

Fcv7u Billing & Membership

How do I access the Meal Planner?

To access your Meal Plain with your own nner, visit my.forksmealplanner.com on any device and log in using your email address and password.

You can also create a handy bookmark [ADD INTERNAL LINK] on your mobile or tablet to easily access it on the go.

H

How much does it cost to become a member?

While the Sample/Trial Meal Plan is totally free, Premium members can get the full meal planning experience with a monthly, quarterly, or annual plan.

When you're ready to upgrade to your Premium membership, with 400+ recipes and new weekly meal plans, there are a number of different payment options available:

Annual: Billed at \$119.99/year (best value)

Quarterly: Billed at \$44.99/quarter

Monthly: Billed at \$19.99/month

The annual plan is the best value option, calculating out to just \$2.30 per week (giving you a 50 percent discount compared to the monthly plan).

All memberships come with a 30-day money-back guarantee.

Do I need a credit card to sign up?

If you'd like to test the service, go ahead and try our Sample/Trial Meal Plan—there is no credit card required.

If you would like to upgrade to a Premium subscription, you will be required to enter your credit card information. Every Premium plan comes with a 30-day money-back guarantee.

Which credit cards do you accept?

We currently accept the following forms of payment:

Visa
MasterCard
American Express
Discover

Are my payments secure?

Yes! All of our payments are securely processed by Stripe, the industry leader in online payments. Your card details are encrypted and our entire site uses HTTPs (secure end-to-end encryption) so you can rest assured that your payment information is secure.

How do I update my billing information?

You can easily update your credit card information [here](#).

Can I switch my subscription plan?

Of course! You can always change your subscription plan in your [account settings](#).

Our annual memberships offer the largest discount, so if you'd like to take advantage of the lowest price, change to the annual plan—and any outstanding credits on your account will be prorated when you switch.

Alternatively, if you would like to switch to a plan with more frequent payments, you will simply be transferred to the new plan at the end of your current billing cycle.

Is this a subscription service?

Our Premium membership is a subscription service, with a variety of [payment schedules](#) to suit your needs.

Every Premium membership comes with a 30-day, money-back guarantee. You are welcome to cancel your membership at any time within this period. After that, your subscription will renew according to the billing schedule you selected.

Please note that as with any online service, once your subscription expires, you will only have access to the recipes in the Sample/Trial Meal Plan.

How do I cancel my subscription?

You can cancel your subscription [here](#).

If the link above does not automatically redirect you, simply navigate to **Settings**, then the Billing section, and then click the “Cancel Your Subscription” button at the bottom of the page.

If you would like to cancel and are requesting a refund under the 30-day guarantee, please contact us at [**support@forksmealplanner.com**](mailto:support@forksmealplanner.com) so that we can process your request.

Please note that as with any online service, once your subscription expires, you will only have access to the recipes in the Sample/Trial Meal Plan.

How can I reset my password?

Don't worry, it happens to the best of us!

To reset your password, please click [here](#). You will be asked to input your email, and can then request a new password.

Please note that if you are logged in to forksmealplanner.com, you will need to log out before you can reset your password.

If you encounter any difficulties at all, please [get in touch](#) with us and we'll help you restore access to your account.

How can I unsubscribe from emails?

To unsubscribe from emails, go to Settings (on your plan dashboard), then select Notifications, and turn off the top two buttons by clicking them to red. This will unsubscribe your account from all Forks Meal Planner email notifications.

I would like to make a suggestion/request a feature.

Fantastic! We would love to hear from you. Please send us your suggestion/requests [here](#).

What is the 30-day money-back guarantee?

We're confident that you'll love the Meal Planner and stand by this with a 30-day money-back guarantee.

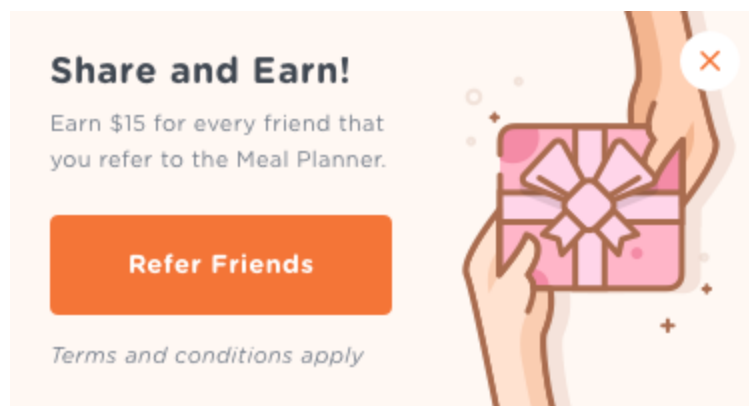
If, after joining as a Premium member, you decide that the Meal Planner isn't working for you, simply send an email to [**support@forksmealplanner.com**](mailto:support@forksmealplanner.com) to let us know. Our team will issue you

a refund, no questions asked, and will cancel your subscription.

Please note that the 30-day guarantee applies to new customers only. To prevent abuse of the guarantee system, we would not honor a 30-day guarantee a second time, for instance, if you were to close your account and request a refund, only to reopen it and request another refund 30 days later.

How can I refer a friend?

Our generous Refer-a-Friend program will pay you \$15 for every new friend who signs up for the Meal Planner as a full member. To get started, look for the “Share and Earn!” link (located in the Meal Planner sidebar on desktop/tablet computers, or in settings on mobile).



The following terms and conditions apply to our Refer-a-Friend program:

Please **don't**:

- Run any paid promotion using your link (for instance, using Google Adwords or Facebook ads). Doing so is prohibited; you will be removed from the program and all commissions will be canceled.
- Impersonate or represent yourselves as Forks Meal Planner or Forks Over Knives.

Please **do**:

- Share your link with your family and friends, coworkers, and friends of friends.
- Post your link freely on social media/Twitter/Facebook.
- Embed any of the advertisements that we provide in the [Referral Portal](#) on your blog or website.

- Write genuine reviews of the service on your blog or website and include your referral link. (Please be sure to mention that you may earn a commission from clicks on your link.)
- Use your link when recommending the Meal Planner to clients/professional colleagues. If you anticipate having a very large audience, please get in touch as we may have another program that will be better suited to you.

For a full list of our terms and conditions, please see below.

Full [Refer-a-Friend terms and conditions](#).

Terms of Service

[Forks Meal Planner Terms of Service & Privacy Policy](#)

Do you accept PayPal? (PW)

Though we don't offer PayPal subscriptions at the moment, we are considering this option for the future.

Rest assured that every payment is securely processed by Stripe, and we use secure 256-bit RSA encryption (bank-level security) across the entire website. Forks Meal Planner also participates in [Norton's Safe Web](#) program for added reassurance.

Can I pause my subscription?

We are currently unable to pause subscriptions. If you are planning to be away for a substantial period of time (a minimum of 3 months or greater), please let our team know and we'll see what we can do on a case-by-case basis.

How do I delete my account?

If you are an existing member and would like to cancel your account, you can do so by visiting your account settings page and clicking cancel.

If you would like your account to be fully removed from the system, please contact us at support@forksoverknives.com and provide the email address you used to create your account.

Once we receive and respond to your request, it may take up to 72 hours for your account to be

deactivated.

How do I unsubscribe from emails?

If you would like to unsubscribe from Meal Planner emails, please click [here](#) and then uncheck the email notifications that you want to opt out of.

You can also visit your [account settings](#) and click on the Notifications tab.

How do I upgrade?

