



WELCOME TO PLANT DOCS!

At Plant Docs, we are passionate about empowering individuals to take control of their health and wellbeing through the transformative power of food. Our programs offer high-quality, evidence-based education for those seeking to improve their overall health and vitality.

PHYSICIAN DESIGNED PROGRAMS

Our programs leverage the incredible power of nutrient-dense plant foods to nourish your body, prevent diseases, and promote optimal wellness.



Meet the Plant Docs!



Sandra Musial MD



Steven Stein MD



Shikha Merchia MD



Zachary Burns DO



Mariah Stump MD



JUMPSTART YOUR HEALTH!

Our monthlong program is designed by physicians to prevent and reverse chronic diseases such as heart disease, type 2 diabetes, obesity, and autoimmune disease through whole food, plant-based nutrition. It includes 4 weekly sessions (in person or remote), a private MD consultation, and labs before and after to see the impact changing your nutrition can have on your health. With the numerous benefits it offers, you'll be amazed at how great you feel!



PLANT – BASED COOKING CLASSES

Whether you're an experienced cook or just starting, our cooking classes provide an opportunity to learn, have fun, and create nutritious meals from the comfort of your own kitchen. Dive into the delicious world of plant-based food and explore a variety of cuisines from around the globe, all while learning valuable tips for healthy aging and longevity.



Private MD Consultation

Every individual is unique, and that's why our private consultations are fully personalized. Whether you're seeking guidance on transitioning to a plant-based diet, managing a specific health condition, or simply looking to improve your overall well-being, we will work closely with you to create a tailored plan that meets your individual needs.



Foods To Fight Cancer

Whether you have a genetic predisposition for cancer, currently have cancer, or have had cancer in your past, this program is for you. Research suggests that certain foods can have powerful anti-cancer effects in a multitude of ways. Learn which foods to eat and not to eat to optimize your health and ward off cancer.



Speaking Programs

Bring the power of plants to your audience with a talk from a passionate plant-based expert! Whether you're catering to health-conscious foodies, wellness enthusiasts, or simply curious minds, our Plant Docs are ready to inspire delicious change. Contact us today to inquire about booking a Plant Doc for your next event!