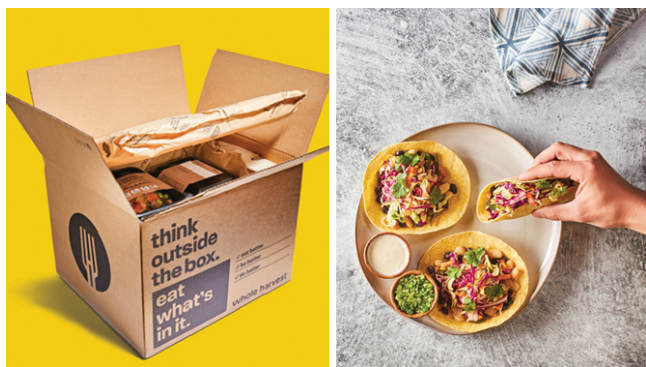




I Tried It: Whole Harvest's WFPB Meal Delivery Service

By Courtney Davison
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Editor's note: Whole Harvest discontinued service in May 2025.

After shaving 40 points off his cholesterol within three weeks of going whole-food, plant-based, Mark Gossman was sold on the lifestyle—but finding time to prepare the meals proved difficult. “As a busy person, it was hard,” says Gossman, who co-founded Whole Harvest in 2020. The innovative WFPB meal-delivery service has received stamps of approval from Dean Ornish, M.D., Alan Goldhamer, D.C., and the Physicians Committee for Responsible Medicine.

How It Works

The [Whole Harvest menu](#) currently features 16 entrees, with rotate seasonally and average \$15–\$17 each. All are free of animal products, oil, and highly processed ingredients. Some are gluten-free and free of salt and sugar, as well; these uber-healthy options bear an “SOS” badge on the website. To place an order, you’ll need to choose at least eight entrees. Then select a delivery date (generally at least 1 week out).

Meals are prepared fresh daily and arrive at your doorstep within days of being made. Each meal is individually sealed, ensuring a refrigerator shelf life of 5–10 days. When you’re ready to eat, just heat according to the label. (Instructions are provided for both the microwave and stovetop.) Any meals you haven’t finished before the best-by date can be frozen for up to six months.

How It Tastes



Whole Harvest sent me 12 entrees to try, and I found each to be fresh, flavorful, and hearty enough to keep me satisfied until the next mealtime. I especially liked the Southwest Comfort Mac—which features a rich-tasting sauce made with butternut squash and cashews—and the Mushroom Bolognese. And my absolute favorite was the Ratatouille: The seasonal gem is a saucy medley of quinoa, chickpeas, and veggies, perfectly seasoned in warming spices.

Sustainability Points

Whole Harvest meals ship in cardboard boxes lined with recyclable insulation and Enviro Ice packs, which are filled with a gel that can be safely washed down the drain or used as fertilizer in your gardens.

Editor's note: FOK may collect a small share of sales from some of the links on this page, though it doesn't influence our product picks.

To learn more about a whole-food, plant-based diet, visit our [Plant-Based Primer](#). For meal-planning support, check out [Forks Meal Planner](#), FOK's easy weekly meal-planning tool to keep you on a healthy plant-based path.