To upgrade your account, check out the subscription options [here](#).

What does Premium membership include?

When you upgrade to Premium membership, you'll join our growing community of members and gain full access to all of the Meal Planner's features.

Premium members receive:

- A whole-food, plant-based meal plan every week, complete with lunch and dinner—and, optionally, breakfasts, desserts, and snacks, too.
- A weekend prep cheat sheet and grocery list to save you time in the kitchen, and at the store.
- Brand-new recipes, purpose-designed by our chefs to be on your table in 35 minutes or less.
- Access to the entire [Recipe Box](#), which contains more than 650 quick and easy recipes (with more added weekly).
- Access to a VIP members-only Facebook group for ongoing support and encouragement.
- Unlimited support from our team.

If you'd like to explore the various upgrade options you can do so [here](#).

Do you offer an affiliate program?

We are currently trialling an affiliate program for the Meal Planner for select partners.

If you would like to be considered for this program, please [contact our team](#) with information about your brand or audience, and how you would plan to promote the Meal Planner.

Meal Plans

Where are my recipes from last week? How long do I have access to recipes?

As a subscriber you will always have access to your recipes.

Each week your **Recipe Box** will be updated with the latest recipes from your plan.

The meal plans themselves are accessible for three weeks. You will see the current week's plan and the upcoming week's plan—and can always access the previous week's plan once the new one updates.

Is there a 7-day plan?

Though we are looking into a way to schedule additional meals for days 6 and 7, this feature is still in development.

In the meantime, if you'd like to create a plan that covers you for seven days of recipes, we recommend using your Anytime Meal Plan. Use your current week for five days of meals and then enter the meals you'd like to include for your remaining two days into your Anytime Meal Plan. This will generate a separate grocery list and weekend prep instructions that you can add to your main list/tasks or do separately when those two days arrive.

If you'd prefer to keep everything together, you might consider adding a few extra recipes to your plan on Thursday and Friday (the last two days of the plan). Many of our users find that they often have leftovers from the previous five days, so that is an option too.

Can I prepare all of the meals on the weekend?

Our weekend prep guide is designed to allow you to have freshly made meals throughout the week without the hassle. We give you instructions for how to prepare ingredients ahead of time so that on the day you make the final recipe, you can do so in no more than 35 minutes.

If you'd prefer to make the full recipe over the weekend so there's no prep time at all during the week (other than reheating), you are welcome to do so! Just prepare the full recipes as shown in the instructions on each specific recipe page.

How do I change the number of servings for a recipe?

To change serving quantities, open up a recipe and click on the the green drop-down menu toward the top of the screen that says "servings." You will be prompted to "adjust servings" and then select your preference (2, 4, or 8).

By default, recipes in your weekly plan will typically be scheduled twice per week. We therefore designate double the amount of servings needed so that half of the servings can be enjoyed as leftovers later in the week. (You'll see the leftover meals in your plan noted with an "L" beside the recipe name.)

Do you offer metric measurements?

We don't currently offer a way to view the ingredient listings in metric measurements but are looking to add this in the future.

Many of our international members have found that the easiest way to get started is to invest in an affordable set of measuring cups like [this one](#). These are available through Amazon, or an equivalent store in your country,

Since almost all of the ingredients you will be preparing will show a volume measurement, measuring cups are a necessity in ensuring that you can portion out quantities for recipes correctly.

Until metric measures are supported, we recommend [this site](#) to help quickly convert measurements like ounces, temperature, and the like.

How do I print my meal plans?

The quickest way to print everything you'll need for the week is to click on the green print icon on your meal planning dashboard.

Week of February 11

DAY 1

Start Recording

Breakfast Sweet Potato Cranberry Biscuits

Superhero Salad with orange-walnut dressing

Curried Cauliflower Rice Bowl

- Add a recipe -

From there you'll be able to choose to print all of your recipes, weekend prep, and groceries in one go.

Alternatively, you can print your recipes individually by clicking the print button on each recipe page.

When I swap in a recipe, does my weekend prep and grocery list update automatically?

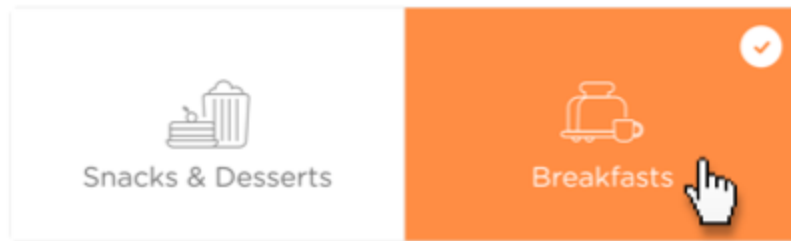
Yes!

Your weekend prep and grocery list will automatically update to reflect any changes that you have made to your plan.

If you notice that something has not updated (this can happen, on occasion), please try refreshing the page.

How do I add breakfasts to my plan?

If you would like our team to schedule breakfasts for you in each weekly plan, simply navigate to your [Account Preferences](#) and enable Breakfasts.

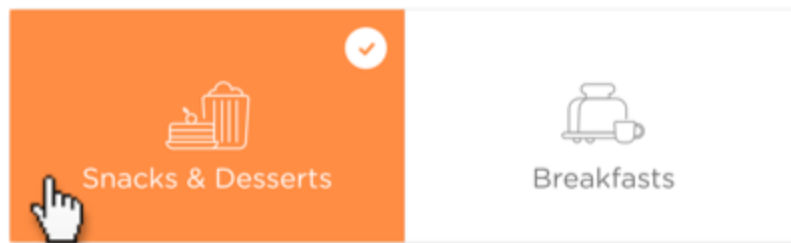


Please note that modifications will update the following week **unless** you click the prompt to update immediately. (Keep in mind that will reset your latest meal plan, so take note of any other recipe changes you've made!)

Alternatively, you can always schedule a breakfast recipe for any day by clicking the “Add a Recipe” button located at the bottom of each day. Once you have added the recipe, just drag and drop it to move it to the top of the day.

How do I add desserts to my plan?

If you would like our team to schedule desserts for you in each weekly plan, simply navigate to your [Account Preferences](#) and enable Snacks/Desserts (they are paired together).

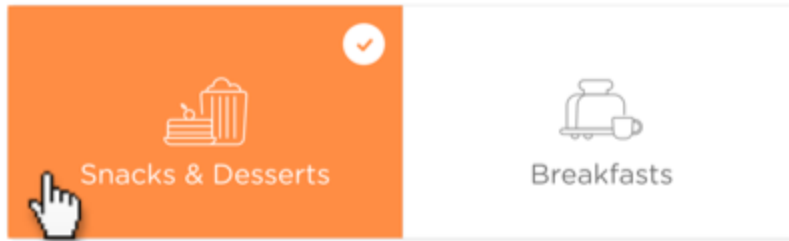


Please note that modifications will update the following week **unless** you click the prompt to update immediately. (Keep in mind that will reset your latest meal plan, so take note of any other recipe changes you've made!)

Alternatively, you can always schedule a dessert recipe for any day by clicking the “Add a Recipe” button located at the bottom of each day.

How do I add snacks to my plan?

If you would like our team to schedule snacks or desserts for you in each weekly plan, simply navigate to your Account Preferences and enable Snacks/Desserts (they are paired together).



Please note that modifications will update the following week unless you click the prompt to update immediately. (Keep in mind that will reset your latest meal plan, so take note of any other recipe changes you've made!)

