

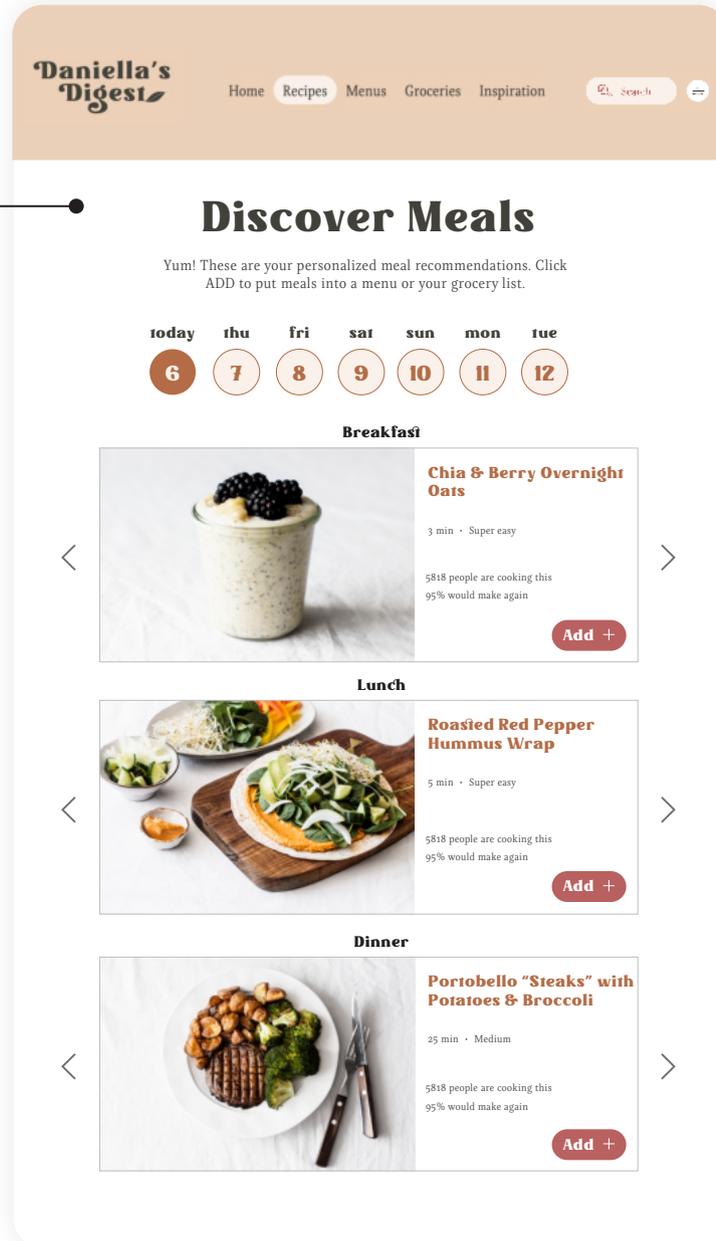
What can I expect inside the Daniella's Digest Meal Planner?

Discover

No more food ruts!

