What can I expect inside the What The Health Meal Planner?

**DISCOVER**

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

You'll find everything from familiar comfort food to fresh and nourishing meals - all 100% plant-based. Each recipe is taste-tested and approved by a team of nutritionists and food experts, so you can cook with confidence.

**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!
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

Favorite salads
Recipes: 5
In Grocery

Weekend breakfasts
Recipes: 7

Easy-to-pack lunches
Recipes: 11

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.
Tofu Salad Sandwich

Makes 2 medium servings

All the flavor of an egg salad sandwich - without the cholesterol (or the smell!). This filling sandwich makes a tasty midday meal that’s full of plant protein, fiber and a whole lot of veggie crunch!

INGREDIENTS

<table>
<thead>
<tr>
<th>Amount</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1</td>
<td>Celery stalk</td>
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<tr>
<td>2 tbsp</td>
<td>Fresh parsley</td>
</tr>
<tr>
<td>1/4</td>
<td>Red onion</td>
</tr>
<tr>
<td>1/2</td>
<td>Avocado</td>
</tr>
<tr>
<td>2/3 block</td>
<td>Extra firm tofu</td>
</tr>
<tr>
<td>2 pinches</td>
<td>Turmeric</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Dijon mustard</td>
</tr>
<tr>
<td>1 tsp</td>
<td>Nutritional yeast</td>
</tr>
<tr>
<td>2 pinches</td>
<td>Onion powder</td>
</tr>
<tr>
<td>2 pinches</td>
<td>Garlic powder</td>
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<tr>
<td>4 slices</td>
<td>Pumpernickel bread</td>
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<tr>
<td>2 cups</td>
<td>Mixed greens</td>
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<tr>
<td>2 cups</td>
<td>Baby carrots</td>
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Optional

<table>
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<tr>
<th>Amount</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2 tbsp</td>
<td>Nayonaise light</td>
</tr>
<tr>
<td>to taste</td>
<td>Salt &amp; pepper</td>
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DIRECTIONS

1. Produce Prep: Rinse and chop the celery stalk and fresh parsley. Peel and dice the red onion. Slice open the avocado, scoop out flesh, and chop into small pieces.

2. Drain the extra firm tofu and squeeze out as much water as possible. Crumble the extra firm tofu into a bowl. Add the turmeric, Nayonaise Light (if using), Dijon mustard, nutritional yeast, onion powder, garlic powder, salt and pepper (if using), red onion, chopped celery, and fresh parsley. Stir until combined.

3. Toast the pumpernickel bread if desired. Spread with avocado. Scoop the tofu mixture onto the pumpernickel bread, top with the mixed greens, and close with second slice of pumpernickel bread. Serve with baby carrots on the side.
Spinach Pesto Veggie Pizza

Makes 2 medium servings

**INGREDIENTS**

- 1/2 Onion
- 1 1/2 cloves Garlic
- 1/2 Red pepper
- 1/2 Yellow pepper
- 1/2 cup Cherry tomatoes
- 1 Pre-made pizza crust
- 2 cups Spinach
- 2 cups Fresh basil
- 1/4 cup Cashews

**DIRECTIONS**

1. Produce Prep- Peel and chop the onion into strips. Peel and roughly chop the garlic. Remove the stem and seeds from the peppers, and cut into strips. Chop the cherry tomatoes into halves. If you are using the optional baby corn, rinse, then drain, give it a rough chop, and set aside.

2. Preheat the oven according to the directions on the pre-made pizza crust package. In a pan on medium heat and about 2 tablespoons of water, sautée the peppers and onions. After 5 minutes, turn off the heat and stir in the cherry tomatoes.

3. In a food processor or blender, blend the spinach, basil, garlic, and cashews. To make it creamy, slowly add in water, 1 tablespoon at a time, until you have a thick paste. This is your pesto sauce for the pizza base.

4. Spread the pesto on to the crust. Sprinkle the veggies on top and include the roughly chopped baby corns if you are using them. Bake until the crust is golden on the edges.

