



WE NEVER SUBTRACT. WE ADD.

We help you add nutrients.

A plant-first kitchen coach with Moxie as the voice. Ten plant circles a day, recipes that walk you through the cooking, and zero judgment about what is already on your plate.

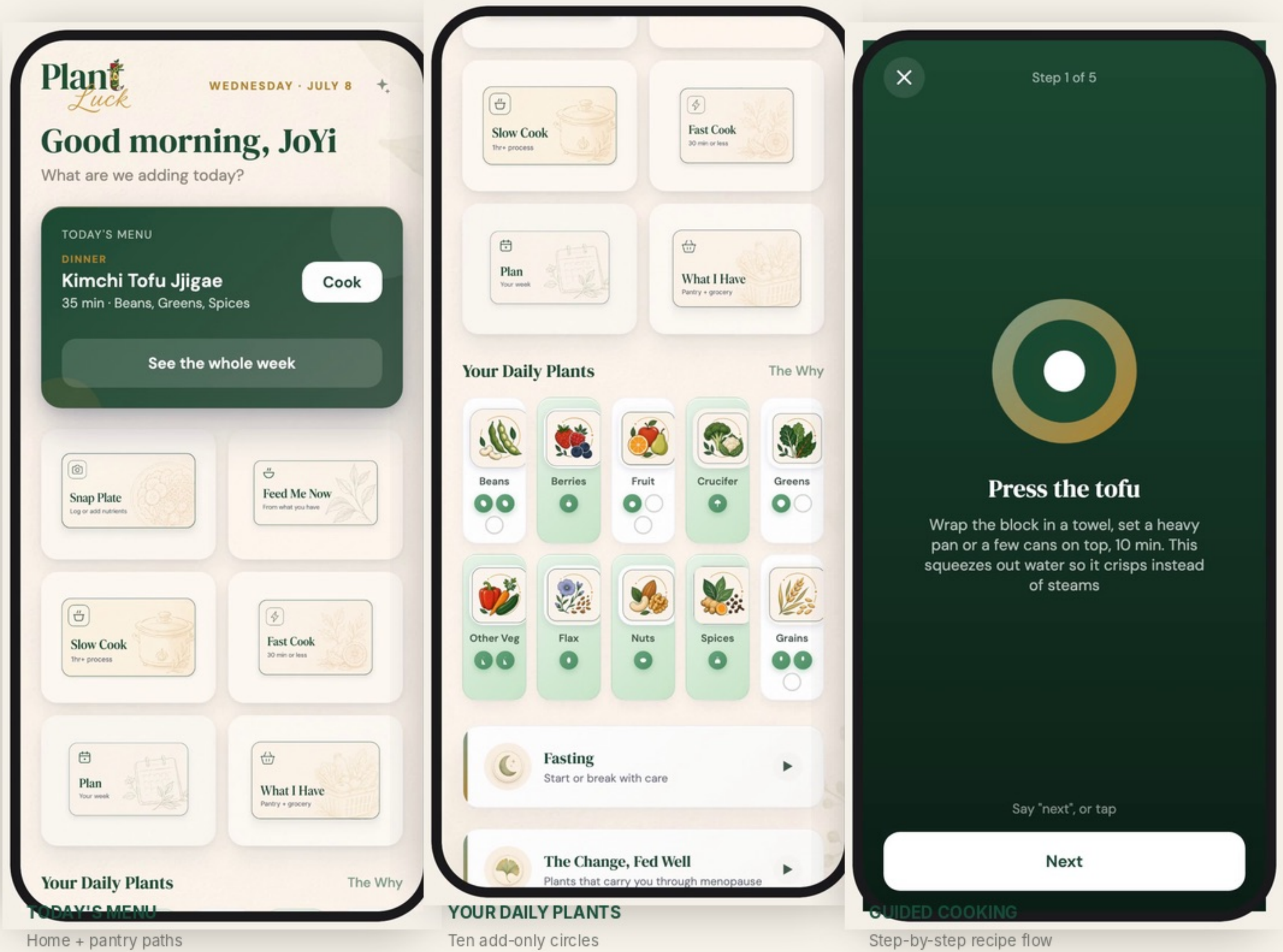
Whatever is for dinner, we add one plant.

Plant-first, not plant-perfect

No calorie counts • No streak guilt

LIVE plantluck.netlify.app

BUILT AldedEQ.org



ADD
Ten daily plant circles

SNAP
Photo → plants logged

COOK
Recipes from what you have

PLAN
Seven days from your pantry

REFLECT
Practice noticed, never graded

WHAT IT DOES

Real kitchen tools, not diet-app behavior.

ONE PLANT AT A TIME

ADD

- Ten daily plant circles with a one-tap Why for what each category does, in plain language.
- Improve My Plate suggests exactly one plant addition, including a budget-aware way to buy it.
- Snap Plate checks off plants it sees; pantry photos fill your staples.

FROM WHAT YOU HAVE

COOK

- 14 guided recipes plus an AI recipe coach that teaches balance: salt, fat, acid, heat.
- Heritage recipes keep their lineage intact: Black-Eyed Peas & Greens, Three Sisters Stew, Quick Callaloo.
- Feed Me Now, Fast Cook, and Slow Cook meet the time you actually have.

PLANNING IS PRACTICE

PLAN

- Weekly Planner builds seven days from your pantry and taste.
- Pick the meals you want planned. Today's Menu advances by date; swap any day.
- Your Taste remembers salt, spice, acid, umami, and the cuisines you actually cook.

INFORMATION FOR TOMORROW

REFLECT

- Your week appears as a garden grown from your real history.
- The Change, Fed Well is grounded in published menopause research.
- Missing a circle is not failure. It is information for tomorrow's practice.

WHO IT'S FOR

- Anyone eating dinner tonight. Meat, cheese, boxed mac: all welcome. Add one plant.
- Women moving through menopause who want nourishment grounded in published research, not prescriptions.
- Anyone returning to plant-first tables, especially across Black, brown, and Indigenous kitchens.

FREE TO USE • FUEL THE BUILD

PlantLuck is free. No account, no card. If it helps, support the work so we can get it into more kitchens.

DONATE WITH CARD

The Practice Center, 501(c)(3)

TRUST

- Private by design: circles, pantry, plans, and history stay on your device.
- No account and no tracking.
- Moxie sends only what you choose to share for coaching.
- Clear health boundary: nourishment, not prescriptions.

“I came through menopause without the suffering so many carry. That was not luck. It was plates and practice.”

JOYI • FOUNDER