

Welcome to Plant Power



plantable

A top-down view of several strips of red bell pepper scattered on a white, slightly textured surface. The strips are curved and show the internal structure of the pepper. A small piece of green vegetable is visible in the upper right.

Diets are dead.

It's time for a health fix.

Welcome to your health fix.

I'm so excited to welcome you to Plantable. Plantable is the culmination of passion, love of good food, and the desire to lead a life filled with energy and good health.

I founded Plantable a few years ago when I discovered just how much what we eat impacts how we feel today and tomorrow. The catalyst for my journey into the world of food and nutrition was yet another diagnosis of cancer in my family. I wanted to find additional solutions beyond the pending chemo, and I uncovered a world of learning that amplified my understanding of how lifestyle factors — especially what we eat — impact our health.

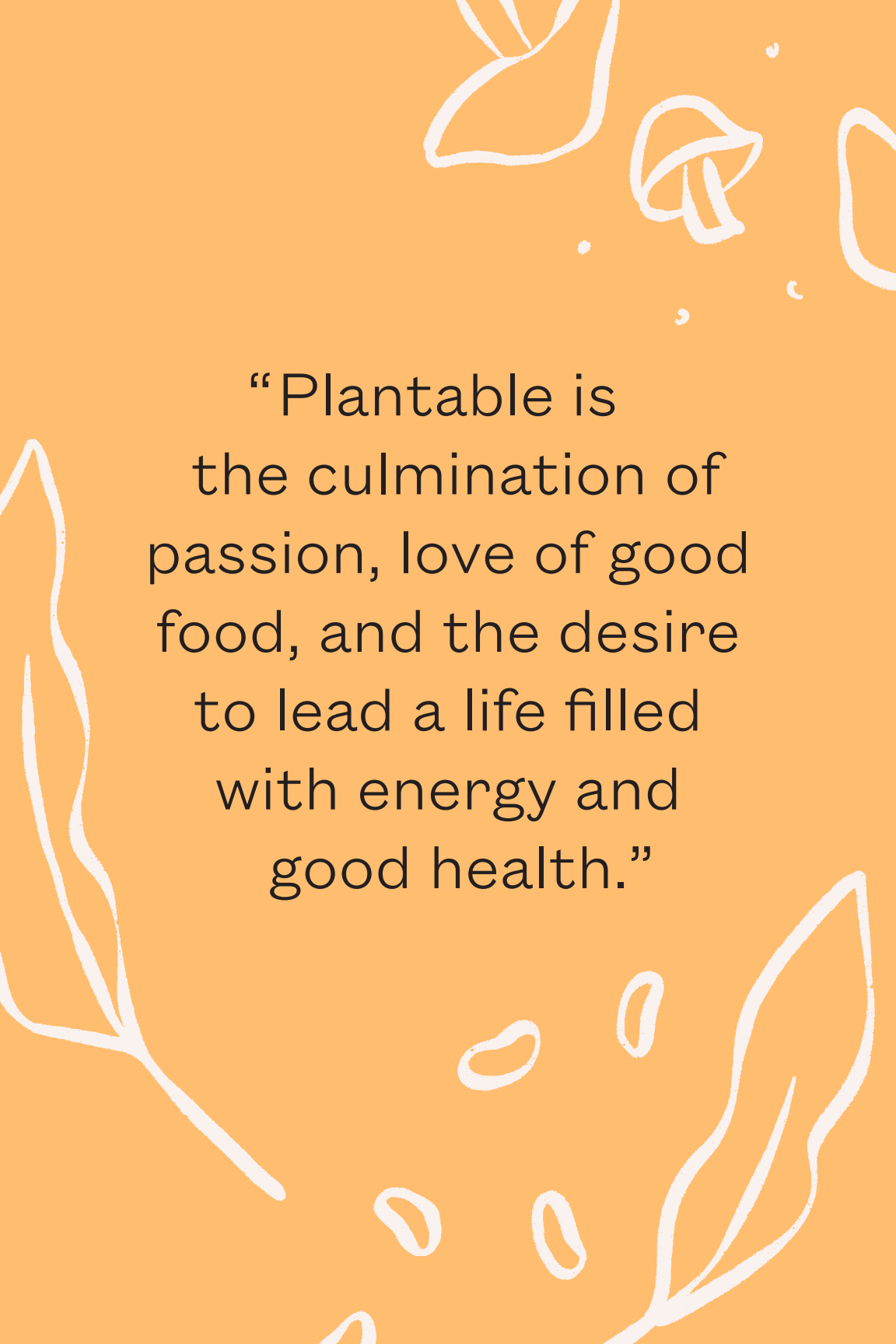


Plantable's mission is to give everyone back their power and control. While food provides sustenance, good food powers the brain and body with what they need to perform at their best. With proper nutrition, everything else falls more easily into place. No need for going hungry, calorie counting, faddish diets or juice cleanses. Just real, balanced, delicious food. We have more energy and feel better because we are better, inside and out.

So kick back! Let Plantable spoil you and do the hard work for a while. Our goal is to restore you to your best by resetting habits with delicious, nutrient-dense meals and education along the way. We believe that knowledge is power, and that's why you have access to a personal coach for any extra guidance you may need. By the end of your Plantable experience, you'll know exactly how to lead a Plantable life and feel great effortlessly.

Please feel free to reach out at any time. I love hearing from you, and I look forward to hearing your Plantable story.

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The background is a solid orange color. It is decorated with white line art. In the top right corner, there is a stylized flower with several petals and a central stem. In the bottom left and bottom right corners, there are large, stylized leaves with prominent veins. Scattered throughout the background are several small, white, oval-shaped outlines, resembling seeds or small fruits.

