

What can I expect inside the Earthy Andy Meal Planner?

Discover

Discover thousands of personalized recipes, with new recommendations every day.

All of the meals that will be recommended to you are inspired by Andy's personal food philosophy - everything from simple, veggie-packed meals to exciting, adventurous dishes. And of course all of your favorite recipes, which thousands of you have already made and love from Andy's social media!



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!

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



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

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.





oreo bowl

makes 2 servings



This is a coconut-free version of the Original Oreo Bowl. It uses only one type of non-dairy milk, which makes it lower in fat and calories, but it may not be quite as creamy as the original. Check out the Original Oreo Bowl for the creamy coconut version!

INGREDIENTS

- 4 Bananas
- 1/4 cup Granola
- 2 tbsps Cocoa powder
- 6 teaspoons Cacao nibs
- 1/2 tsp Vanilla extract
- 1 cup Unsweetened soy/nut/rice milk
- 1 tbsp + 1 tsp Date sugar

DIRECTIONS

1. Peel and freeze the bananas overnight.
2. Pour 3/4 of the non-dairy milk into an ice cube tray and freeze overnight.
3. Blend all ingredients together and top with extra banana and granola! Feel free to add sun butter to add another level of flavor!

vegan caesar salad with chickpea croutons and roasted potatoes

makes 2 servings



Traditional Caesar salad is one of the most popular salads of all time, but it can also be one of the least healthy. That's why I love this nutritious plant-based version, which still has tons of flavor. My Curried Chickpea Croutons and macadamia Parmesan jazz it up, and tossing in some roasted potatoes makes it a hearty immune boosting meal.

INGREDIENTS

1/4 cup	Cashews	1 tsp	Dijon mustard
1 tsp	Water	1/2 tsp	Worcestershire sauce (vegan)
4	Small yukon potatoes	1 tbsp	Capers
2 tbsps	Olive oil	4 cups	Kale
1 tsp	Cumin	4 cups	Romaine lettuce
1/2 tsp	Turmeric	1/2 can	No-salt canned garbanzo beans
2 tsps	Garlic powder		
2 tbsps	Macadamia nuts	<i>Optional</i>	
1 tbsp	Lemon juice	To taste	Salt and pepper

DIRECTIONS >

vegan caesar salad with chickpea croutons and roasted potatoes

makes 2 servings

DIRECTIONS

1. Place the cashews in an equal amount of water and soak overnight. If you do not have time to wait, simply used the same amount of water, but boil it before placing over the cashew, and let it sit while preping the other ingredients. The cashews should soften enough to make the dressing this way as well!
2. Preheat the oven to 400F/200C.
3. Wash the potatos and cut into 1-inch chunks and place on a baking sheet.
4. Drain and rinse the chickpeas and pat dry with paper towels. Place on a second baking sheet.
5. Toss the chickpeas in half the olive oil. Mix together half the cumin, half the turmeric, and one third the garlic powder and toss with the chickpeas. Toss the potatoes with the remaining oil, one third of the garlic powder, and the remaining cumin and turmeric and season with salt and pepper.
6. Put both baking sheets in the oven and roast for 30 minutes, or until both the potatoes and chickpeas are golden brown. Remove from the oven and set aside.
While the potatoes and chickpeas are baking, make the dressing and macademia parmesan cheese.
7. Place the dressing ingredients in your blender: cashews (drained), lemon juice, Dijon mustard, water measurement, Worcestershire sauce, capers, and remaining garlic powder. Blend all ingredients together for approximately 1 minute on high or until smooth and creamy.
8. For the macademia parmesan cheese, you can grate the nuts carefully or pulse in a food processor, gently, until crumbly.
9. Wash the kale and lettuce. Chop the kale and lettuce and place them in a big bowl. Throw the roasted potatoes over the greens.



jerk tempeh with roasted sweet potato and okra

makes 2 servings



There's a "jerk" at the dinner table tonight! Vitamin A-rich sweet potatoes, Vitamin C-rich okra and protein-packed tempeh meld together in a delicious spice dish that takes supper up a notch. Make it as spicy as you like it for a little adventure!

INGREDIENTS

- 2 cloves Garlic
- 2 Small sweet potatoes
- 2 cups Okra
- 1 Lime
- 2 tbsps Coconut oil
- 1 block Tempeh
- 1/4 cup Water
- 1 tbsp + 1 tsp Low-sodium soy sauce/tamari
- 1/2 tsp Allspice
- 2 pinches Cinnamon
- 1/2 tsp Cumin
- 1/2 tsp Dried thyme
- Optional*
- 2 tsps Agave
- to taste Cayenne pepper

DIRECTIONS

Peel and roughly chop the garlic. Rinse the sweet potato, remove any bad spots, and cut into 1/2-inch disks. Rinse the okra and cut off the stems. Slice each okra into 1/4-inch rounds. Cut the lime in half and squeeze out the juice into a container, removing the seeds as you do so.

Preheat the oven to 425°F/220°C. Toss the sweet potato disks in half of the coconut oil, or another high-heat oil. (If the coconut oil is solid, put it on a baking sheet or nonstick pan and put it in the oven for a few seconds to melt the oil.) (To make recipe oil-free, omit the oil and use a non-stick pan or line a pan with parchment paper.)

Lay the sweet potato slices in a single layer on the baking sheet or pan and sprinkle with a little salt as desired. Put the sweet potatoes in the oven and set a timer for 10 minutes.

Cut the tempeh into 1/2-inch strips.

In a food processor or blender, combine the water, garlic, soy sauce/tamari, lime juice, agave (if using), allspice, cinnamon, cumin, dried thyme and cayenne pepper (if using). Blend until smooth. Add a bit more water if needed to blend. Pour this mixture into the bowl with the tempeh. Toss to combine.

Bring the remaining coconut oil up to medium-high heat in a saucepan or wok. (For oil-free option, omit oil and use a non-stick pan.) Add the tempeh and marinade and cook until the sauce has thickened and darkened in color, the liquid from the marinade has evaporated and the tempeh has browned (about 10 minutes). Stir frequently.

After the sweet potatoes have cooked for 10 minutes, flip them so that they cook on the other side. At the same time, add the okra to the pan with the sweet potatoes and spread them around. Cook for another 10-15 minutes, or until the okra slices are lightly brown.

Serve the tempeh over the sweet potatoes and okra. Add more cayenne pepper for an extra kick!