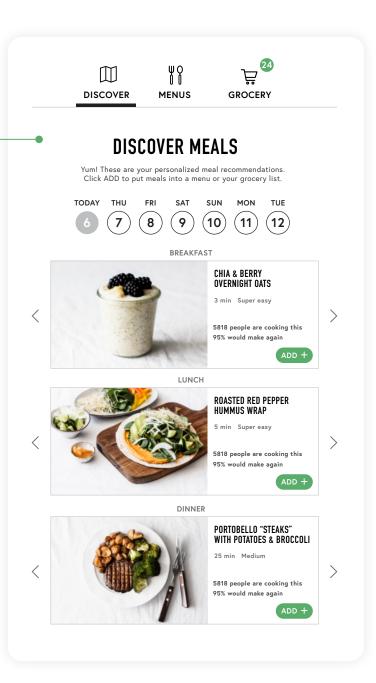
## WHAT CAN I EXPECT INSIDE THE PLANTPOWER MEAL PLANNER?

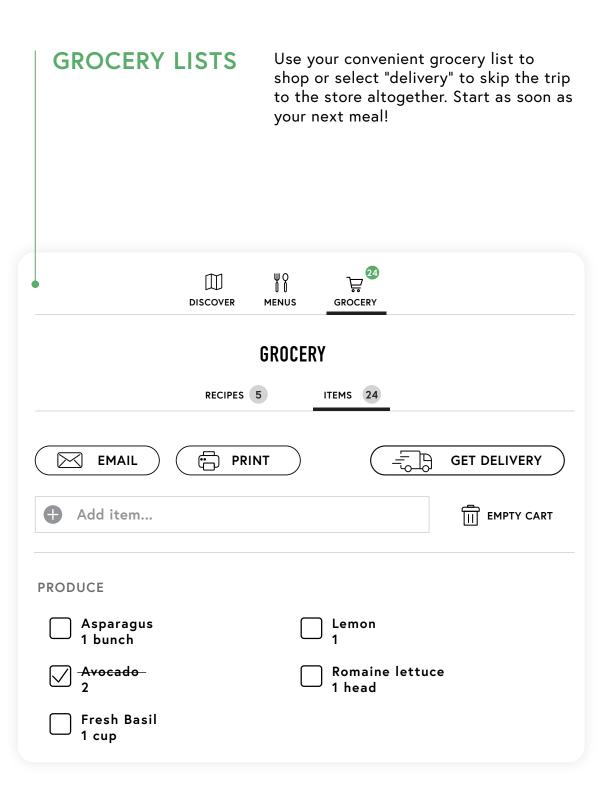
## **DISCOVER**

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!)













## **MENUS**

Favorite Salads V







Summer Salad with Mango and Curry Vinaigrette

10 mins Super easy





Dreamy Green Bowl

15 mins Super easy



Almonds

10 mins Easy





Spring Salad with Lemon Mint Dressing

10 mins Super easy





Miso Lime Dressing

10 mins Easy



## YOUR MENUS Organize your meals and stay on track! + CREATE A NEW MENU Favorite salads Recipes: 5 ☐ In Grocery Weekend breakfasts Recipes: 7 Easy-to-pack lunches

## **MENUS**

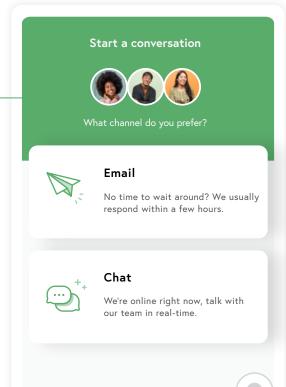
Make life easier by organizing your meals in advance. You can create and customize as many Menus as you'd like!

## **SUPPORT**

Recipes: 11

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.





# 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 tbsps 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!