Alternatively, you can always schedule a snack recipe for any day by clicking the “Add a Recipe” button located at the bottom of each day.

Can I add my own recipes to the Meal Planner?

At this time, you are unable to add your own recipes to the Meal Planner, but it is a feature that we are considering for the future.

I don't like leftovers...

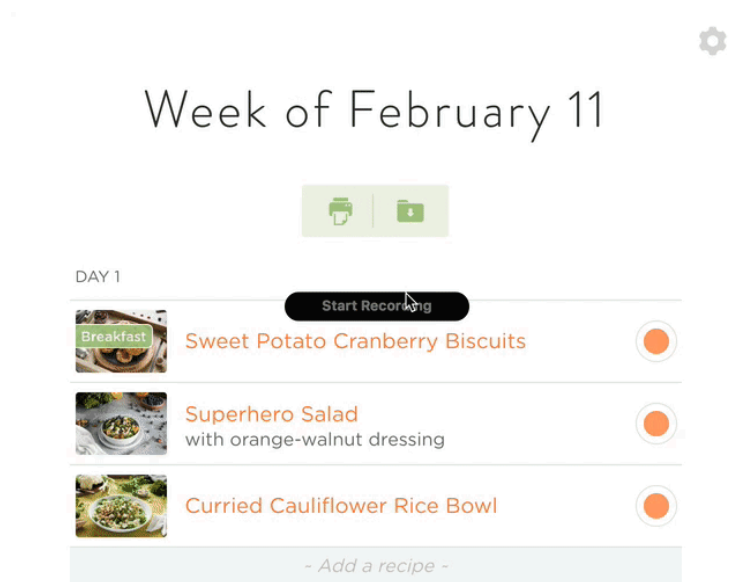
Forks Meal Planner is designed to give you control over the recipes that are in your meal plan. If you would prefer not to have leftovers in your plan, simply swap out a leftover recipe with another recipe from that week's meal plan (or one of the hundreds of additional meals provided in your [Recipe Box](#)).

That said, if you plan to eat the same recipe on multiple days but would prefer to make it from scratch each time, please note that the first time you make the recipe it will include the leftovers by default, so you will need to manually divide the recipe (for the time being).

How do I print my plan?

The easiest way to print is from your meal planning dashboard.

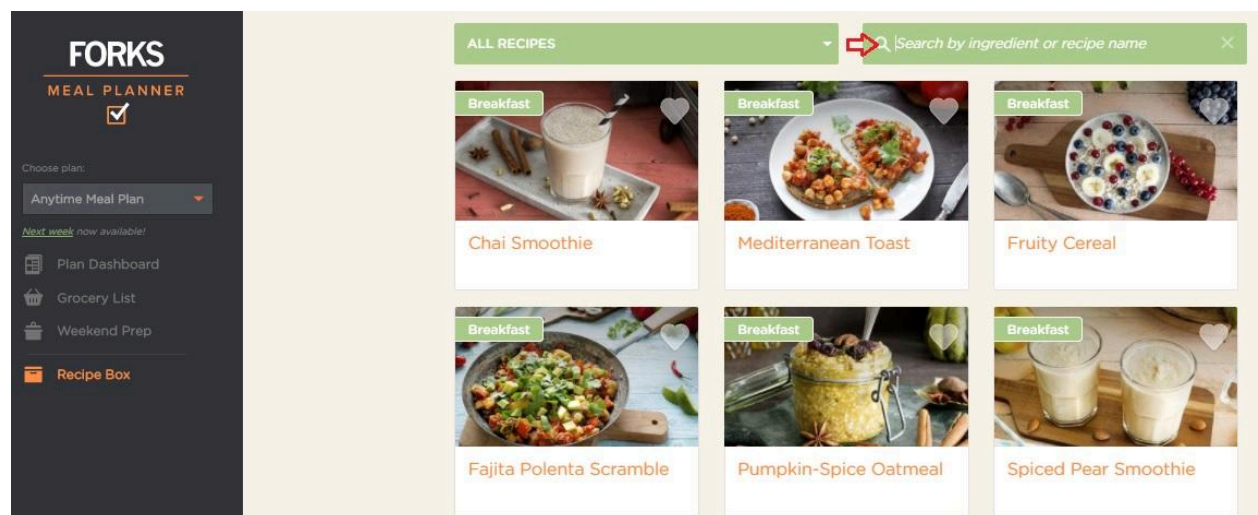
Here you can print your meal plan, recipes, grocery list, and weekend prep all in one go by clicking the green icon under the plan.



Note: Occasionally a pop-up blocker on some browsers or computers can interfere with the ability to print the meal plans or recipes. If nothing happens when you click print, please check that my.forksmealplanner.com is whitelisted in your browser's pop-up blocker settings.

How do I search for specific recipes?

Once you are in your Recipe Box, you should find a search icon in the top right-hand corner.



From there you can search by either recipe or an ingredient. Searches work best when you search for general terms (e.g., potato vs. russet potato).

If you would like to avoid an ingredient, you can search for recipes that do not contain that ingredient by prefacing your search term with a -. For example, -mushrooms will bring up recipes that do not contain mushrooms.

How do I get gluten-, soy-, or nut-free recipes only?

You can update your plan to accommodate soy-, gluten-, and/or nut intolerances in the preferences tab of your [Account Settings](#).

From there you can make your preferred adjustments. Please note that modifications will update the following week *unless* after changing the intolerances you click on the prompt to update them immediately (which will reset your meal plan—so take note of any other recipe changes you've made!).

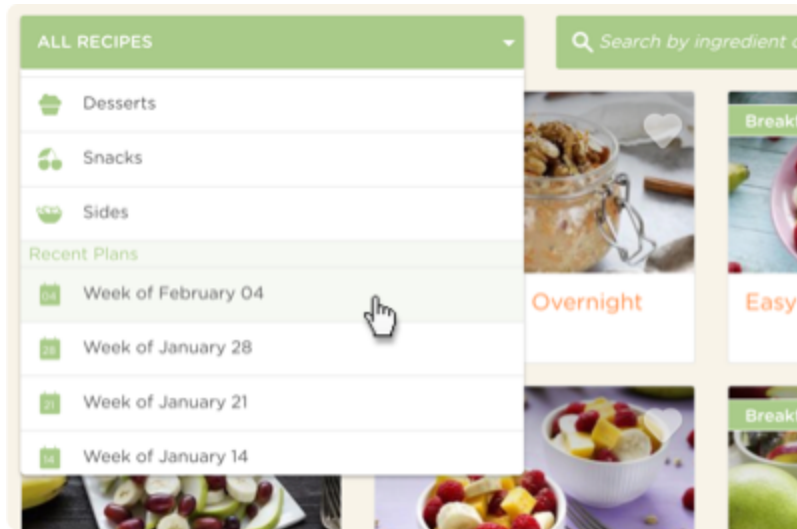


At this point, all of the recipes in your meal plan will be intolerance-free. (On rare occasions, the recipe photo may suggest a soy, gluten, or nut item, but your recipe will automatically have been adapted to provide you with an intolerance-free version.)

Can I access recipes from a previous meal plan? Do the recipes ever get deleted?

Even if a meal plan is no longer available, recipes from previous meal plans are always accessible in your [Recipe Box](#).

From there you can search for a particular recipe, or view the recipes according to the plan that they featured in.

