

3 Day Meal Plan

RECIPES

DAILY NUTRIENT INTAKE EXAMPLES

NUTRITION FACTS FOR EVERY
RECIPE

SHOPPING LIST



This 3-day whole food, plant-based meal plan provides 13 recipes that are easy to follow, inexpensive, nourishing, and delicious.

I have provided you the breakdown of nutrients in each recipe, as well as how each day would look if you followed the meal plan exactly.

These meals are easily scalable so it is encouraged to adjust your serving sizes depending on your fitness goals (gaining, losing, or maintaining weight).

I made this meal plan to show how you can get most essential nutrients from a plant-based diet. I do want to acknowledge that I take a Vitamin B12 supplement as well but otherwise get all other essential nutrients from my diet.

I hope you enjoy these recipes and hope this proves that a healthy, plant-based diet is not only good for us, but can be incredibly delicious as well!

In Health,
Rachel Lessenden
Health My Lifestyle Founder



Please note: The sample meal plan is a suggestion only. It is not intended as medical/nutritional advice and should not be used to diagnose or treat any illness. The recipes provided contain ingredients that may cause allergic reaction in some individuals. These recipes are suggestions only. If you are unsure about potential allergic reactions please consult your physician or other healthcare professional.

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Meal Plan

DAY 1

Breakfast

Cinnamon Apple Oatmeal

Snack

Hummus Dippers

Lunch

Hearty Lentil Soup

Snack

Almond Butter
Stuffed Dates

Dinner

Burrito Bowl

DAY 2

Breakfast

Carrot Cake Overnight Oats

Snack

Rice Cake w/ Nut Butter

Lunch

Burrito Bowl
(leftovers)

Snack

Strawberry Banana Ice
Cream

Dinner

Slow Cooker Vegan Chili

DAY 3

Breakfast

Classic Green
Smoothie

Snack

Chocolate Chia Pudding

Lunch

Slow Cooker Vegan Chili
(leftovers)

Snack

Apple Dips

dinner

Chickpea Edamame
Salad

Some recipes make multiple servings to be used for a meal the following day or later in the week. Be sure to store them in airtight containers in the refrigerator.

If you would like to store them longer, most of these recipes freeze and thaw well. Enjoy!

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The following are examples of what your nutrient intake could look like on this meal plan. Your results may vary depending on ingredients used and serving sizes.

DAY 1		DAY 2		DAY 3	
Fat	30%	Fat	25%	Fat	27%
Carbs	55%	Carbs	60%	Carbs	56%
Protein	15%	Protein	15%	Protein	17%
Calories	1734	Calories	1660	Calories	1680
Fat	61g	Fat	49g	Fat	52g
Saturated	8g	Saturated	6g	Saturated	8g
Polyunsaturated	19g	Polyunsaturated	14g	Polyunsaturated	19g
Monounsaturated	27g	Monounsaturated	19g	Monounsaturated	9g
Carbs	251g	Carbs	263g	Carbs	249g
Fiber	51g	Fiber	63g	Fiber	72g
Sugar	73g	Sugar	61g	Sugar	96g
Protein	69g	Protein	63g	Protein	77g
Sodium	1357mg	Sodium	3224mg	Sodium	3049mg
Potassium	3815mg	Potassium	4016mg	Potassium	4744mg
Vitamin A	18357IU	Vitamin A	17650IU	Vitamin A	23528IU
Vitamin C	203mg	Vitamin C	236mg	Vitamin C	234mg
Calcium	1176mg	Calcium	1247mg	Calcium	1801mg
Iron	19mg	Iron	22mg	Iron	27mg
Vitamin D	120IU	Vitamin D	80IU	Vitamin D	270IU
Vitamin E	14mg	Vitamin E	11mg	Vitamin E	8mg
Thiamine	1.3mg	Thiamine	1.2mg	Thiamine	1.1mg
Riboflavin	1.5mg	Riboflavin	1.2mg	Riboflavin	2.0mg
Niacin	11mg	Niacin	14mg	Niacin	9mg
Vitamin B6	1.8mg	Vitamin B6	1.9mg	Vitamin B6	1.7mg
Folate	681µg	Folate	517µg	Folate	1096µg
Vitamin B12	3.0µg	Vitamin B12	0.2µg	Vitamin B12	6.7µg
Phosphorous	1100mg	Phosphorous	1161mg	Phosphorous	1262mg
Magnesium	444mg	Magnesium	544mg	Magnesium	705mg
Zinc	9mg	Zinc	9mg	Zinc	8mg

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Cinnamon Apple Oatmeal

1 serving
5 minutes

Ingredients

1/2 cup rolled oats
1 cup soy milk
2 tbsps unsweetened applesauce
1 tbsp ground flax seed
1/4 tsp cinnamon
1 apple (diced)

Directions

Place the oats and soy milk into a microwave-safe bowl. Stir to combine.