5. Add a touch of salt and pepper to taste.
Chickpea Noodle Soup

Makes 2 medium servings

Feeling under the weather or a little blue? Or maybe you just need a big bowl of comfort? This dish will do the trick! Loaded with plant protein, whole grains and veggies, this meal is much more nutritious than your standard chicken noodle soup (and it’s a lot tastier too!).

INGREDIENTS

1/2 Onion
1 clove Garlic
2 Carrots
2 Celery stalks
1 cup Spinach
1 cup No-salt canned garbanzo beans
4 cups Low-sodium vegetable stock/broth
1 cup Pasta (whole-grain or gluten-free)
1 tbsp White miso paste
2 tbsp Nutritional yeast

Optional
1/2 Avocado
Salt & pepper to taste
2 slices Bread (whole-grain or gluten-free)

DIRECTIONS

1. Produce Prep: Slice the avocado lengthwise, all the way around the pit. Gently twist each side to open the avocado. Scoop out flesh and cut into small pieces. Peel and finely chop the onion and garlic. Rinse the carrot and celery stalks and chop into bite-size pieces. Roughly chop the spinach. Drain and rinse the beans.

2. Heat soup pot over medium and add a few tablespoons of water. Add the onion, garlic, carrots, and celery. Water sauté until veggies soften (about 5 minutes).

3. Add stock/broth and bring to a boil. Once boiling, add the pasta.

4. When the pasta is almost cooked, stir in the white miso paste, nutritional yeast and beans. When pasta is tender, turn off the heat and fold in the spinach until wilted. Season with salt and pepper. If desired, serve with avocado toast. Toast the bread and spread with the avocado.
Four Ingredient Banana Pancakes

Makes 2 medium servings

This is the perfect recipe for Sunday morning brunch in a busy household. These pancakes have a great deal of protein and iron and are not overloaded with processed sugar like a regular pancake breakfast. Paired with fresh fruit, these pancakes are your favorite guilty pleasure breakfast turned into something you can be really proud of! We learned from our recipe testers that these are best when eaten hot, so eat them freshly cooked or reheat leftovers on the stove. And this is the perfect opportunity to add your own personal touch (syrup, berries and nuts or seeds, oh my!).

**INGREDIENTS**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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<tbody>
<tr>
<td>2</td>
<td>Bananas</td>
</tr>
<tr>
<td>1/2 cup</td>
<td>Unsweetened soy/nut/rice milk</td>
</tr>
<tr>
<td>1/4 tsp</td>
<td>Cinnamon</td>
</tr>
<tr>
<td>2/3 cup</td>
<td>Garbanzo bean flour</td>
</tr>
<tr>
<td>Optional</td>
<td>1/2 tsp Baking powder</td>
</tr>
<tr>
<td></td>
<td>Frozen mixed berries to taste</td>
</tr>
<tr>
<td></td>
<td>1 tbsp + 1 tsp Maple syrup</td>
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</table>

**DIRECTIONS**

1. Mash half the banana(s) in a mixing bowl. Blend with unsweetened soy/nut/rice milk (water also works), cinnamon and garbanzo bean flour until smooth. (If you want fluffier pancakes and are not avoiding sodium, add in baking powder when blending.) You may also use a food processor for this step. Just add all the ingredients to a food processor or blender and blend for 1 minute.

2. Heat a skillet over medium heat. A non-stick skillet works best, or add a tiny bit of oil to a pan.

3. Using a measuring cup (1/3 cup ideally) scoop out about 1/3 cup of batter to cook at a time. Cook for a few minutes or until the bottom is golden brown. Flip and cook until both sides are golden brown.

4. Chop the rest of the banana into pieces to serve over the pancakes when plating.

5. Add your own touch to dress these up! We like to thaw frozen mixed berries on the stove or in the microwave to create a nice fruit-sweetened syrup to top these off with. And maple syrup is also delicious.