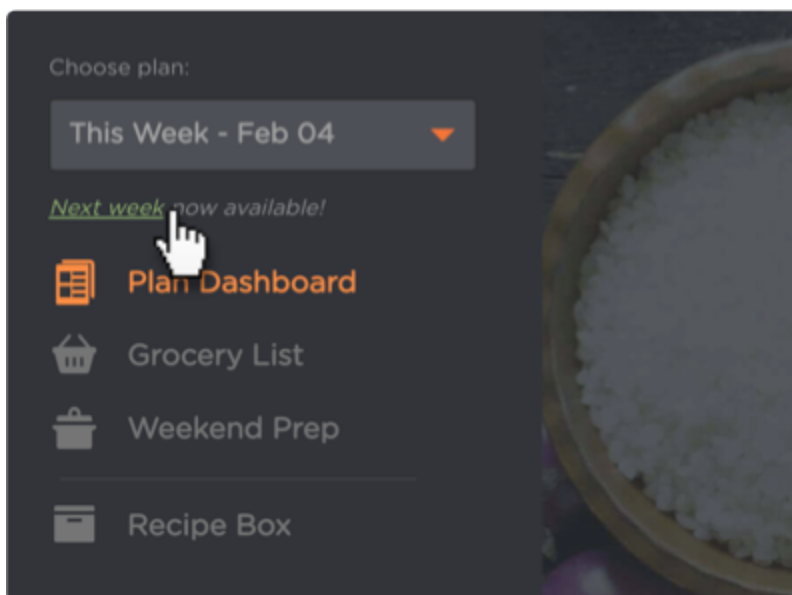


Select the drop-down in the Recipe Box, and then the particular meal plan containing the recipe or recipes you're looking for.

You can then choose to add this recipe to your current meal plan.

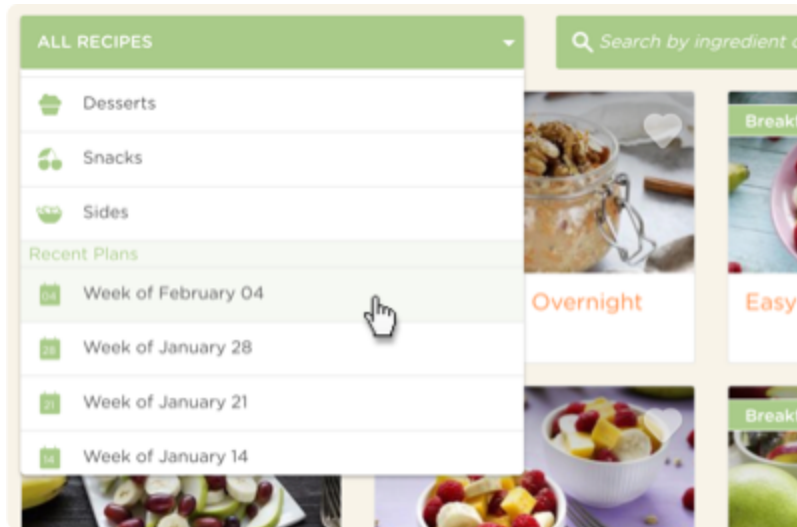
Do I have access to previous meal plans?

You will always have direct access to your current meal plan and your previous week's plan, and every Thursday, you'll be able to see a preview of your upcoming meal plan too.

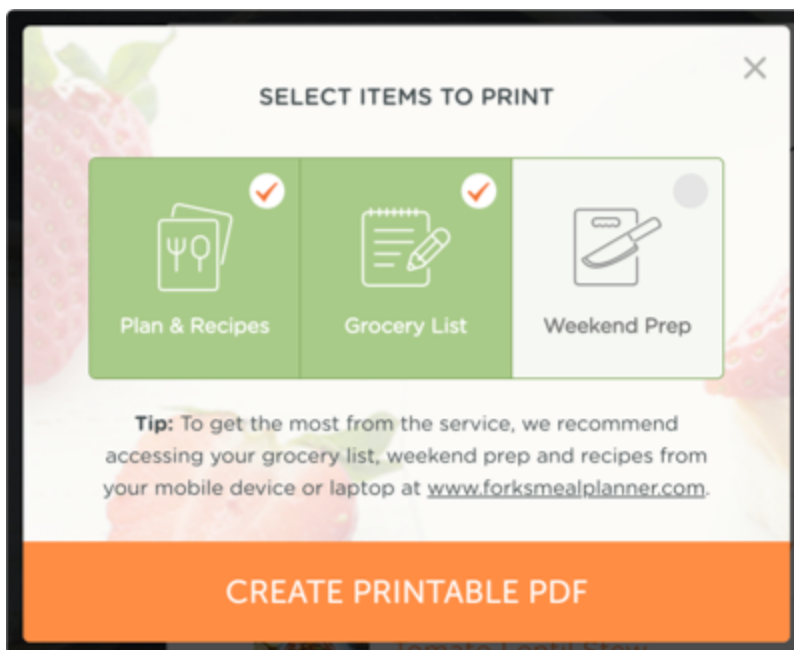


Additionally, you always access your Anytime Meal Plan, which you can use to create menus for special events.

If you ever want a recipe from a previous plan, you can find it in your Recipe Box, grouped according to the original plan that featured it.



Some members prefer to print their meal plans. If you click print on the dashboard you will automatically be able to print everything you need for that week.



Diet & Nutrition

What is a whole-food, plant-based diet?

Forks Over Knives promotes a whole-food, plant-based (WFPB) diet, which is centered on whole, unrefined, or minimally refined plant foods. It's a diet based on fruits, vegetables, tubers, whole grains, and legumes; and it excludes or minimizes meat (including chicken and fish), dairy products, and eggs, as well as highly refined foods like bleached flour, refined sugar, and oil.

You can learn more about the diet [here](#).

What if I am allergic to a specific food? What if I want to avoid a certain food?

The Meal Planner currently offers **three intolerance settings** that can be activated within your account: soy, gluten, and nuts. If you turn any of these settings on, your recipes will not include these types of foods.

Good news! Forks Meal Planner has been designed to be as customizable as possible so you can personalize your meal plans to suit your needs and preferences.

If you want to avoid a specific food (e.g., mushrooms), you can easily swap out any meals containing mushrooms and replace them with a different recipe from your Recipe Box archive.

You may choose to omit the ingredients/foods directly from the recipe, as long as they are not the base ingredients of the recipe. Substituting them with **similar foods that you prefer** works too.

When searching the Recipe Box, you can type -ingredient name to find all recipes that don't include that ingredient. For example,

-eggplant -potato -tomato

will filter out recipes that contain any of those three ingredients in your search results.

Do you offer a low-carb plan?

Our recipes are built around a whole-food, plant-based diet, which is a diet consisting mainly of whole or minimally refined fruits, vegetables, tubers, whole grains, and legumes. When you eat this way, approximately 70 to 80 percent of calories will come from carbohydrates.

We believe such a diet is the healthiest, as evidenced by the works and research of Drs. T. Colin Campbell; Caldwell Esselstyn, Jr.; John McDougall; Neal Barnard; and Dean Ornish, among others.