Microwave on high for 1 1/2 - 2 minutes.

Stir in the applesauce, flax, and diced apples. Sprinkle the cinnamon on top. Enjoy!

Notes

No soy milk, Use another plant milk instead.

No apples, Use bananas, peaches, pears, berries, or dried fruit.

Nutrition

Amount per serving			
Calories	395	Vitamin A	608IU
Fat	9g	Vitamin C	9mg
Saturated	1g	Calcium	480mg
Polyunsaturated	5g	Iron	4mg
Monounsaturated	2g	Vitamin D	120IU
Carbs	71g	Vitamin E	0mg
Fiber	12g	Thiamine	0mg
Sugar	31g	Riboflavin	0.5mg
Protein	13g	Niacin	0mg
Sodium	94mg	Vitamin B6	0.1mg
Potassium	520mg	Folate	47µg
		Vitamin B12	3.0µg
		Phosphorous	101mg

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Hummus Dippers

1 serving
15 minutes

Ingredients

1/4 yellow bell pepper
1/4 carrot
1 stalk celery
1/4 cup hummus

Directions

Slice your pepper, carrot and celery into sticks.

In a small mason (250ml size), fill the bottom with hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Mix it up, Substitute in different veggies like cucumber and zucchini.

Nutrition

Amount per serving		Iron	2mg
Calories	171	Vitamin D	0IU
Fat	11g	Vitamin E	1mg
Saturated	2g	Thiamine	0.1mg
Polyunsaturated	5g	Riboflavin	0.1mg
Monounsaturated	3g	Niacin	1mg
Carbs	15g	Vitamin B6	0.2mg
Fiber	5g	Folate	59µg
Sugar	2g	Vitamin B12	0µg
Protein	6g	Phosphorous	138mg
Sodium	306mg	Magnesium	57mg
Potassium	443mg	Zinc	1mg
Vitamin A	2835IU	Selenium	3µg
Vitamin C	87mg		
Calcium	55mg		

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Hearty Lentil Soup

6 servings
40 minutes

Ingredients

1 yellow onion (diced)
4 garlic cloves (minced)
2 tsps cumin
1 tsp cinnamon
1 tsp turmeric
2 carrots (medium, peeled and diced)
2 stalks celery (diced)
1 sweet potato (cubed)
1 head cauliflower (chopped into florets)
4 cups water
4 cups low-sodium vegetable broth
2 cups lentils (uncooked)
2 cups kale leaves (chopped)
1 cup purple cabbage (chopped)
 salt & black pepper (to taste)

Directions

In a large sauce pan over medium-high heat, saute the onion and garlic in enough water to keep the vegetables from sticking. Add cumin, cinnamon, and turmeric. Stir well. Add carrots, celery, sweet potato, cauliflower and cook for 2-3 minutes. Add 4 cups of water and 4 cups of broth.

Cover and bring to a boil. Add the lentils, cover, and reduce to a simmer for 25 minutes.

The add kale and cabbage and simmer for 5 minutes. Season to taste with salt and black pepper. Divide between bowls. Enjoy!

Nutrition

Amount per serving			
Calories	318	Calcium	138mg
Fat	1g	Iron	6mg
Saturated	0g	Vitamin D	0IU
Polyunsaturated	0g	Vitamin E	1mg
Monounsaturated	0g	Thiamine	0.7mg
Carbs	60g	Riboflavin	0.3mg
Fiber	12g	Niacin	3mg
Sugar	8g	Vitamin B6	0.7mg
Protein	20g	Folate	376µg
Sodium	535mg	Vitamin B12	0µg
Potassium	996mg	Phosphorous	261mg
Vitamin A	520IU	Magnesium	65mg
Vitamin C	16mg	Zinc	3mg
		Selenium	1µg

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Almond Butter Stuffed Dates

1 serving
5 minutes

Ingredients

1/4 cup pitted dates
2 tbsps almond butter

Directions

Spoon an even amount of nut butter into the center of each date. Enjoy!

