

WHAT CAN I EXPECT INSIDE THE PLANTPOWER MEAL PLANNER?

DISCOVER

Discover thousands of personalized recipes, with new recommendations every day.

All of the meals that will be recommended to you are inspired by the diet of Rich, Julie and their family. (Bonus: members will periodically get access to recipes from Julie's *The Plantpower Way*, *This Cheese Is Nuts*, and *Plantpower Italia* cookbooks!)

DISCOVER

MENUS

GROCERY

DISCOVER MEALS

Yum! These are your personalized meal recommendations. Click ADD to put meals into a menu or your grocery list.

TODAY

THU

FRI

SAT

SUN

MON

TUE

6

7

8

9

10

11

12

BREAKFAST

CHIA & BERRY OVERNIGHT OATS

3 min Super easy

5818 people are cooking this 95% would make again

ADD +

BUTTON <

BUTTON >

LUNCH

ROASTED RED PEPPER HUMMUS WRAP

5 min Super easy

5818 people are cooking this 95% would make again

ADD +

BUTTON <

BUTTON >

DINNER

PORTOBELLO "STEAKS" WITH POTATOES & BROCCOLI

25 min Medium

5818 people are cooking this 95% would make again

ADD +

BUTTON <

BUTTON >

GROCERY LISTS

Use your convenient grocery list to shop or select "delivery" to skip the trip to the store altogether. Start as soon as your next meal!

DISCOVER

MENUS

GROCERY

GROCERY

RECIPES

ITEMS

5

24

EMAIL

PRINT

GET DELIVERY

+ Add item...

EMPTY CART

PRODUCE

☐ Asparagus 1 bunch

☒ Avocado 2

☐ Fresh Basil 1 cup

☐ Lemon 1

☐ Romaine lettuce 1 head

THE PLANTPOWER MEAL PLANNER

DISCOVER

MENUS

GROCERY ²⁴

MENUS

Favorite Salads ▾

RECIPES 5



Summer Salad with Mango and Curry Vinaigrette

10 mins Super easy



Dreamy Green Bowl

15 mins Super easy



Orange & Kale Salad with Almonds

10 mins Easy



Spring Salad with Lemon Mint Dressing

10 mins Super easy



Loaded Veggie Salad with Miso Lime Dressing

10 mins Easy



YOUR MENUS

Organize your meals and stay on track!

+ CREATE A NEW MENU

EDIT

Favorite salads

Recipes: 5

In Grocery

Weekend breakfasts

Recipes: 7

Easy-to-pack lunches

Recipes: 11

MENUS

Make life easier by organizing your meals in advance. You can create and customize as many Menus as you'd like!

SUPPORT

Our team of Food Coaches is here to make sure you get the support you need to meet your goals. Whether you're new to plant-based food, a novice home cook, have specific food goals, have picky eaters at home or you're just looking for some friendly support, we're here for you!

Our team is here to help you every step of the way, so feel free to reach out at any time.

Start a conversation



What channel do you prefer?



Email

No time to wait around? We usually respond within a few hours.



Chat

We're online right now, talk with our team in real-time.





RADICCHIO, ARTICHOKE & HEIRLOOM TOMATO SALAD

Makes 2 medium servings



Radicchio comes in many different varieties. We grow a green variety in our garden at JAI. One of the best ways to eat radicchio is to grill it. I love to eat it with generous amounts of olive oil, balsamic or apple cider vinegar, sea salt, and freshly cracked black pepper. In this dish, tossing grilled radicchio with heirloom tomatoes, artichokes, and basil brings flavors that contrast its bitter taste.

INGREDIENTS

8 cups	Radicchio
4	Tomatoes
1	Lemon
2 tablespoons	Olive oil
2 tablespoons	Balsamic vinegar
1 cup	Canned artichoke hearts
1 cup	Fresh basil
Optional	Salt & pepper to taste
	4 cups Bibb lettuce

DIRECTIONS

1. This recipe makes a light, but large plant-powered salad. You may enjoy it as a meal, but we recommend cooking it as a starter or side salad to accompany an entree.
2. Produce prep: Rinse the radicchio, heirloom tomatoes, lemon, and basil. Halve the radicchio, slice the tomatoes in quarters, juice the lemon, and finely slice the basil.
3. In a medium shallow serving dish, whisk together half of the olive oil, vinegar, salt and pepper (to taste). Set aside.
4. With metal tongs, hold each radicchio half over an open flame or place it on a gas grill barbecue. Grill it for about 5 minutes, until the leaves blacken around the edges and the colors brighten. Remove from the heat and place in the dressing, turning it over to coat the radicchio to your liking.
5. In a small bowl, place the tomatoes and the artichoke hearts and toss well in the remaining olive oil, the lemon juice, and salt to taste. On individual plates arrange the radicchio half in the center. Add the tomato mixture on top and garnish with fresh basil. Pour some of the remaining marinade over the radicchio if you prefer.
6. Add optional extra salad greens and/or fresh herbs, if desired, to further fill out the dish.