“Plantable is
the culmination of
passion, love of good
food, and the desire
to lead a life filled
with energy and
good health.”

Made with love in Brooklyn, NYC.



Nutrition. Science. And a love for good food.
The team behind Plantable pulls it all together
in our Brooklyn kitchen to give you power
on your plate.

Here's how we think about food:

_01

Nutrient Rich

It should make you look
and feel amazing.

_02

Plant-Based

It should be good for you
and the planet.

_03

Whole Grain

It shouldn't be refined —
processed crap gets stored as fat.

_04

No Added Sugar

We should bring out the
real flavors in food.

_05

High Fiber

It should be good for your gut
and keep you full.

_06

Local & Organic

It should be high-quality
and un-messed-with.

_07

Balanced

It should have enough protein,
complex carbs and good-for-you fat.

_08

Seriously Tasty

It should be something you
love to eat.

You're in control now.

Plantable is a wellness platform that puts you in charge of your relationship with food. It transforms the way you look and feel. No more cravings, crashes or fad diets — just the simple science that empowers you to own your health.

Our food makes it easy to start feeling better, but lasting habit change really happens when you understand what's happening inside your brain and body. Each day, we'll ping you with fresh ideas and education to complement your delicious meals.



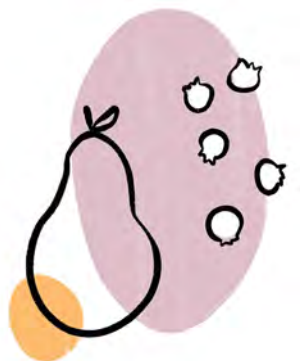
Get the most from Plantable.

A few simple guidelines to optimize
the power of Plantable.



Eat your Plantable meals!

We've done the hard work, so kick back and enjoy someone else doing the cooking. You'll find breakfast, snack and side-salad recipes in this book.



Ditch the sugar and
sweeteners.

Sugar includes honey, agave nectar and maple syrup. Sweeteners, including stevia, should be eliminated too.



Drink water.

Ditch the sodas, fruit juices and shakes. Up your intake of water. Your body needs more on Plantable.



Go whole and ditch the refined stuff.

Avoid refined grains like white flour, durum wheat pasta and white rice. Choose 100% whole wheat and whole grains.



Add a leafy salad with homemade dressing to your evening meal.

Enjoy your yummy side salad — it's important for added satiety and crunch. Add exciting toppings like avocado, toasted pecans and apples. Toss with your own dressing.



Check in with us!

