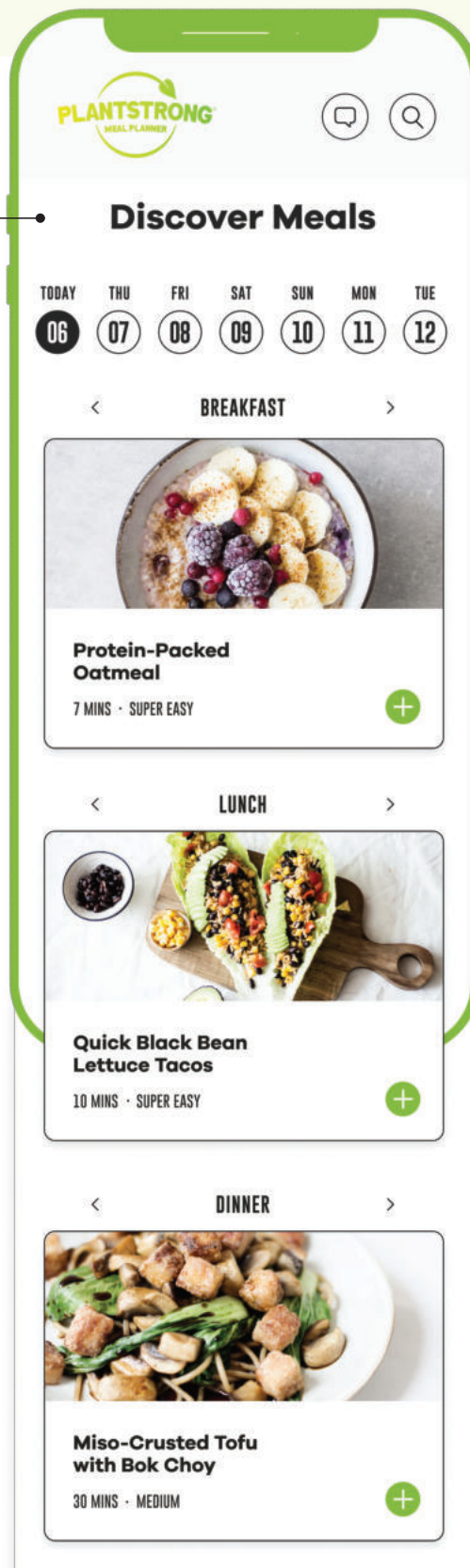


# WHAT CAN I EXPECT INSIDE THE PLANTSTRONG MEAL PLANNER?

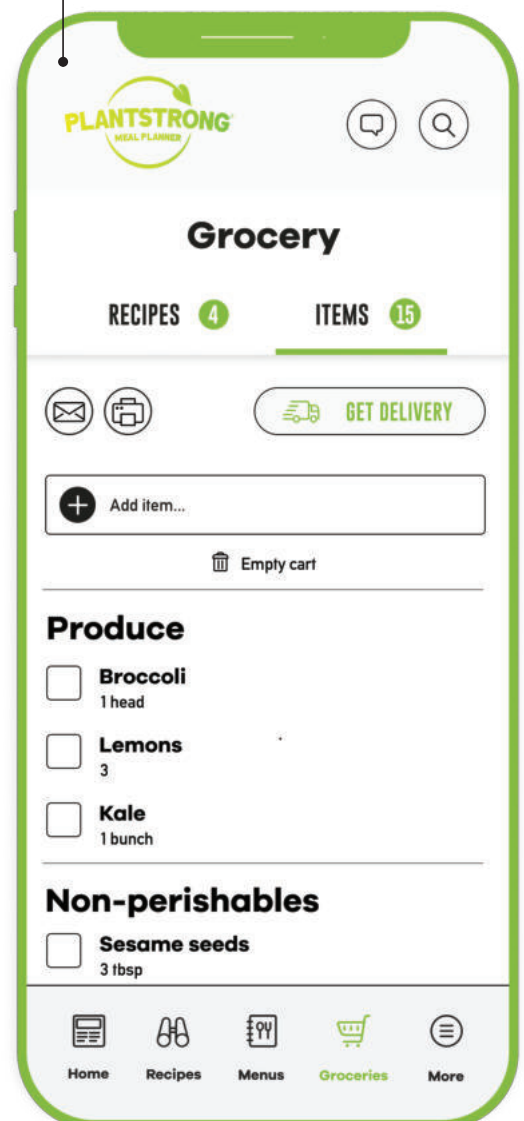
## Discover

Discover thousands of personalized plant-based recipes to satisfy every craving. You'll find everything from simple, veggie-packed meals to exciting, adventurous dishes. Each recipe is created and taste-tested by a team of nutritionists