









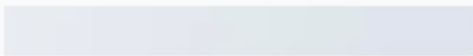






Welcome to EatLove. Here is your first meal plan highly customized for **A Healthy Diet** and your individual needs:

	DAY 1	DAY 2	DAY 3
BREAKFAST	<div><div>Harvest Oatmeal</div></div>	<div><div>Superfood Smoothie Bowl</div></div>	<div><div>Avocado Toast with Berries</div></div>
LUNCH	<div><div>Kale Salad Stuffed Pitas + Sunflower Seeds</div></div>	<div><div>Protein-Packed Quinoa Salad Jar + Snap Peas</div></div>	<div><div>Radishing Salad Jar + Peas & Hummus</div></div>
DINNER	<div><div>Curry Spiced Tofu + Cooked Wild Rice</div></div>	<div><div>Broccoli Cheese Stuffed Sweet Potatoes + Baby Kale & Edamame Salad</div></div>	<div><div>Quinoa Cakes with Garlic-Lemon Aioli + Tuscan Raw Kale Salad</div></div>
	<div></div>	<div></div>	<div></div>

SNACK	<div><div>Pineapple & Cottage Cheese</div><div><div>Walnuts</div></div></div>	<div><div>Pretzels & Hummus</div><div><div>Apple & Peanut Butter</div></div></div>	<div><div>Autumn Sweet Potato Smoothie</div><div></div></div>
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DAILY AVG. MEAL PLAN INSIGHTS



[SEE ALL NUTRITION](#)

[DAILY NUTRITION STATS](#) [PREVIEW GROCERY LIST](#)

45 MIN
DAILY AVG PREP
TIME

\$3.17
PER SERVING
AVG COST

43
OF FRESH
INGREDIENTS

35
OF PANTRY
INGREDIENTS

34%
PRODUCE
WASTE

[CLEAR ALL MEALS](#)