

# plantable

## Diets are dead. It's time for a health fix.

Plantable gives you power over your plate. We make it easy with chef-prepared meals, nutrition education and a coach to guide the way.

“Eating a whole-food, plant-based diet reduces inflammation and gives you more energy. I’ve personally seen the positive effects it has on managing weight, cholesterol and overall well-being. And you can’t beat the convenience and service of Plantable. It’s about creating a mindset change.”

Dr. Erica Jones

Cardiologist & Associate Professor  
of Clinical Medicine at Weill Cornell



Plantable offers two simple plans:

### Quickstart

Our quick, one week reset to feel better and lighter.

- 12 delicious, chef-prepared meals
- Daily education and 7 days of one-on-one support from your personal coach
- Learn the basics of a whole food, plant-based lifestyle
- Unlock membership preferred pricing

### Reboot

Our signature program to transform your well-being and reset your habits. For good.

- Four weeks of 12 delicious, chef-prepared meals
- Achieve your goals with unlimited one-on-one support from your personal coach and daily education curriculum
- Skip a shipment at any time
- Tools to continue the Plantable lifestyle
- Unlock membership preferred pricing