We're here to answer any questions and keep you on the Plantable path. Contact us anytime. We always love to hear from you!



Food Storage and Prep

How do I store my meals?

Place meals for the next day or two in the fridge to thaw. Keep the rest in the freezer. After a day or so, replenish the fridge, as needed, with more frozen meals.

How do I reheat my meals?

Heating meals from thawed, not frozen, is always best! Each meal has chef-recommended prep instructions on the front of its label. Some meals are best served at room temperature, and heating method and times may vary.

IF THAWED:

Follow the chef-recommended prep instructions on the front of the label. Alternatively, there are microwave instructions on the back of the label.

IF FROZEN:

Place the bag in boiling water until warm, maximum 20 minutes. Our bags are FDA-approved and BPA-free.

IF WRAPPED IN PARCHMENT OR FOIL:

Whether from frozen or thawed, these meals will always be best *unwrapped* and heated in the oven.

PASTA:

Boil in salted water according to the label.





Breakfast, Snack & Salad Recipes

Download the app for further suggestions!

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A top-down view of a white ceramic bowl with a gold rim, filled with a healthy breakfast meal. The bowl contains a mix of cooked quinoa (yellow, red, and black), light-colored beans, fresh spinach leaves, and a slice of avocado. The bowl is set on a white marble surface with brown veins. A white rectangular box with the text "Breakfast Recipes" is centered over the bowl.

Breakfast Recipes

Avocado Toast

MAKES 1 SERVING

1 slice of Ezekiel (or GF equivalent) bread

2-3 slices of ripe avocado

1 handful of baby spinach leaves

1 tbsp. hemp hearts

DIRECTIONS

Toast the bread. Smoosh in the avocado. Top with baby spinach leaves and hemp hearts.

Almond Butter Toast

MAKES 1 SERVING

1-2 slices of Ezekiel (or GF equivalent) bread

1 tbsp. unsweetened almond butter

1/2 banana, sliced

1 tsp. hemp hearts or chia seeds

DIRECTIONS

Toast the bread and spread the nut butter on the toast. Top with the banana. Sprinkle hemp hearts or chia seeds.

The Power Bowl

MAKES 1 SERVING

1/3 c. cooked quinoa

1 handful baby spinach leaves, cut into pieces

1/3 c. pinto beans or organic refried beans

1/3 ripe avocado

1 tbsp. green salsa and a dash of hot sauce

DIRECTIONS

Add baby spinach to warm, cooked quinoa. Add avocado, beans, green salsa and hot sauce!

Green God Smoothie

MAKES 1 SERVING

1 c. baby spinach or kale

1/2 banana and 1/2 apple or pear

1 tbsp. each of hemp hearts, flax & chia seeds

5 ice cubes

1/2 c. unsweetened almond milk

DIRECTIONS

Blend in a blender until smooth.

Banana Berry Oats

MAKES 1 SERVING

1 c. water

1/2 c. old fashioned oats

1/3 banana, sliced

1/4 c. blueberries

sprinkle of cinnamon & slivered almonds

dash of vanilla

unsweetened nut milk

DIRECTIONS

Add oats to boiling water and stir. Add vanilla, cinnamon and banana. Simmer until thick and creamy. Top with the berries, almonds and non-dairy milk.

Apple & Nut Butter Overnight Oats

MAKES 1 SERVING

1/4 c. old-fashioned oats

1/2 c. unsweetened almond milk

1 tbsp. nut butter

2 tsp. chia seeds

1/2 apple, grated

sprinkle of cinnamon and slivered almonds

DIRECTIONS

Combine all the ingredients except for the apple and almonds in an airtight container. Store in the fridge overnight. In the morning, add the grated apple and almonds. Boom! Breakfast on the go!





Snack Recipes

Roasted Chickpeas

Preheat oven to 400° F. Mix canned, drained chickpeas with olive oil, paprika, cumin, cayenne pepper, salt and pepper on a parchment paper-lined baking sheet. Roast for 25-30 minutes, until brown and crispy. Enjoy!

Dried Fruit & Raw Nuts

Buy a pre-portioned Trader Joe's Go Raw Trek Mix or make your own. Keep single portion packs on hand. These are really handy to travel with as well.