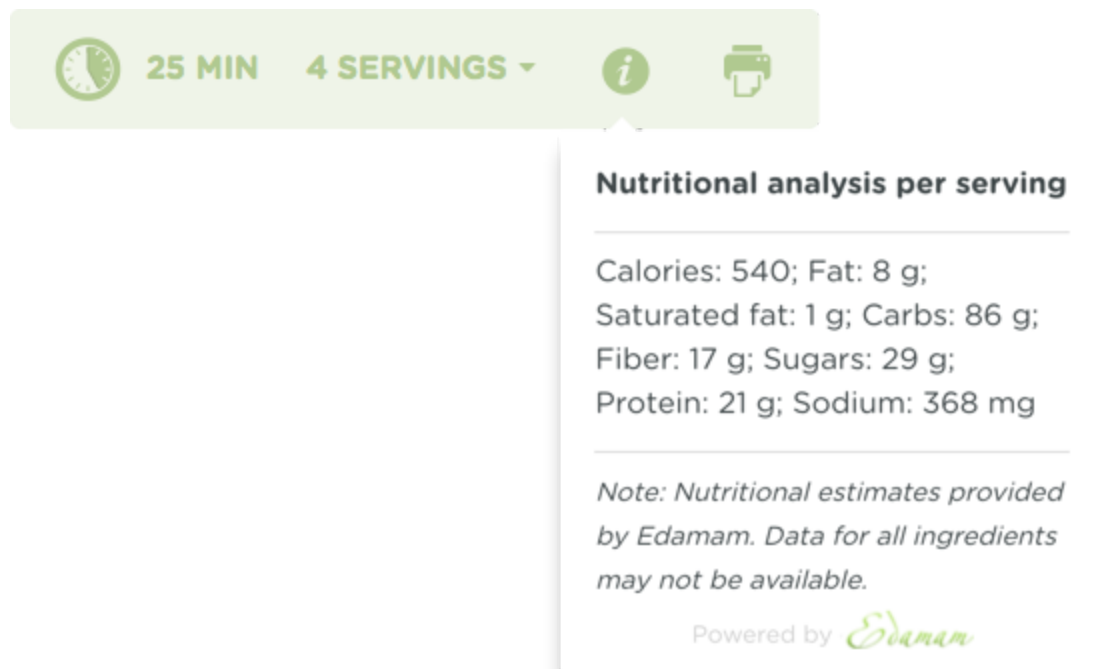
For introductory information on a whole-food, plant-based diet, we invite you to check out [this](#) link on our website.

Please also see [this article](#) or our [book recommendations](#) for more in-depth reading.

Do the recipes have nutritional information?

Yes, nutritional information is available for all recipes.

On each recipe, you'll see a collection of green icons at the top of the page. Simply hover over the (i) symbol to view the nutritional information for that recipe.




The image shows a recipe interface with a green header bar containing icons for time (25 MIN), servings (4 SERVINGS), information (i), and a printer icon. A tooltip box is open over the information icon, displaying nutritional data per serving. The data includes: Calories: 540; Fat: 8 g; Saturated fat: 1 g; Carbs: 86 g; Fiber: 17 g; Sugars: 29 g; Protein: 21 g; Sodium: 368 mg. A note at the bottom of the tooltip states: 'Note: Nutritional estimates provided by Edamam. Data for all ingredients may not be available.' The Edamam logo is at the bottom right of the tooltip.

Nutritional analysis per serving

Calories: 540; Fat: 8 g;
Saturated fat: 1 g; Carbs: 86 g;
Fiber: 17 g; Sugars: 29 g;
Protein: 21 g; Sodium: 368 mg

Note: Nutritional estimates provided by Edamam. Data for all ingredients may not be available.

Powered by 

Please note that the nutritional information is an estimate generated by a third-party service. If you require more precise information we encourage you to use a tool like [Cronometer](#).

In general, unless you have a medical condition that requires it, we don't encourage nutrient tallying and calorie counting, which can create more problems than they solve.

With a whole-food, plant-based diet, our advisors recommend that you eat until you're comfortably satiated instead of counting calories. The higher water and fiber content of whole plantfoods means you will feel more satisfied on fewer calories when compared to the same volume of animal or highly processed foods. (Whole plant foods are also more dense in nutrients than animal-based and processed foods, so you'll also get a nutritional advantage.) .

We have included a couple of articles below that relate to nutrition that you may find interesting.

[How Eating More Can Help You Weigh Less](#)

[The Calorie Density Approach to Nutrition and Lifelong Weight Management](#)

Are all the recipes vegan?

Yes, all of our recipes are 100 percent plant-based and vegan. We center our recipes on whole, unrefined, or minimally refined plant foods. None of our recipes contain animal products or ingredients.

If you would like to learn more about the whole-food, plant-based diet, you can read more [here](#).

Why don't the recipes contain any oil?

Our advisors recommend consuming foods in their whole form, or as close to it as possible. In the case of oil, only the fat has been left behind, and virtually all other nutrients (fiber, protein, carbohydrates, water, minerals, etc.) have been removed. Oil also is the most calorie-dense food we can consume, meaning it's an abundance of calories in a very small volume of food. With so little bulk, there's no way for our bodies to properly gauge how much food we have eaten. This will almost always result in the consumption of more calories than needed at mealtime, which can lead to weight gain.

For more information on why we do not use oil in our recipes, we invite you to visit [this article](#), which includes a video from Dr. Michael Greger.

Can I drink coffee on this plan?

Although coffee beans are minimally processed plant-based foods, people's reactions to drinking coffee vary widely.

If you like hot drinks, Forks Over Knives recommends unsweetened herbal teas.

If you would like to learn more, we recommend reading [this article](#) from Dr. John McDougall, which further explains how coffee interacts with the body.

Do I need to track my calories on this plan?

All of the recipes in the Meal Planner provide you with the ability to view nutritional information. That said, unless you have a medical condition that requires it, we don't encourage nutrient tallying and calorie counting, which can create more problems than they solve.

With a whole-food, plant-based diet, our advisors recommended that you eat until you're comfortably satiated instead of counting calories. The higher water and fiber content of whole plant foods allows our bodies to more accurately gauge how much food we need to eat.

We have included a couple of articles below that you may find interesting.

[How Eating More Can Help You Weigh Less](#)

[The Calorie Density Approach to Nutrition and Lifelong Weight Management](#)

I am diabetic. Will this plan work for me?

While we are unable to provide individualized medical or nutritional advice, you may find the following resources helpful. Please consult with a medical doctor if you have any concerns.

Check out our [short video](#) on diabetes, in which Dr. Neal Barnard explains the role of carbohydrates and fat in diabetes. We also recommend Dr. Barnard's book, [Dr. Neal Barnard's Program for Reversing Diabetes](#).

The Forks Over Knives website features [dozens of articles and plant-based health testimonials discussing diabetes](#).

The forums on Dr. John McDougall's website are an excellent place to find out more information through expert and follower discussion: <http://www.drmcDougall.com/forums/>.

Mastering Diabetes?

Can I eat honey on this plan?