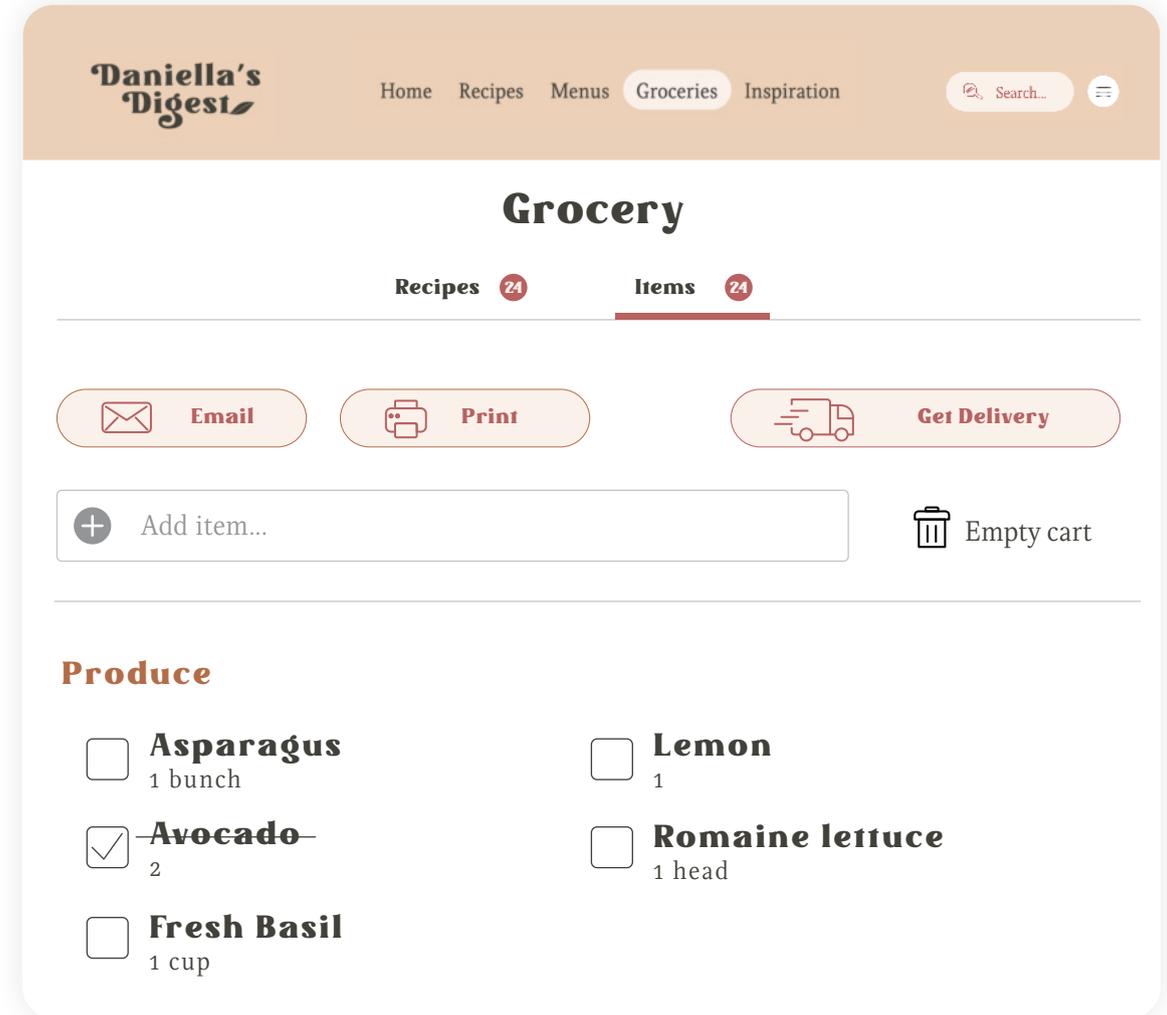
My app is designed to serve up delicious, nutritionist approved recipes every day of the week, all personalized just for you. You can also search thousands of recipes and find everything you need from healthy snacks and yummy desserts, to energizing breakfast bowls and comforting fam-friendly dinners. Tap into step by step cooking videos and hands on support from my expert coaches to learn how to make the most mouthwatering vegan dishes at home.

Daniella's
Digest



Grocery lists

Every recipe is set up to sync directly with your grocery list - just click "Add +" at the top of each recipe and all the ingredients are instantly added - no more manual work needed! Print your list or even better, choose "delivery" to skip the trip to the store altogether. Start as soon as your next meal!



