

WHAT CAN I EXPECT INSIDE THE 22 DAYS NUTRITION MEAL PLANNER?

DISCOVER

Discover thousands of personalized recipes, with new recommendations every day. All of the meals that will be recommended to you fit under Marco's expert nutrition guidelines (the same guidelines Beyoncé and Jay Z follow!).

DISCOVER MEALS

Yum! These are your personalized meal recommendations. Click ADD to put meals into a menu or your grocery list.

TODAY THU FRI SAT SUN MON TUE
6 7 8 9 10 11 12

BREAKFAST

CHIA & BERRY OVERNIGHT OATS
3 min Super easy
5818 people are cooking this
95% would make again
ADD +

LUNCH

ROASTED RED PEPPER HUMMUS WRAP
5 min Super easy
5818 people are cooking this
95% would make again
ADD +

DINNER

PORTOBELLO "STEAKS" WITH POTATOES & BROCCOLI
25 min Medium
5818 people are cooking this
95% would make again
ADD +

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!

GROCERY

RECIPES 5 ITEMS 24

EMAIL PRINT GET DELIVERY

+ Add item... EMPTY CART

PRODUCE

- Asparagus 1 bunch
- Avocado 2
- Fresh Basil 1 cup
- Lemon 1
- Romaine lettuce 1 head

DISCOVER

MENUS

GROCERY ²⁴

MENUS

Favorite Salads ▾

RECIPES 5



Summer Salad with Mango and Curry Vinaigrette

10 mins Super easy



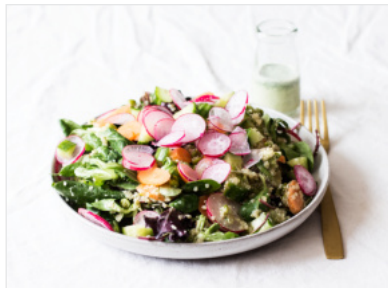
Dreamy Green Bowl

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

EDIT

Favorite salads

Recipes: 5 In Grocery

Weekend breakfasts

Recipes: 7

Easy-to-pack lunches

Recipes: 11

MENUS

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

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.

Start a conversation



What channel do you prefer?



Email

No time to wait around? We usually respond within a few hours.



Chat

We're online right now, talk with our team in real-time.



GOLDEN TROPICAL FRUIT TURMERIC SMOOTHIE

Makes 2 medium servings



One-step smoothies make for miraculous mornings! With sweet and tangy frozen fruit, nutrient-packed 22 Days Nutrition protein powder, and immune-supporting turmeric, you can whip up a complete breakfast or post-workout meal in no time. Meals like this, packed with wholesome, energizing ingredients, may just get you closer to your goals whether you're in an intense training mode or you're just on your journey to better health. Blend, sip, enjoy!!

INGREDIENTS

1 tsp	Ground ginger
2 cups	Banana
3 tbsps	Coconut flakes (unsweetened)
1 tbsp + 2 tsp	Flax meal
2/3 tsp	Turmeric
1 1/2 cups	Frozen mango
1 cup	Pineapple
2 scoops	22 Days Nutrition Vanilla Protein Powder

DIRECTIONS

1. Peel the banana and freeze it overnight or the day before.
2. Blend everything (except the coconut flakes) until smooth and creamy. Add water or unsweetened non-dairy milk to make it as creamy and liquidy as you prefer.
3. Sprinkle coconut on top.



RASPBERRY CHIA OAT PARFAIT WITH PEANUT BUTTER

Makes 2 medium servings



This parfait is a nutritious and easy make-ahead breakfast with a delicious combination of raspberries, oats, chia, and peanut butter!

INGREDIENTS

3 tbsps	Chia seeds
2 cups	Unsweetened almond milk
1/2 cup	Rolled oats
2 cups	Raspberries
1 tbsp + 1 tsp	Maple syrup
2 tbsps	Peanut butter

DIRECTIONS

1. In a glass container, add the chia seeds, half the portion of almond milk, and stir to combine. Store covered in the refrigerator overnight.
2. In another glass container, add the oats and remaining almond milk and stir to combine. Store covered in the refrigerator overnight.
3. When ready to enjoy, stir the container of oats and chia to make sure they're well combined, breaking apart any clumps.
4. Wash and rinse the raspberries. In a bowl, with a fork, mash the raspberries together (leaving a few aside for topping) with the maple syrup to create a jam-like consistency.
5. In a serving jar, begin to layer with chia pudding, half the raspberry jam, oat pudding, remaining raspberry jam. Top with peanut butter, raspberries and enjoy!!