Notes

Nut-free, Use sunflower seed butter or tahini instead of almond butter.

Dress it up, Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Nutrition

Amount per serving		Calcium	123mg
Calories	296	Iron	1mg
Fat	17g	Vitamin D	0IU
Saturated	1g	Vitamin E	8mg
Polyunsaturated	4g	Thiamine	0mg
Monounsaturated	10g	Riboflavin	0.3mg
Carbs	33g	Niacin	1mg
Fiber	6g	Vitamin B6	0.1mg
Sugar	25g	Folate	24µg
Protein	7g	Vitamin B12	0µg
Sodium	3mg	Phosphorous	182mg
Potassium	475mg	Magnesium	103mg
Vitamin A	4IU	Zinc	1mg
Vitamin C	0mg	Selenium	2µg

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Burrito Bowl

4 servings
35 minutes

Ingredients

14 ounces tofu
3 tbsps low-sodium soy sauce
1 tbsp chili powder
1/2 tsp garlic powder
1/2 tsp dried oregano
1/2 tsp paprika
1 1/2 tsps cumin
 salt & black pepper (to taste)
8 cups romaine (shredded)
1 cup brown rice
1 cup black beans
1 cup corn
2 avocados

Directions

Preheat the oven to 400F. In a small mixing bowl, crumble the tofu and add the soy sauce and spices. Toss until the tofu is evenly coated.

Spread the tofu out on a baking sheet lined with parchment paper and bake for 20-25 minutes, tossing halfway through.

Serve the spiced tofu crumbles in large salad bowls with the rest of the ingredients evenly divided. Enjoy!

Notes

Serving suggestion, Serve with homemade pico de gallo and limes.

Nutrition

Amount per serving		Calcium		380mg
Calories	554	Iron		6mg
Fat	23g	Vitamin D		0IU
Saturated	4g	Vitamin E		4mg
Polyunsaturated	5g	Thiamine		0.5mg
Monounsaturated	12g	Riboflavin		0.3mg
Carbs	72g	Niacin		6mg
Fiber	16g	Vitamin B6		0.7mg
Sugar	7g	Folate		175µg
Protein	23g	Vitamin B12		0µg
Sodium	419mg	Phosphorous		418mg
Potassium	1381mg	Magnesium		168mg
Vitamin A	5661IU	Zinc		4mg
Vitamin C	40mg	Selenium		22µg

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Carrot Cake Overnight Oats

1 serving
3 hours

Ingredients

- 1/2 cup** rolled oats
- 1/4** carrot (medium, grated)
- 1 tbsp** chia seeds
- 1/4 tsp** cinnamon
- 1/8 tsp** ground ginger
- 2/3 cup** unsweetened almond milk
- 1 tbsp** maple syrup
- 1 tbsp** unsweetened coconut yogurt (optional)
- 1 tbsp** walnuts (roughly chopped)

Directions

Add the oats, grated carrot, chia seeds, cinnamon, ground ginger, almond milk, and maple syrup to a mixing bowl. Mix well. Cover and place in the fridge overnight, or for at least a few hours.

Remove the oats from the fridge and divide them into jars. Top with yogurt and walnuts. Enjoy!

Notes

No coconut yogurt, Omit, or use another type of yogurt instead.

Nut-free, Omit, or use pumpkin seeds.

No almond milk, Use any other type of milk instead.

Nutrition

Amount per serving		Vitamin C		1mg
Calories	348	Calcium		459mg
Fat	14g	Iron		3mg
Saturated	1g	Vitamin D		67IU
Polyunsaturated	5g	Vitamin E		0mg
Monounsaturated	2g	Thiamine		0.2mg
Carbs	50g	Riboflavin		0.4mg
Fiber	9g	Niacin		1mg
Sugar	13g	Vitamin B6		0.1mg
Protein	9g	Folate		23µg
Sodium	126mg	Vitamin B12		0.2µg
Potassium	386mg	Phosphorous		197mg
Vitamin A	2884IU	Magnesium		121mg
		Zinc		2mg

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Rice Cake With Nut Butter & Banana

1 serving
15 minutes

Ingredients

- 1 plain rice cake
- 1 **tbsp** almond butter
- 1/2 banana (medium)

Directions

Spread almond butter on the rice cake and top with sliced banana. Enjoy!