and food experts so that you can cook with confidence. Every day, you'll get personalized meal suggestions for breakfast, lunch, and dinner. We offer multiple meal plan styles and lots of customization options so you can get recipes that are a perfect fit for you.



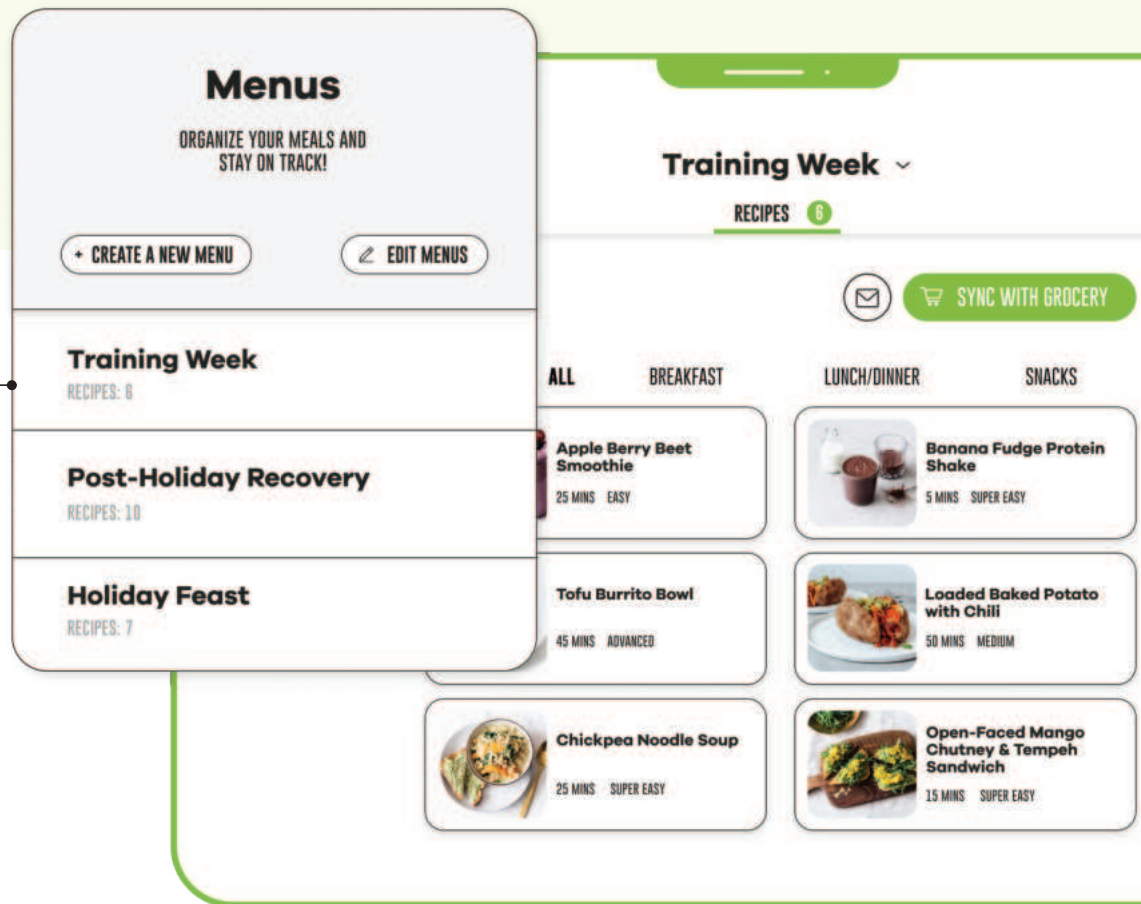
## Grocery Lists

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!