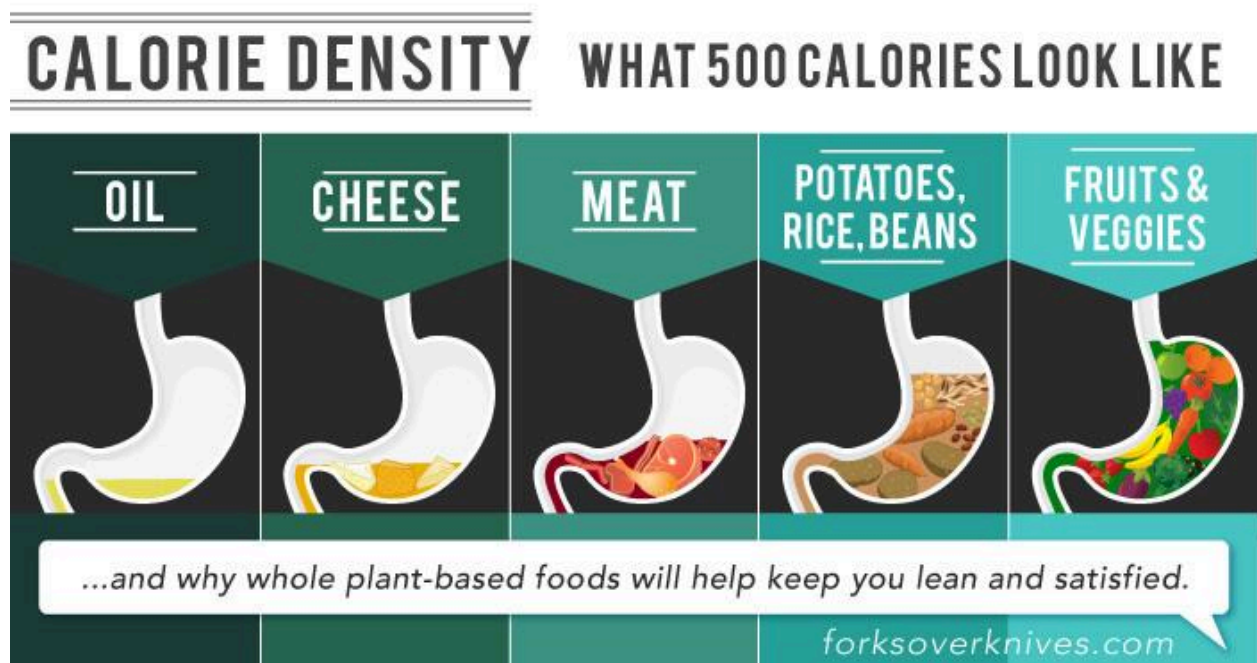
The small amount of honey that people use from time to time is usually not enough to make a difference from a health perspective. However, many people on a plant-based diet will not consume it because it is an animal product; we do not feature recipes with honey in our Meal Planner or cookbooks.

The portions seem very large.

When transitioning to a plant-based lifestyle from the standard American diet, one of the first things you'll notice is a lot more food on your plate!

Whole plant foods are less calorie-dense (and more nutrient-dense) than most packaged foods and many foods typically found in the standard American diet. For example, while one slice of pizza can carry the caloric load of 275 calories, one sweet potato has only about 115 calories.

Though the amount of food on your plate may be greater than you're used to, the total caloric load will be less.



Because the meals are filled with fiber—which soaks up water and expands, engaging the stretch receptors in the stomach—we feel fuller, faster. Fiber has no calories, yet it takes up a lot of room and creates a feeling of fullness, so we end up eating less over time.

We cover this topic in greater detail in the following articles:

How Eating More Can Help You Weigh Less

The Calorie Density Approach to Nutrition and Lifelong Weight Management

Though our recipes are naturally higher in volume, keep in mind that what we consider a serving for a recipe will not be the ideal serving for every age or body type. You should never force yourself to eat more than is comfortable; simply save the rest of the meal for another time. Since our meals consist of lower-calorie-density ingredients, you may find that you are satiated with only half of what we've identified as a serving but are hungry again an hour or two later. In these cases, some people find it works better to eat several times throughout the day, while others will find comfort by slowly adjusting to a larger volume at mealtime. There is no right answer, we believe the best approach is to take the time to find what works best for you.

In summary, with a whole-food, plant-based diet, it's recommended to eat until comfortably satiated instead of counting calories or worrying about prescribed serving sizes.

Other considerations

We also want to draw your attention to a few Forks Meal Planner details that may help you as you prepare your meals:

1. A "family" plan will make 4 hearty (adult-size) portions. If you have 1 or 2 children you may want to experiment with switching to the 2-serving plan and then supplementing additional vegetables or sides. We are currently exploring ways to provide additional meal configurations in the future.
2. Weekly recipes are typically doubled in your plan by default. We do this to help minimize the amount of time you spend cooking throughout the week. The idea is you'd make double the recipe when you cook the first time, so you can reheat the leftovers for another healthy meal. If you are a couple, for instance, you would make 4 servings of a recipe on day 1 and eat the remaining 2 servings on another day.

With that in mind, if you notice that the portions for a dish seem surprisingly large, check the servings on the recipe to ensure you were not also making leftovers.

If the portions *still* seem far too large after you've considered all of the above, do let us know by rating the overall recipe and then providing granular feedback on the serving size. This will alert our team to any issues so we can investigate further.

What should I drink on the plan?

We recommend water and unsweetened herbal tea (hot or cold).

While the experts focus mainly on the whole, plant-food aspect of the diet, as presented in the *Forks Over Knives* film, website, and books, many beverages would fall into the more heavily refined/processed foods category.

This [article](#) on coffee may be helpful. We do not advocate alcohol from a health perspective, but wine may be used on occasion in the meal planner for added flavor. Please read Dr. John McDougall's [article](#) for more info.

Will I get enough protein?

As long as you **consume enough calories** from whole, plant-based foods, your **protein needs will be met**. On a plant-based diet, the main calorie sources are fruits, tubers, whole grains, and legumes.

Drs. Alona Pulde and Matthew Lederman discuss the topic of protein in our [Nutrition FAQ](#).

Do the meal plans contain "complete" nutrition?

The Forks Over Knives whole-food, plant-based diet is centered on whole, unrefined, or minimally refined plant foods. It's a diet based on fruits, vegetables, tubers, whole grains, and legumes. With the exception of [vitamin B12](#), these whole, plant-based foods contain all the essential nutrients in proportions that are more consistent with human needs than animal-based or processed foods.

Although we do provide nutritional estimates with recipes, if you require exact nutrient information for any reason, we recommend entering our recipes into **online nutritional software**. If you have a health issue or specific personal concerns, be sure to consult a physician.

Do I need to take any supplements or vitamins?

The medical experts in the field with whom we consult do not recommend supplements except Vitamin B12 and in cases of specific deficiency. Drs. Alona Pulde and Matthew Lederman discuss the subject of [supplements](#) further in the FOK Nutrition FAQ.

Kitchen Tips & Equipment

Help! I'm a new cook and need assistance in the kitchen.

If you're new to cooking and eating a whole-food, plant-based diet, no worries! You may find these [cooking tips](#) helpful. This [kitchen prep advice](#) may also get you on the right track toward preparing new foods and dishes and making them last to optimize your time and efforts.

What foods should I have in my kitchen and pantry?

Having a well-stocked kitchen and pantry with [basic staples](#) can go a long way making sure you'll have what you need for a recipe or meal more often than not.

These [22 healthy food options](#) are suggestions from Forks Over Knives Culinary Director Chef Darshana. This [list of recommended brands](#) may be helpful as you stock your pantry.

How should I go about reading a recipe?

Our Culinary Director, Chef Darshana, put together a few handy tips for you that will save you hours in the kitchen.

- Plan ahead and use the weekend prep cheat sheets. The time you take to prepare food on the weekends will significantly reduce time spent in the kitchen on weeknights when you want quick and easy meals.
- Always read both the ingredient list and the recipe method all the way through before you start cooking. It's a simple tip, but really helps to ensure that you won't miss steps and understand which parts of the recipe you may have already prepared during weekend prep. Make sure you also review the recipe tips, as well, which could come in handy, especially if you have children as we often point out modifications that you can make for little ones.
- You'll find that you can prepare the meals even faster if you use a "mise en place" technique. Instead of chopping each vegetable right before you add it to your dish, organize and measure *all* of your ingredients before you start cooking so that the meal comes together quickly and effortlessly.