Notes

No almond butter, Use peanut, cashew or sunflower seed butter instead.

Nutrition

Amount per serving		
Calories	183	Iron 1mg
Fat	9g	Vitamin D 0IU
Saturated	1g	Vitamin E 4mg
Polyunsaturated	2g	Thiamine 0mg
Monounsaturated	5g	Riboflavin 0.2mg
Carbs	24g	Niacin 2mg
Fiber	4g	Vitamin B6 0.2mg
Sugar	8g	Folate 22µg
Protein	5g	Vitamin B12 0µg
Sodium	4mg	Phosphorous 124mg
Potassium	354mg	Magnesium 72mg
Vitamin A	38IU	Zinc 1mg
Vitamin C	5mg	Selenium 3µg

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Strawberry Banana Ice Cream

1 serving
10 minutes

Ingredients

1/4 cup frozen banana
1 cup frozen strawberries
2 tbsps unsweetened almond milk

Directions

Place all ingredients in a food processor or blender. Blend until a creamy consistency forms. Enjoy it before it melts!

Nutrition

Amount per serving			
Calories	131	Calcium	94mg
Fat	1g	Iron	2mg
Saturated	0g	Vitamin D	13IU
Polyunsaturated	0g	Vitamin E	1mg
Monounsaturated	0g	Thiamine	0.1mg
Carbs	33g	Riboflavin	0.1mg
Fiber	6g	Niacin	1mg
Sugar	17g	Vitamin B6	0.3mg
Protein	2g	Folate	49µg
Sodium	25mg	Vitamin B12	0µg
Potassium	533mg	Phosphorous	42mg
Vitamin A	197IU	Magnesium	41mg
Vitamin C	96mg	Zinc	0mg
		Selenium	2µg

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Slow Cooker Vegan Chili

8 servings
6 hours

Ingredients

6 cups canned crushed tomatoes
2 cups red kidney beans (cooked, drained & rinsed)
2 cups white navy beans (cooked, drained and rinsed)
2 cups frozen corn
2 stalks celery (diced)
2 green bell peppers (de-seeded and chopped)
2 carrots (chopped)
1 white onion (diced)
4 garlic cloves (minced)
2 tsps cumin
1 tsp dried oregano
3 tsps chili powder
1 tbsps salt

Directions

Add all ingredients to the slow cooker and stir until combined.

Cover and cook on high for 5-6 hours, depending on the strength of your slow cooker.

Ladle into bowls and enjoy!

Notes

Make ahead, Chop celery, bell peppers, carrot and onion ahead of time.

More greens, Mix in chopped kale or spinach. Stir until wilted.

Nutrition

Amount per serving			
Calories	222	Calcium	128mg
Fat	1g	Iron	5mg
Saturated	0g	Vitamin D	0IU
Polyunsaturated	1g	Vitamin E	1mg
Monounsaturated	0g	Thiamine	0.2mg
Carbs	42g	Riboflavin	0.1mg
Fiber	14g	Niacin	2mg
Sugar	8g	Vitamin B6	0.3mg
Protein	12g	Folate	124µg
Sodium	1325mg	Vitamin B12	0µg
Potassium	681mg	Phosphorous	190mg
Vitamin A	4435IU	Magnesium	71mg
Vitamin C	47mg	Zinc	1mg
		Selenium	3µg

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Classic Green Smoothie

1 serving
10 minutes

Ingredients

- 2 cups** baby spinach
- 1 cup** soy milk
- 1 banana** (ripe)
- 1 cup** frozen mango
- 2 tbsps** ground flax seed

Directions

Place all ingredients into a high-speed blender and blend well. Enjoy!

Notes

No spinach, Use kale, lettuce, or any mild flavored leafy green.

No mango, Use any frozen fruit instead.

Nutrition

Amount per serving		Vitamin C	87mg
Calories	389	Calcium	555mg
Fat	9g	Iron	4mg
Saturated	1g	Vitamin D	120IU
Polyunsaturated	5g	Vitamin E	3mg
Monounsaturated	2g	Thiamine	0.1mg
Carbs	70g	Riboflavin	0.7mg
Fiber	11g	Niacin	2mg
Sugar	46g	Vitamin B6	0.7mg
Protein	13g	Folate	252µg
Sodium	142mg	Vitamin B12	3.0µg
Potassium	1333mg	Phosphorous	158mg
Vitamin A	7986IU	Magnesium	137mg

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Chocolate Chia Pudding

1 serving
3 hours

Ingredients

3 tbsps chia seeds
1 cup soy milk (unsweetened)
1 tbsp cocoa powder
1/2 cup raspberries

Directions

Add all ingredients except the berries to a mixing bowl and thoroughly combine.