Guacamole & Pepper Slices

Mash 1 avocado with juice of 1/2 a lime, 1 clove of minced garlic and a dash of salt. Use red pepper, carrots or cucumber to dip into your guacamole.

Kale Chips

Preheat oven to 300° F. Line two baking sheets with parchment paper. Toss your Tuscan kale, torn up into bite size pieces, with olive oil and a generous sprinkling of nutritional yeast. Massage oil into the kale chips before spreading out across the two baking sheets. Bake the kale for 20 minutes, rotate the pan and bake for another 20 minutes. The kale should be crisp and lightly browned. Cool for at least 3 minutes before sprinkling with sea salt and chili powder, if desired.

Edamame Pods

Buy frozen edamame pods. Bring a large handful to work in a baggie and keep in the fridge. Pop in the microwave in a bowl with a little water. Shell and relieve boredom.

Hummus & Carrots

Buy organic carrots — real ones, not the weird baby carrots. Bring the bag and a peeler to work. Buy high-quality hummus — thick, not runny. Enjoy together!

Grown-up Ants on a Log

Slice celery into 4-5-inch sticks and line inside with your favorite nut butter. Top with raisins, and for some extra flavor and texture, sprinkle with sliced almonds and unsweetened coconut.

Apple & Almond Butter

Buy a jar of unsweetened almond (or other nut) butter. Eat 1 tablespoon with an apple. Simple!

A top-down photograph of a fresh salad served on a round wooden cutting board. The salad features deep purple radicchio leaves, bright orange slices of citrus (likely blood orange), and whole almonds. A black metal fork is placed on the right side of the board. The background is a light, neutral-toned surface.

Salad Recipes

The Carson

MAKES 2 SERVINGS

1 bag of baby spinach/mixed greens

1 avocado

2 handfuls of cherry tomatoes, sliced in half

1-2 tsp. balsamic vinegar

1 tsp. extra virgin olive oil

salt & pepper

DIRECTIONS

Toss all ingredients together in a bowl.

The Pollan

MAKES 2 SERVINGS

1 bag of baby spinach/mixed greens

1 apple or pear

1/3 c. toasted pecans

1-2 tsp. white balsamic or wine vinegar

1 tsp. extra virgin olive oil

salt & pepper

DIRECTIONS

Toss all ingredients together in a bowl.

The Suzuki

MAKES 2 SERVINGS

1/2 head of radicchio, finely sliced

1 fennel bulb, finely sliced

half an orange, sliced into small pieces

1/3 c. toasted pistachios

1-2 tsp. balsamic or wine vinegar

1 tsp. extra virgin olive oil

salt & pepper

DIRECTIONS

Toss all ingredients together in a bowl.

The Harvest

MAKES 2 SERVINGS

3 endive heads

1/2 bag arugula

1/2 c. pomegranate seeds

1/2 c. toasted walnuts

1-2 tsp. balsamic or wine vinegar

1 tsp. extra virgin olive oil

salt & pepper

DIRECTIONS

Toss all ingredients together in a bowl.

The Farro

MAKES 2 SERVINGS

1 1/2 bunches of lacinato kale, thinly sliced

1/2 c. cooked farro

1 shallot, diced

1 apple, sliced thin

1-2 tsp. white balsamic or wine vinegar

1 tsp. extra virgin olive oil

salt & pepper

DIRECTIONS

Massage the kale with olive oil, salt, pepper and vinegar, then toss in farro, shallot, and apple.

The Classic

MAKES 2 SERVINGS

3 c. curly kale

1/2 tbsp. lemon juice

1/2 tbsp. olive oil

2 tbsp. hemp seeds

1/4 cucumber, halved and sliced

1/2 c. cherry tomatoes, halved

pinch of salt

DIRECTIONS

Massage the kale with olive oil, salt, lemon and hemp seeds, then toss in veggies.





Feel the plant power.

Your personal coach is here to answer any questions, offer support and ensure your success, any time you need it.

Email coach@plantable.com
or call us on (646) 974-8200.

And download the plantable app!

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