To do this, assemble all of the bowls, utensils, ingredients, and spices you'll need. Then chop and prepare all of the produce, so that when it's time to use each, you'll be ready.

Every ingredient includes the accompanying prep beneath it, so simply work down the list, chopping, dicing, and/or measuring each ingredient in turn. It's a great way to get your "mise en place" set up, and means you won't have to scroll back-and-forth in the recipe if you're cooking from your mobile device.

[IMAGE]

Do I need a blender/food processor to follow the plan?

To get the most out of the Planner, it helps to have at least a food processor, blender, or an immersion blender, but if you don't have any of these you can work around it by swapping out recipes that call for them until you're able to find one.

Food processors and blenders can be found for a limited expense everywhere from thrift stores to big-box stores, and you can always search for deals online as well. We have provided some recommendations below.

For dressings, sauces, and other components that are meant to be as smooth and creamy as possible, we recommend using a high-powered blender. If you have a normal blender, you can achieve the same results, but it may require doubling or even tripling the blending time (you can't overblend a creamy sauce!). You may also need to add more liquid, which allows the mixture to move more, helping to create a creamy texture. Keep in mind that if you do add more liquid, you may have to season more as well.

Food processors, on the other hand, use interchangeable blades and disks (attachments) rather than a fixed blade. They are the perfect tool for helping you quickly chop or slice vegetables, which makes prep a breeze as you can cut many vegetables at once with a few hits of the pulse button.

A food processor may also come in handy if you're making burgers or other patty recipes that require dicing and integrating many different ingredients.

Blenders recommended by our team

[Budget \(Immersion blender\)](#) | [Midrange](#) | [Professional](#)

Food processors recommended by our team

[Budget](#) | [Midrange](#) | [Professional](#)

Do you offer Instant Pot options?

Though many of our recipes would work well in an Instant Pot, we do not have optimized Instant Pot instructions for recipes at this time. We are currently working on adding this option. In the meantime, use [this handy chart](#) to prepare foods in the Instant Pot for easy inclusion in recipes.

How can I keep fruit and vegetables fresh for longer?

While you can keep produce in the crisper drawer of the fridge, we recommend purchasing [Rubbermaid FreshWorks Containers](#), [Bluapples](#), or [Vejibags](#) to store your produce in.

While they are an investment, they will help keep your produce crisp and fresh *much* longer than if they were in plastic bags or on a tray. This will reduce waste and trips to the grocery store.

Grocery & Ingredient Tips

Can I freeze herbs?

If your greens are starting to wilt, you can place them in the freezer in resealable freezer bags and add them to smoothies later.

You can also save money by keeping knobs of ginger in the freezer. Simply grate the frozen ginger into dishes when needed!

Fresh herbs can be expensive, so freeze the ones you are not using. They will retain their potency while frozen. Try this with herbs such as basil, mint, rosemary, thyme, oregano, cilantro, and parsley. Simply wash the herbs and allow them to dry fully. Then trim the leaves, place in a resealable freezer bag, and freeze.

How much will I spend on groceries?

The estimated cost for groceries is between \$40 and \$50 per person, per week, depending on your starting pantry and the number of recipes you are preparing each week. You may find that

your first grocery trip costs a little more than this as you stock up essentials in your pantry, but those will then be used in future meal plans.

If you are making breakfasts, lunches, dinners, and snacks, you can expect to spend around \$60 per person each week.

What is plant milk?

Simply put, plant milk (or plant-based milk) is non-dairy milk. Thankfully, there are a number of plant-based milk options available in most grocery stores. Most sell at the minimum soy milk and almond milk, but many also offer rice milk, oat milk, cashew milk, hemp milk, and more. The only non-dairy milk we recommend avoiding is coconut milk, which is usually higher in fat. We also suggest choosing an unsweetened plant milk that does not contain added sugars.

Which brands have oil-free options?

There are many options for oil-free tortillas, sauces, etc. We've listed the brands we're aware of below!

Veggie Broths

- Kitchen Basics Unsalted Vegetable Cooking Stock
- Pacific Organic Vegetable Broth (Simply Stock)
- Health Valley Fat-Free Vegetable Broth

Plant Milks

- Almond Breeze Unsweetened Almond Milk
- Westsoy Non Fat Soymilk
- Pacific (several varieties)
- Eden Edensoy
- EdenBlend Rice & Soy Beverage
- Silk Unsweetened (several varieties)

Bread & Tortillas

- Alvarado St. Bakery
- Dave's Killer Bread
- Food for Life/Ezekiel
- Alpine Valley Sprouted Breads & Buns
- Great Harvest Bread Company
- Sprouts Whole Wheat Bagels
- Manna Organics

- Mission Corn Tortillas
- Sandwich Petals Gluten-Free Tortillas
- Joseph's Whole Wheat Square Lavash Roll-Ups
- Paramount Whole Wheat Lavash
- Trader Joe's Sprouted Whole Wheat Breads
- Mestemacher Bread
- Mi Rancho Organic Stone Ground Whole Kernel Corn Tortillas
- 365 Organic Corn Tortillas
- Trader Joe's Corn Tortillas
- La Gloria Corn Tortillas

Crackers & Chips

- Edward & Sons Crackers
- Lundberg Brown Rice Cakes
- Mary's Gone Crackers
- Ryvita Crackers
- Wasa Crispbreads
- Manischewitz Whole-Wheat Matzos
- Streit's Whole-Wheat Matzos
- Yehuda Matzos
- Hol-Grain Crackers (some varieties)
- GG Scandinavian Bran Crispbread
- Engine 2
- Finn Crisps

Marinara Sauces

- DeLallo Marinara Sauce
- Muir Glen Organic Portobello Mushroom Pasta Sauce
- Prego Light Smart Traditional Pasta Sauce
- Ragu Light Tomato and Basic Marinara Sauce
- Charley Biggs' All Natural Sauces
- Pomi Tomato Sauce (just add Italian seasoning and garlic powder!)
- 365 Everyday Value
- Engine 2
- SimplyNature
- Gefen
- Trader Giotto's Pizza Sauce
- Simple Truth Organic Mushroom Pasta Sauce

Barbecue Sauces

- Stubb's (any except Honey Pecan flavor)
- Sticky Fingers' Carolina Classic
- Amy's Organics

- Bone Suckin' Sauce
- Organicville
- Dinosaur Bar-B-Que Creole Honey Mustard

Hummus & Dips

- Oil-Free Original Roots Hummus
- Cedars Fat-Free Hummus (Plain & Red Pepper)
- Nacheez Dairy-Free Nacho Sauce
- Sahara Cuisine (not all varieties)
- Guiltless Gourmet Black Bean Dips
- Casbah Hummus
- Oasis Hummus (not all varieties)

What type of pizza dough or crust should I make or use?

Unfortunately, we do not have a homemade whole-wheat dough recipe at this time. However, we do offer this [gluten-free pizza crust recipe](#).

Typically the pizza crusts we recommend buying are 12 inches in diameter. Our recommendation would be the [Engine 2](#) brand if it is available in your local store.

What's the best tomato sauce to use?

There are many tomato/pizza sauces that do not include oil. We recommend using ingredients that do not include oil and have limited to no added salt or sugar. We encourage you to do the best based on your circumstances, and have this handy list of [oil-free brands](#) to help.

What kind of tortillas should I get?