Cover the bowl and refrigerate for at least 3 hours, or overnight.

Top with berries before serving. Enjoy!

Notes

No berries, Use any type of chopped fruit instead.
Storage, Keeps well in the fridge up to 5 days.

Nutrition

Amount per serving			
Calories	325	Calcium	675mg
Fat	17g	Iron	5mg
Saturated	1g	Vitamin D	120IU
Polyunsaturated	2g	Vitamin E	1mg
Monounsaturated	1g	Thiamine	0mg
Carbs	37g	Riboflavin	0.5mg
Fiber	16g	Niacin	0mg
Sugar	12g	Vitamin B6	0mg
Protein	14g	Folate	56µg
Sodium	93mg	Vitamin B12	3.0µg
Potassium	736mg	Phosphorous	137mg
Vitamin A	520IU	Magnesium	187mg
Vitamin C	16mg	Zinc	1mg
		Selenium	1µg

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Apple Dips

2 servings
15 minutes

Ingredients

- 1/2 cup** soy yogurt
- 2 tbsps** unsweetened shredded coconut
- 2 tbsps** hemp seeds
- 1/4 tsp** cinnamon
- 1 apple** (sliced)

Directions

Line a baking sheet with parchment paper. Place yogurt, coconut and hemp seeds into small separate bowls. Stir cinnamon into the hemp seeds.

Dip each apple slice in the yogurt (coating about 3/4 of the slice) and then coat with either the coconut or cinnamon-hemp seed mixture on all sides. Transfer to the baking sheet.

Freeze for about 10 minutes or until yogurt has hardened (ensure the apple doesn't freeze). Serve immediately and enjoy!

Nutrition

Amount per serving		Calcium	91mg
Calories	162	Iron	1mg
Fat	9g	Vitamin D	30IU
Saturated	4g	Vitamin E	0mg
Polyunsaturated	4g	Thiamine	0.1mg
Monounsaturated	1g	Riboflavin	0.2mg
Carbs	17g	Niacin	1mg
Fiber	4g	Vitamin B6	0.1mg
Sugar	11g	Folate	20µg
Protein	5g	Vitamin B12	0.7µg
Sodium	33mg	Phosphorous	175mg
Potassium	294mg	Magnesium	85mg
Vitamin A	176IU	Zinc	1mg
Vitamin C	4mg	Selenium	1µg

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Chickpea Edamame Salad with Lemon & Dill

2 servings
10 minutes

Ingredients

- 1 lemon (juiced)
- 2 **tbps** tahini
- 2 **tsps** dijon mustard
- 2 **tsps** maple syrup
- 1/4 **cup** fresh dill (chopped)
- 4 **cups** baby spinach (chopped)
- 1 **cup** chickpeas (cooked)
- 1 **cup** frozen edamame (thawed)

Directions

In a large mixing bowl, whisk together the lemon juice, tahini, dijon, maple syrup and dill.

Toss in the spinach, chickpeas and edamame until well combined. Enjoy!

Notes

Storage, Refrigerate in an airtight container up to 3 to 5 days.

No soy, Use green peas instead of edamame.

Nutrition

Amount per serving		Calcium	224mg
Calories	360	Iron	7mg
Fat	15g	Vitamin D	0IU
Saturated	2g	Vitamin E	2mg
Polyunsaturated	6g	Thiamine	0.5mg
Monounsaturated	5g	Riboflavin	0.4mg
Carbs	41g	Niacin	2mg
Fiber	13g	Vitamin B6	0.3mg
Sugar	11g	Folate	520µg
Protein	21g	Vitamin B12	0µg
Sodium	131mg	Phosphorous	412mg
Potassium	1019mg	Magnesium	154mg
Vitamin A	5976IU	Zinc	3mg
Vitamin C	33mg	Selenium	9µg