## Menus

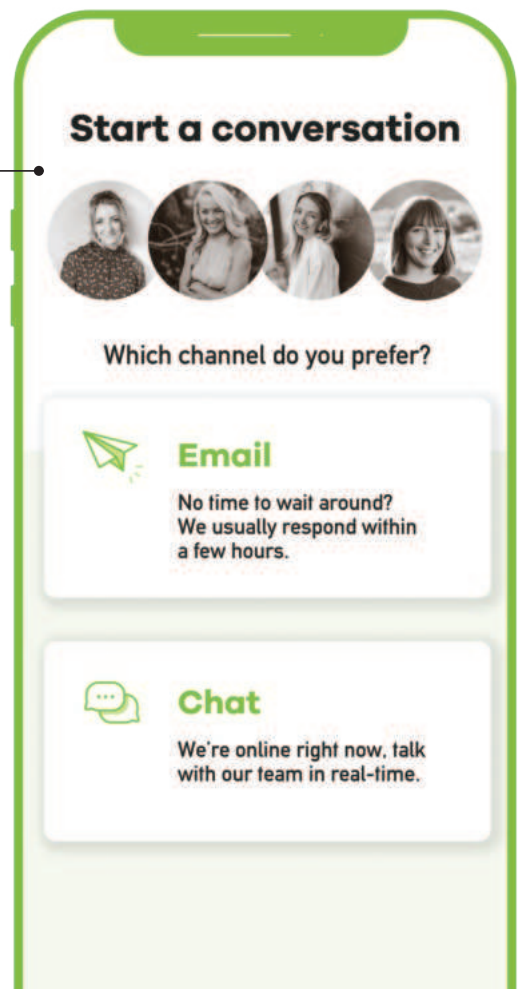
Make life easier by organizing your meals in advance. You can create and customize as many Menus as you'd like!



## 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.



## PLANTSTRONG MUSHROOM STROGANOFF

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

20 mins · 2 medium servings



Yellow onion	1/2
Cremini Mushrooms	1/2 cup
Button mushrooms	1/2 cup
Garlic	2 cloves
Spinach	2 cups
Wheat flour	1 tbsp + 2 tsps
Unsweetened Plant-Based Milk	1/4 cup
Balsamic vinegar	1 tbsp
Dried thyme	to taste
Whole grain fettuccine	6 ounces

### Optional

Salt & pepper	to taste
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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

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!

20 mins · 2 medium servings



Collard greens	2 cups	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.
Garlic	6 cloves	
No-salt canned white beans	1 can	
Quinoa	1/2 cup	2. Add garlic, quinoa, vegetable stock/broth, water, and chili powder to a large pot. Bring up to high heat.
Low-sodium vegetable stock/broth	4 cups	
Water	1 cup	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!)
Salt-free chili powder	1 1/2 tsps	
	2 1/2 tsps	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.
Balsamic vinegar		
<b>Optional</b>	to taste	5. 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!
Salt & pepper		

**Note:** Grocery stores often run out of fresh collard greens. Frozen collards or fresh kale leaves are a great substitute in this recipe. No balsamic vinegar for garnish? Drizzle a bit of another type of vinegar or lemon juice on top.

# BAKED FLAUTAS WITH CUCUMBER NECTARINE SALAD

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.

30 mins · 2 medium servings



## For the flautas

Low-sodium  
canned vegetarian  
refried beans 2 cups

Cumin 2 tsps

Corn tortillas 6

## For the salad

Cucumber 1

Nectarines 2

Kale 1 cup

Lemon 1

## Optional

Cayenne pepper to taste

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

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.

5 mins · 2 medium servings



Grapefruit	1
Bananas	2
Frozen mango	1/2 cup
Rolled oats	1 cup
Chia seeds	2 tbsps
Unsweetened Plant-Based Milk	2 cups

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!