier drink.
2. Squeeze the lemon juice into the ginger tea and garnish with any the slices or rind (optional). Divide into mugs and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days. Reheat or enjoy cold.

Serving Size

One serving equals approximately 2 cups.

More Flavor

Add mint leaves, honey or your sweetener of choice.

Enjoy it Cold

Add ice cubes.

Ingredients

2 1/2 cups Water

3 tbsps Ginger (peeled, sliced)

1/2 Lemon

Beef Bone Broth

9 ingredients · 8 hours 20 minutes · 6 servings



Directions

1. Preheat the oven to 450°F (230°C). Roast the beef bones, carrots, onion, and garlic in a large roasting pan for 20 minutes, or until browned. Stir occasionally.
2. In a large pot over high heat, add the water, celery, bay leaves, apple cider vinegar, salt and pepper. Add the roasted bones and vegetables including any juices. Add more water if needed, until all contents are covered.
3. Bring to a boil, then lower to a simmer. Cook with the lid slightly open for at least eight hours. Skim any foam or fat from the surface and discard. Add more water as needed.
4. Remove from heat and let cool a bit. Strain the broth and remove the bones and vegetables. Transfer to storage containers and refrigerate or freeze until ready to use. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days or freeze if longer.

Serving Size

One serving equals approximately 1 1/2 cups.

More Flavor

The longer the broth cooks, the more flavor it will develop.

Slow Cooker

After roasting the bones and vegetables in step 1, add all the ingredients to a slow cooker instead of using the stovetop.

Ingredients

- 4 lbs** Beef Bones
- 2** Carrot (medium, roughly chopped)
- 1** Yellow Onion (cut into quarters)
- 10** Garlic (cloves)
- 12 cups** Water
- 3 stalks** Celery (roughly chopped)
- 2** Bay Leaf
- 1 tbsp** Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)