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Grocery List

Fruits

- ☐ 2 apples
- ☐ 2 avocados
- ☐ 1 lemon
- ☐ 1/2 cup raspberries
- ☐ 2 bananas

Seeds, Nuts & Spices

- ☐ 1/4 cup chia seeds
- ☐ 1/4 cup chili powder
- ☐ 1 3/4 tps cinnamon
- ☐ 1 3/4 tbsps cumin
- ☐ 1/2 tsp garlic powder
- ☐ 3 tbsps ground flax seeds
- ☐ 1/8 tsp ground ginger
- ☐ 2 tbsps hemp seeds
- ☐ 1 1/2 tps dried oregano
- ☐ 1/2 tsp paprika
- ☐ 1 tbsp salt
- ☐ black pepper
- ☐ 1 tsp turmeric
- ☐ 1 tbsp walnuts

Frozen

- ☐ 1/4 cup frozen banana
- ☐ 2 cups frozen corn
- ☐ 1 cup frozen edamame
- ☐ 1 cup frozen mango
- ☐ 1 cup frozen strawberries

Vegetables

- ☐ 6 cups baby spinach
- ☐ 1 head cauliflower
- ☐ 5 stalks celery
- ☐ 1/4 cup fresh dill
- ☐ 8 cloves garlic
- ☐ 2 green bell peppers
- ☐ 2 cups kale leaves
- ☐ 1 cup purple cabbage
- ☐ 8 cups romaine
- ☐ 1 sweet potato
- ☐ 1 white onion
- ☐ 1 yellow onion
- ☐ 4 carrots
- ☐ 1 yellow bell pepper

Boxed, Packaged & Canned

- ☐ 3 tbsps almond butter
- ☐ 1 cup black beans
- ☐ 1 cup brown rice
- ☐ 6 cups canned crushed tomatoes
- ☐ 1 cup chickpeas
- ☐ 1 cup corn
- ☐ 2 cups lentils
- ☐ 4 cups low-sodium vegetable broth
- ☐ 1 plain rice cake
- ☐ 1 cup rolled oats
- ☐ 2 cups red kidney beans
- ☐ 2 cups white navy beans

Baking

- ☐ 1 tbsp cocoa powder
- ☐ 1/4 cup pitted dates
- ☐ 2 tbsps unsweetened applesauce
- ☐ 2 tbsps unsweetened shredded coconut

Condiments

- ☐ 2 tps dijon mustard
- ☐ 1 2/3 tbsps maple syrup
- ☐ 2 tbsps tahini
- ☐ 3 tbsps low-sodium soy sauce

Cold

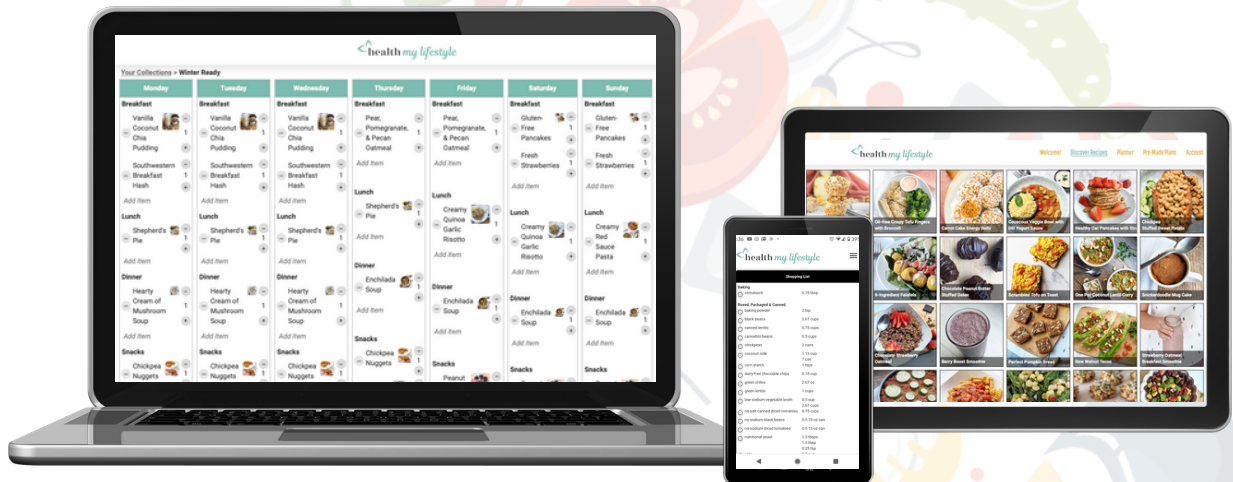
- ☐ 1/4 cup hummus
- ☐ 3 cups soy milk
- ☐ 1/2 cup soy yogurt
- ☐ 14 ounces tofu
- ☐ 3/4 cup unsweetened almond milk
- ☐ 1 tbsp unsweetened coconut yogurt