RAINBOW SALAD

Makes 2 medium servings



This colorful veggie salad is a perfect way to get more veggies into your diet. The salad, as well as the lemon tahini dressing are incredibly easy to make and are loaded with essential vitamins, minerals and fiber!

INGREDIENTS

2/3 cup	Quinoa
1 1/4 cups + 1 tbsp	Water
4 cups	Kale
1	Tomato
1/2	Avocado
1 cup	No-salt canned garbanzo beans
1 cup	Sweet corn (canned)
1/2	Lemon
1 tbsp + 1 tsp	Tahini
2 pinches	Paprika
Optional	Salt & pepper to taste
	Garlic powder 2 pinches

DIRECTIONS

1. To prepare the quinoa, in a mesh colander, rinse the quinoa under running water and drain well. In a pot, add the quinoa, water, a pinch of salt, and bring to a boil. Reduce heat to medium-low, cover with lid slightly open, and simmer for about 15-20 minutes until water is absorbed. Once cooked, remove from heat, cover and allow the quinoa to continue to cook in the steam for another 5 minutes. Remove the lid, fluff with a fork and slightly cool before adding to the salad. Looking for a faster option? Cook your quinoa in a rice cooker or just use pre-cooked/frozen quinoa.
2. Produce Prep: Wash, de-stem, and chop the kale. Wash and chop the tomato. Halve the avocado, remove pit, peel and slice.
3. Open the can of garbanzo beans and corn, rinse and drain.
4. To prepare the dressing, juice the lemon and whisk together in a mixing bowl with the tahini, garlic powder, salt and pepper.
5. In a serving dish, layer the kale, quinoa, garbanzo, corn, tomato, and avocado. Sprinkle with paprika, salt and pepper to taste, top with dressing and enjoy!

LINGUINE WITH CREAMY GARLIC SAGE SAUCE

Makes 2 medium servings



Eating healthy, plant-based foods does not mean you have to give anything up!! Nothing proves that point better than this creamy linguine recipe. This rich, decadent sauce is inspired by a classic Italian dairy-based dressing, which is usually full of fat and dietary cholesterol. We create the same creamy texture and delicious flavor with naturally healthy ingredients, roasted cauliflower, white beans, and sage. By folding in spinach for color, texture, and extra nutrients, we round out the perfect bowl of pasta.

INGREDIENTS

- 1/2 head Fresh cauliflower
- 2 tsps Olive oil
- 2 cloves Garlic
- 1/2 Onion
- 1/2 can No-salt canned cannellini beans
- 1 tsp Dried sage
- 2 cups Spinach
- 1/2 Lemon
- 4 ounces Whole grain linguine
- Optional** Salt & pepper to taste

DIRECTIONS

1. Preheat the oven to 400F/200C.
2. Rinse the cauliflower. Chop into large chunks, and toss with a little bit of olive oil and salt. Place the cauliflower chunks on a baking sheet. Roast until golden brown, about 15-20 minutes.
3. Peel and roughly dice the garlic. Peel and mince the onion.
4. Heat a pan on medium with a little bit of water or vegetable stock. Lightly sweat the onion for about 5 minutes, or until the onions are translucent. For the last minute, stir in the garlic.
5. Cook linguini according to directions on the package.
6. Open the beans and drain the liquid out.
7. In a standing blender, blend the cauliflower, beans, garlic, sage, half the onions, and salt and pepper to taste. If needed, add a little bit of unsweetened non-dairy milk, water or vegetable broth to thin out the mixture.
8. Slice the spinach into thin strips.
9. Stir the spinach in with the drained pasta. Serve with a generous serving of sauce, remaining onions, and optional lemon zest or squeeze of lemon on top.