

WHAT CAN I EXPECT INSIDE THE PLANTSTRONG MEAL PLANNER?

DISCOVER

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

Whether you're following the Seven-Day Rescue Challenge or the traditional Engine 2 Diet, you'll have plenty of options! Each recipe is taste-tested and approved by a team of nutritionists, so you can cook with confidence.

DISCOVER MENUS GROCERY ²⁴

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 +

LUNCH

ROASTED RED PEPPER HUMMUS WRAP
5 min Super easy
5818 people are cooking this
95% would make again
ADD +

DINNER

PORTOBELLO "STEAKS" WITH POTATOES & BROCCOLI
25 min Medium
5818 people are cooking this
95% would make again
ADD +

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 ²⁴

GROCERY

RECIPES 5 ITEMS 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



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



Spicy Thai Salad

15 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 available 7 days a week, 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.



E2 MUSHROOM STROGANOFF

Makes 2 medium servings



This plant-strong recipe has all the comforts of a soul-warming favorite dish, without any of the guilt! Enjoy with a glorious green salad.

INGREDIENTS

- 1/4 Yellow onion
- 1/4 cup Button mushrooms
- 1/4 cup Crimini Mushrooms
- 1 clove Garlic
- 1 cup Spinach
- 2 tsps Wheat flour
- 2 tsps Balsamic vinegar
- to taste Dried thyme
- 3 ounces Whole grain fettuccine
- 2 tsps Unsweetened soy/nut/rice milk
- Optional** Salt & pepper to taste

DIRECTIONS

1. Cook the pasta according to package.
2. Produce prep: Peel and chop onion. Slice mushrooms. Mince garlic. Chop spinach.
3. Cook the onion in a nonstick skillet on high heat for 3 minutes. Add the sliced mushrooms and garlic, then cook until the mushrooms begin to release their juices. Turn heat down to low.
4. In a small saucepan over medium heat, whisk together the flour and plant milk until combined and sauce begins to thicken. Add the vinegar. Then pour into the skillet with the mushroom mixture. Stir in the spinach, cook and stir until it wilts. Add the thyme, salt and pepper to taste.
5. Serve warm over the cooked pasta.

COLLARDS & CANNELLINI BEAN SOUP

Makes 2 medium servings



This savory and satisfying soup is perfect for a cold or rainy day. The beans and quinoa are packed with protein and dietary fiber, which will leave you feeling fueled and satisfied. Did you know that fiber supports digestive health? And with all those collard greens, each bowl gets you closer to meeting your daily needs for folate, an essential vitamin that supports many functions in the body. Soup's on!

INGREDIENTS

1 cup	Collard greens
3 cloves	Garlic
1/2 can	No-salt canned white beans
1/4 cup	Quinoa
2 cups	Low-sodium vegetable stock/broth
1/2 cup	Water
3/4 tsp	Salt-free chili powder
1 tsp	Balsamic vinegar
Optional	Salt & pepper to taste

DIRECTIONS

1. Produce Prep: Rinse and chop the collard greens. Start by removing the stems of the collard leaves. Stack the deveined leaves and slice them into multiple long strips. Then chop them horizontally to make bite-sized pieces. Peel and mince the garlic. Drain and rinse the canned white beans.
2. Add garlic, quinoa, vegetable stock/broth, water, and chili powder to a large pot. Bring up to high heat.
3. When the water boils, add the collard greens. Reduce heat to medium-low and simmer for 10 minutes, or until the quinoa is fully cooked and the collard greens reach your desired consistency. (Some people love soft collard greens; others like them to stay a bit chewier. The longer you cook them, the softer they will get!)
4. Add the beans and let them warm for 5 minutes. When serving, add balsamic vinegar to each bowl for a fresh boost of flavor.

Kid-Friendly Tip - Hold off on adding the balsamic vinegar to your child's bowl, vinegar has a tendency to be off-putting for picky eaters. But you should definitely take the opportunity to expose them to new flavors. Let them taste a bite from your bowl and see if they notice a difference. They might actually like it!

BAKED FLAUTAS WITH CUCUMBER NECTARINE SALAD

Makes 2 medium servings



Satisfy your crispy cravings with these oil-free baked flautas! These are super simple to throw together, and taste delicious paired with a sweet and fresh Cucumber Nectarine Salad.

INGREDIENTS

- 1 cup Low-sodium canned vegetarian refried beans
- 1 tsp Cumin
- 3 Corn tortillas
- 1/2 Cucumber
- 1 Nectarine
- 1/2 cup Kale
- 1/2 Lemon
- Optional** Cayenne pepper to taste

DIRECTIONS

1. Preheat oven to 425°F/220°C.
2. Prepare the flautas: Combine the refried beans and cumin until well-mixed.
3. Warm tortillas in the microwave or in a skillet until pliable.
4. Spread the bean mixture in a thin layer on the tortillas and roll them up. Dust with cayenne pepper, if desired.
5. Bake 15 to 20 minutes or until crisp.
6. Prepare the Cucumber Nectarine Salad: Wash and prep your produce: Spiralize or dice the cucumber, dice the nectarine, chop the kale, and zest the lemon. Toss all ingredients together and squeeze with lemon juice.

RIP'S BREAKFAST BOWL

Makes 2 medium servings



Say goodbye to boring breakfasts and wake up your tastebuds with a whole lotta ZING! This breakfast bowl is full of tangy, tropical fruit, whole grains and superfood chia seeds to help you make the day ahead shine.

INGREDIENTS

- 1/2 Grapefruit
- 1 Banana
- 1/4 cup Frozen mango
- 1/2 cup Rolled oats
- 1 tbsp Chia seeds
- 1 cup Unsweetened soy/nut/rice milk

DIRECTIONS

1. Peel and slice grapefruit and banana. Microwave the frozen mango for a few seconds to thaw it.
2. In a big bowl, lay a foundation of raw old-fashioned oats, thawed frozen mango, banana, grapefruit slices, chia seeds, then top with 'milk' and enjoy!