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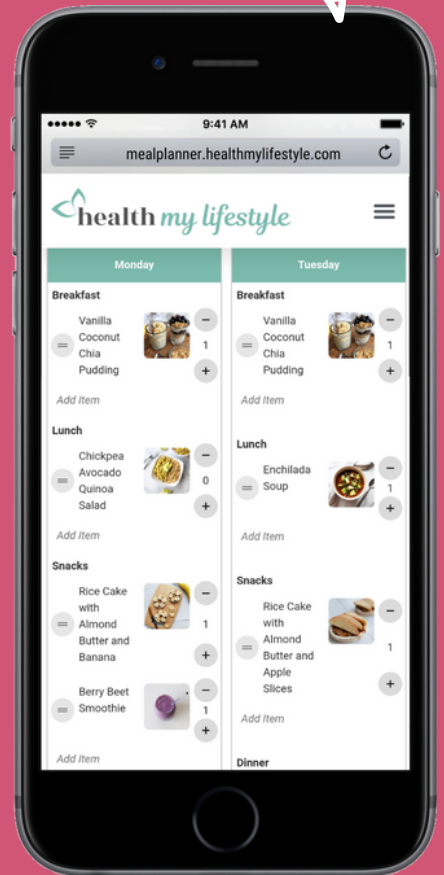
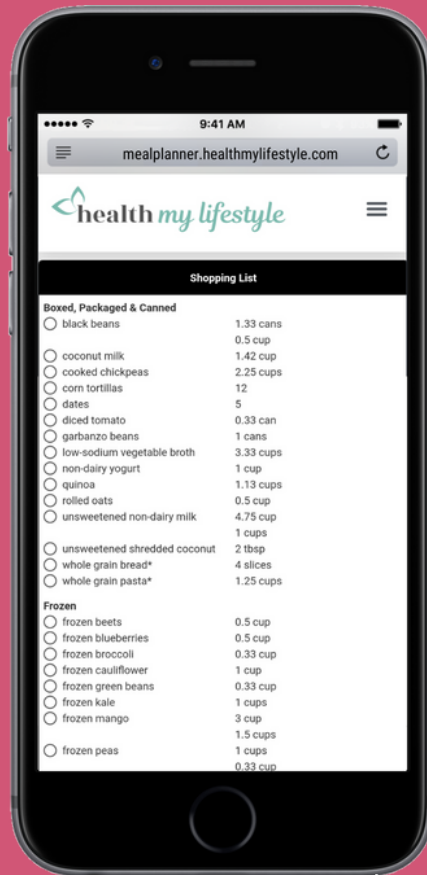
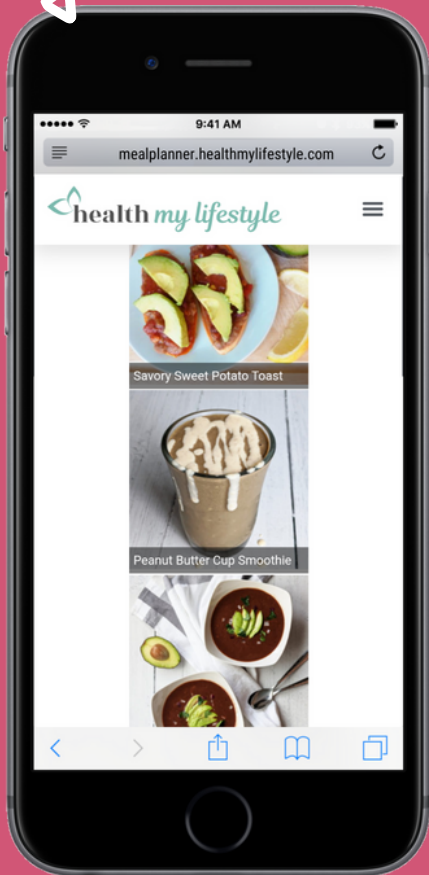
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