Menus

Quick Salads ▾

Recipes 5



Broccoli Salad

10 mins Super easy



Dreamy Green Bowl

15 mins Super easy



Spicy Thai Salad

15 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

Quick salads

Recipes: 5 🛒 In Grocery

Weekend breakfasts

Recipes: 7

Easy-to-pack lunches

Recipes: 11

Menus

This feature is such a time saver! Set up, customize, and save as many Menus as you'd like! A few I have on repeat are "Quick and Easy Dinners" "Must Try Desserts" and "Snacks for Gio and Ivry."

Support

With my app, you'll have unlimited access to my team of expert coaches who are committed to offering you the support you need to meet your lifestyle goals. New to being plant-based and need some pointers in the kitchen? Looking for some regular one on one inspo? We're here to help with all the things! Reach out by email, chat, or schedule a video call with a coach whenever it works for you.

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.





Pasta E Fagioli

makes 2 servings



This classic Italian soup is delicious with a whole mess of veggies, just about any bean, and pasta of all shapes and sizes. Soup's on!

Ingredients

1	Onion
2 cloves	Garlic
2	Carrots
2 tsp	Olive oil
6 cups	Low-sodium vegetable stock/broth
1/4 cup	Tomato paste
1 cup	Pasta (whole-grain or gluten-free)
1 1/2 cups	No-salt canned kidney beans
2 cups	Frozen kale
1 tsp	Dried rosemary
1 tsp	Dried basil
Optional	
to taste	Salt & pepper

Directions

1. Peel and dice the onion. Peel and mince the garlic. Rinse and finely chop the carrot. The smaller you chop the produce, the faster the soup will cook.
2. In a soup pot, bring the olive oil up to medium-high heat. (To make this recipe oil-free, omit the oil and use a bit of water.) Add the onion and cook for 3 minutes, or until they're slightly translucent. Then, stir in the carrot and garlic. Cook for another 2 minutes.
3. Add the vegetable stock/broth and tomato paste, and bring up to high heat. Add the whole grain pasta and bring to a boil.
4. Rinse and drain the canned kidney beans. Once the soup has boiled for a few minutes, stir in the beans, frozen kale, dried rosemary and dried basil. Continue cooking until the whole grain pasta is al dente.
5. Add salt and pepper to taste, and enjoy!



Tropical Turmeric Oatmeal

makes 2 servings



We love tucking turmeric into unsuspecting dishes because it adds a lovely color, a hint of spice, and has powerful anti-inflammatory properties. This mango turmeric sauce adds the perfect delicious and nutritious punch to classic overnight oats!

Ingredients

- 1 cup Rolled oats
- 2 cups Unsweetened Plant-Based Milk
- 1 Fresh mango
- 1/2 tsp Turmeric
- 4 Dates
- 2 tbsp Cashews

Directions

1. Mix the rolled oats with unsweetened non-dairy 'milk' of choice and store in a refrigerator in a closed container overnight. The next morning, you will have soft oatmeal ready to eat cold or to be heated up in the microwave or on the stove.
2. Chop the peeled mango (fresh or frozen) into small pieces. Puree it in a food processor with the turmeric to make a simple, sweet mango sauce. Or add the mango chunks to the top of the oatmeal. Chop the dates and cashews. Add all the toppings to the bowl of oatmeal and enjoy!



Avocado Lime Smoothie

makes 2 servings



This tropical, creamy smoothie is a refreshing and filling way to wake up - and start the day in a tasty way!

Ingredients

- 1/2 Avocado
- 2 Bananas
- 1 Lime
- 2 tbsp Fresh mint
- 3 cups Coconut water
- 2 tbsp Flax meal
- 1 cup Frozen mango
- 1 cup Frozen spinach
- Optional
- to taste Agave

Directions

1. Rinse the produce. Remove the skin and pit from the avocado. Peel the banana. Cut the lime in half and squeeze out the juice. Remove the woody stems from the fresh mint leaves.
2. Combine all ingredients in a blender. Blend until smooth.