For corn tortillas, 365 Brand at Whole Foods, Trader Joe's, La Gloria, Mi Rancho Organic Stone Ground Whole Kernel Corn Tortillas are all oil-free and widely available.

For other suggestions, check out our [oil-free brands list](#).

Can I use flour? Isn't flour processed/refined?

Whole-wheat flour can be part of a healthy whole-food, plant-based diet. You'll find some other acceptable whole-food-based flours included in recipes, such as chickpea flour, brown rice flour, almond flour, and oat flour. You have the option to purchase them or make your own.

Should I avoid sugar?

Several of the experts at Forks Over Knives are okay with small amounts of sweetener on occasion. The overall calorie contribution (in a serving) from the added sugar in a day's worth of eating is minimal, so we include it as an occasional treat. You may choose to omit any added sweeteners included in recipes.

Date paste is a whole-food sweetener option you may use in some recipes. To make your own date paste, soak 1 pound of pitted dates in 1½ cups of water overnight or for several hours, until much of the liquid is absorbed. Transfer the dates and any remaining soak water to a food processor, and purée until completely smooth. You can store the date paste in the refrigerator for several months.

What kind of pasta should I buy/eat?

We'd recommend whole-grain pasta, provided there is no added oil or animal products such as eggs. Because pasta is a source of concentrated calories (mainly due to low water content), it should be consumed in limited amounts—especially if you are trying to lose weight. When buying pasta products, reach for those that list grain as "100%" whole (e.g., "100% whole wheat").

Beyond whole-wheat pasta, you may also consider brown rice pasta, quinoa pasta, and corn pasta, among others.

A recipe tasted bland. What can I do?

Besides recipes for baked goods, we will not typically provide a measure for salt and pepper, as many people following this diet are seeking a low-sodium plan. The amount of salt and pepper you add to a dish should be adjusted to suit your personal goals and taste buds. Unless instructed otherwise by a medical professional, feel free to salt to taste.

If you are making a soup or stew and want to play with the seasoning, simply ladle a bit of soup into a separate bowl, adjust the seasoning and taste until you achieve the desired balance without risking the whole pot.

If you are transitioning from a standard Western diet, you may find that your taste buds adjust over time and you find yourself satisfied with less salt. At the early stages, we recommend seasoning as much as needed to enjoy your food, as that's why we're here—to make this way of eating sustainable in the long term and better yet, pleasurable!

If you have prepared a dish and the flavors just aren't right and need an emergency fix, check out [this article](#) for more on how to rescue a dish that has taken a left turn when there are hungry mouths to feed! One of our members in the Meal Planner Facebook group also posted this handy [tip](#), which we recommend reading.

In the meantime, please rate the recipe, and we'll keep working to revisit and retest our recipes, as well as create new ones for you to try.

What can I substitute for...

For the majority of ingredients, if you would prefer not to use a vegetable, or don't have one to hand, feel free to substitute with a vegetable that you enjoy.

For instance, if a recipe includes eggplant, you may want to try substituting it with mushrooms or zucchini.

If you can't find farro but have quinoa in your pantry, use it!

In the event that you do not have or enjoy kale or sweet potatoes, you can substitute spinach (or anything green that you prefer) and regular potatoes.

If you are allergic to or do not like onions and/or garlic, or any vegetable that appears in smaller quantities, you can simply omit them from the recipe. The goal is to enjoy your meal, so take liberties if the resulting recipe will be more appealing to you.

For baking in particular, you can substitute arrowroot powder with a flour of your choice, or cornstarch.

For brown rice syrup, try substituting date paste or maple syrup (you may have to adjust the quantity to achieve the desired texture).

[Mobile Access](#)

Do I need the Forks Over Knives app to use the Meal Planner?

The Forks Over Knives recipe app and the Forks Meal Planner are two separate products. Please see [here](#) for a more detailed explanation.

What's the difference between the Forks Over Knives recipe app and the Meal Planner?

We are regularly asked whether the recipes in the Forks Over Knives app are the same as those in the Meal Planner, and whether you need one in order to use the other.

The short answer is that they are separate products, with different recipes, and that they are designed with very different goals in mind.

To explain a little further, recipes in the Forks Over Knives recipe app mirror the free recipes on the main ForksOverKnives.com website and are typically from a variety of contributors. The recipes in the app are a fantastic source of inspiration but can vary greatly in their level of difficulty, timing, and ingredient availability.

In designing the Meal Planner we wanted to create a complete experience that takes the work out of deciding what to cook, and the recipes themselves conform to much stricter guidelines in terms of timing and ingredient availability. In fact, almost every meal that you'll see in the Planner has been created from scratch for the service by our dedicated team of chefs.

We typically provide you with at least 5 new recipes every week and aim to have those recipes on the table in no more than 35 minutes after weekend prep.

We do our best to design the meal plans to work together so you have a balance of variety, flavor, and texture in the recipes. The recipes and meal plans are also created with seasonality in mind, and with ingredients shared across multiple recipes to keep your budget—and food waste—to a minimum. We basically try to do as much of the planning and thinking as we can.

Unlike the app, you can customize the serving size on every recipe in the Meal Planner, and most recipes automatically highlight the weekend prep that you can do in advance, to save you even more time in the kitchen.

In summary, with the Meal Planner we're thinking about how we can simplify plant-based cooking in a complete system versus providing you with a recipe collection.

Tip: If you haven't already, [add Forks Meal Planner to your home screen](#) so you can easily access it!

How can I access the Meal Planner on my phone? Is there an app?

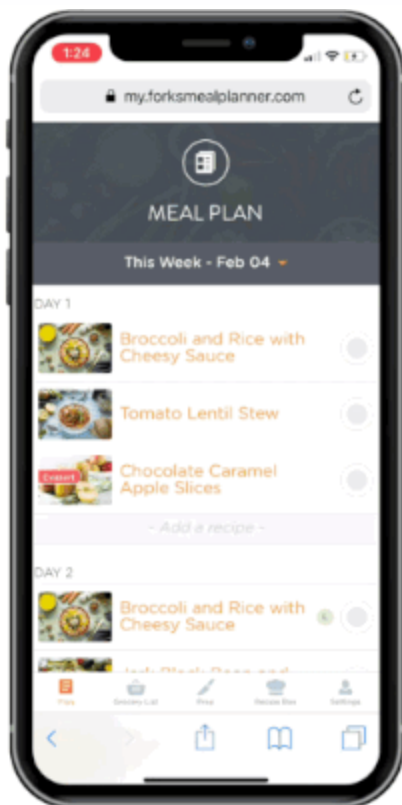
While there isn't a dedicated mobile app for the Meal Planner yet, the service has been designed with your mobile devices in mind.

For easy access you can even add it to your phone's home screen by following the instructions below.

iOS

1. Log into the main dashboard by visiting my.forksmealplanner.com
2. Click on the share icon
3. Tap “Add to home screen”

Now you have a shortcut added to your home screen that you can use to launch right into Forks Meal Planner



Android

1. Tap the bookmark icon.
Visit my.forksmealplanner.com and then tap on the bookmark icon.
2. Tap on “Add to home screen”

3. Name the shortcut "Forks Meal Planner"

4. The icon will now appear on your home screen.

Does the Meal Planner work on iPad/Tablets?

Yes, the Meal Planner is designed to work on your phone, desktop computer, and iPad or tablet. Simply visit <https://my.forksmealplanner.com> and then save the link to your home screen so you can access it from anywhere.

What's New

- PW to update this with latest releases.

Remaining topics to add:

Grocery List Tip - *Will add this later*