

PLANTSTRONG[®]

Case Report: Short-Term Dietary Intervention with Long-Term Impact — A Medically Tailored Pantry Case Study

Patient:

Nancy Wells Age: 54

History: Endurance athlete; MI in June 2023 during a half marathon; completed cardiac rehab

Current status: Diet-controlled, post-rehab, committed to plant-based lifestyle

Presented by

Brian Asbill, MD

Medical Director, PLANTSTRONG

Background

Nancy Wells, a 54-year-old lifelong runner, experienced a life-altering myocardial infarction in April of 2024 while competing in a half marathon. Following emergency intervention and completion of cardiac rehabilitation, she continued to experience anxiety and a fear of recurrence. Despite her fitness history, she recognized the need for a deeper nutritional intervention to support her recovery.

In March 2025, Nancy initiated a one-week medically supervised trial using the [PLANTSTRONG Medically Tailored Pantry](#) meal kit, transitioning 100% to a diet of whole plant foods. The pantry model provides shelf-stable staples paired with fresh or frozen produce, enabling the patient to prepare nutrient-dense meals with minimal effort or culinary skill. This intervention, designed in accordance with lifestyle medicine principles, emphasizes dietary patterns shown to support lipid control, inflammation reduction, and weight management. This approach not only delivers measurable clinical outcomes, but also engages patients as active participants in their care—building sustainable food literacy and reinforcing health behavior change.



Before & After Bloodwork

Labs	March 5, 2025	June 2025
Weight	137 lbs	124 lbs
Blood Pressure	151/89	125/75
Total Cholesterol	153 mg/dL	155 mg/dL
LDL-C	69 mg/dL	61 mg/dL
HDL-C	75 mg/dL	83 mg/dL
Triglycerides	39 mg/dL	38 mg/dL
Non-HDL	78 mg/dL	72 mg/dL
LIPO-a	-	16 nmol/L
ApoB	-	60 mg
hs-CRP	-	1.5 mg/L

ECG	Normal Sinus Rhythm (Oct); Sinus Bradycardia (April, attributed to athletic conditioning)
Medications	Off blood thinners; continued statin; glucose monitoring ongoing

Outcomes & Implications

Nancy's case is a powerful illustration of the immediate and sustained benefits of medically tailored nutrition.

Her LDL-C and non-HDL-C have improved and are at secondary prevention guidelines as is her Apo B.

She not only improved these biometric risk factors and showed improvement in weight and blood pressure, but also regained confidence, returned to running, and reported better energy, digestion, and sleep. Her providers enthusiastically support her dietary shift.

Conclusion

Nancy Wells exemplifies the potential of food as medicine. With targeted, prescribable, and scalable interventions like the PLANTSTRONG Medically Tailored Pantry, clinicians can empower patients to reclaim their health after critical events like myocardial infarction.

Questions? Contact us.

Website	Email
liveplantstrong.com	hello@plantstrong.com

The logo for PLANTSTRONG, featuring the word "PLANTSTRONG" in a bold, white, sans-serif font. A small green leaf icon is positioned between the letters "A" and "T". A registered trademark symbol (®) is located at the top right of the word "STRONG". The logo is set against a dark blue background.