CREAMY KALE PESTO PASTA

Makes 2 medium servings



Now you can enjoy all the fresh and savory flavors of pesto - without any of the grease! This recipe is full of whole-food, plant-powered goodness: bright green kale and (of course) basil, protein-rich beans, rich walnuts and a dash of lemon. Have your fork at the ready!

INGREDIENTS

- 4 cups Kale
- 2 cloves Garlic
- 1/2 cup No-salt canned pinto beans
- 2 cups Fresh basil
- 1/4 cup Walnuts
- 2 tsps Lemon juice
- 1/2 tsp Turmeric
- 1 tbsp White miso paste
- 2 tsps Nutritional yeast
- 4 ounces Spaghetti (whole-grain or gluten-free)
- Optional** 1/4 cup Water
- Black pepper to taste

DIRECTIONS

1. Rinse all the produce. Finely chop the kale. Peel the garlic. Drain and rinse the canned beans.
2. Cook pasta according to directions on the package. Just before pasta is cooked, add chopped kale to the boiling water to wilt. Drain pasta and kale.
3. In a food processor or blender, combine basil, walnuts, garlic, lemon juice, turmeric powder, half the beans, water, miso paste, and pepper. Blend until smooth, drizzling in extra water as needed to reach a sauce-like consistency.
4. Top hot pasta and kale with pesto and the remaining beans. Toss to coat, sprinkle with nutritional yeast, and enjoy!



SPICED CRANBERRY GRANOLA BAR

Makes 6 medium servings



INGREDIENTS

1 1/2 cups	Rolled oats
3/4 cup	Flax seed
3 tbsps	Chia seeds
1/2 cup + 1 tbsp	Pumpkin seeds
1 cup + 2 tbsps	Dried cranberries
3 tbsps	Coconut oil
1/3 cup + 2 tsps	Peanut butter
1 tbsp + 2 tsps	Agave
2 tsps	Cinnamon
3/4 tsp	Ground Cardamom

DIRECTIONS

1. Preheat oven to 325F/160C.
2. In a bowl, mix together all the dry ingredients (oats, seeds, spices, and cranberries) until evenly combined.
3. In a separate bowl, whisk together the melted coconut oil (you can melt it in the microwave or on the stove), peanut butter and agave. Mix the wet and dry ingredients until combined.
4. Line a pan with parchment paper or a thin coating of coconut oil. The size of pan you'll use will depend on how many servings you make. For 6 servings you can use a 9X9 pan, or something of similar size. Be sure to have different sized pans available and choose the best one depending on how much you've planned to bake. You may also adjust the volume of batter in a single pan. To do so, your bars will be taller than the ones pictured and will take a little bit longer to cook. Just wait until they're golden brown on top and on bottom (if you're using a glass pan).
4. Press the batter into the pan so it all sticks together, tightly. Bake for 20 minutes or until golden brown. Once done, allow them to cool completely before cutting.
5. Cut into evenly sized bars and store in the fridge until you eat them.



ARTFUL ACAI SMOOTHIE BOWL

Makes 2 medium servings



This beautiful breakfast looks and tastes like a work of art, with gorgeous stripes and layers of fresh fruit, walnuts and seeds. Sweet frozen cherries, creamy banana, savory walnuts, unsalted pumpkin seeds, dried golden berries and tart dried cranberries come together to make every bite unique!

INGREDIENTS

1	Banana
1/2 cup	Frozen acai berries
2 tbsps	Flax meal
2 cups	Spinach
1/2 cup	Frozen cherries
1/2 cup	Water
1/4 cup	Walnuts
2 tbsps	Dried golden berries
2 tbsps	Dried cranberries
2 tbsps	Unsalted pumpkin seeds
1 tbsp	Hemp seeds

DIRECTIONS

1. Peel the banana, break it in half and freeze overnight.
2. In the morning, throw the banana, frozen acai berries, flax, spinach, frozen cherries, water, and walnuts into a blender. Blend until smooth. You may need to let the frozen acai berries thaw for a little bit before blending. Add more water to thin it out, or ice to make it thicker.
3. Pour the smoothie into a bowl. Top off with the dried golden berries, dried cranberries, unsalted pumpkin seeds and hemp seeds and enjoy with a spoon!