

## **Healthy Gourmet To-Go**

**Clean and compassionate meals delivered right to your door!**

**~ 25th Anniversary ~**

**All: Organic, Vegan, Gluten Free (and pretty much Soy Free) Meal Delivery Co.**

*All food packed in plastic-free, plant-based containers~menu changes weekly*

[info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com)

914.388.2162

### **Menu for delivery on Oct 11**



#### **~ Ways to order this week~**

**Standard Bag Menu below:** you get all 10 dishes below (pint/quart combo...\$155)

**Want a Family Bag?** Pick 6 dishes from menu below (get all quarts...\$165)

**Want to add extras to your order?....options below menu.**

**(additional delivery charges apply)**

**(\$15.00 one time non-refundable packaging fee for new clients)**

#### **~Menu For October 11th~**

*"F" means the dish freezes well*

**8 dishes freeze well this week**

*For weight watching folks check out the number of points noted after each dish*

**PLATE 1: Vegetable Plate:** Simple and delicious - each veggie seasoned with different cold pressed oils (olive, toasted sesame, young baby coconut) and fresh herbs (dill, rosemary, basil, sage) ...yum! Butternut squash, carrots, Russian kale, beets and red peppers....YUM! 8 points per quart ....F



**Yummy Testimonial:** "Hi Roni, ...Everything is delicious ! Thanks, Linda' Scarsdale, NY



**PLATE 2: Pasta Puttanesca Plate:** Fusilli brown rice pasta w. roasted tomato, black olive, caper, fresh basil sauce topped with grilled herbed zucchini served with herbed cashew 'ricotta cheeze' 11 points per plate F

**Yummy Testimonial:** "EVERYTHING HAS BEEN DELICIOUS. YOU'RE A GENIUS WITH SPICES!" Cheryl Kingston, NY

**SOUP: Curried Apple Vegetable Bisque:** Creamy apple-parsnip n' vegetable bisque with red lentils and roasted garlic garnished with crispy sage 4 points per pint F

**Yummy Testimonial:** "You've changed my life!!! Thank you!!" Brooke NY, NY



**SALAD: "BLT" Salad:** Hearts of romaine lettuce topped with yukon potatoes dressed in olive oil and fresh dill, coconut baked 'bacon', marinated tomatoes and green herbed creamy dressing 5 points per salad

**Yummy Testimonial:** "Hi Roni, I LOVE, LOVE, LOVE!!! my meals! I was so excited to get home and unpack all my food." Irene Cold Spring, NY

**KASHA DISH: Kasha "Bacon-Cheeze Burger":** Delicious baked kasha-potato burger filled with sautéed scallions, garlic and onions topped with melted 'cheddar cheeze', and roasted tomatoes 7 points per pint F

**A Yummy Testimonial:** "My gosh, Roni I just had the Bacon Cheez Burger from last week (from the freezer). It was delicious! How do you come up with so many amazing combinations? Laura" NY, NY



**STEW DISH: Navy Bean n' Wild Rice Stew:** Warming navy beans simmered with onions, celery, kale, acorn squash and wild rice garnished with fresh rosemary 4 points per pint F



**A Yummy Testimonial:** "Hi Roni, Thank you so much for all the years of the best food! It has meant so much to me. You're the best. Robert" Rob Kingston, NY

**PASTA DISH: Sweet Potato 'Cheeze' Mac** Trying a new yummy mac n' cheeze dish...brown rice penne pasta with a sweet potato n' creamy cashew 'cheezy sauce'...yum! 6 points per pint F

**A Yummy Testimonial:** "That Mac & Cheese is so good that it's just plain wrong." Marianne, NYC



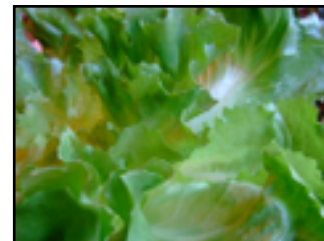
**QUINOA DISH: Mediterranean Layers of Yumminess:**

Herbed quinoa tabbouleh with toasted pumpkin seeds, parsley and cucumber, plus balsamic-oregano marinated tomato, shredded lettuce, and cashew-lemon-parsley 'feta cheeze' - a delicious, low cal Grab n' Go meal! 6 points per pint

**A Yummy Testimonial:** "Hi Roni, The food was delicious this afternoon - thank you so much!! Thank you. Best, Samantha" Red Hook, NY



**PIZZA DISH: Pizza Casserole:** Short grain brown rice pie packed with fresh basil, escarole and roasted garlic topped with oven roasted grape tomatoes n' garlic, basil-cashew 'ricotta cheeze' and walnut 'parma' 10 points per piece F



**A Yummy Testimonial:** "I am so loving always having delicious food in the house; never having to read labels and simply enjoying every lunch and dinner. P is loving the pesto pasta and the Mac n cheese, too, but is especially happy to see me eating good food without having to ask a million questions.....Joan" W. Hurley, NY



**DESSERT: Chocolate Cake w. Raspberry - Cashew Cream** and chocolate sauce- Dark, rich chocolate cake topped with creamy raspberry-cashew cream and chocolate sauce. This scrumptious cake is gluten free, vegan, freezes well AND it's a meal...yes, packed with nuts, whole grains and beans this cake CAN sub as breakfast, lunch or dinner.....seriously! Order extras! (\$7.00/slice for extras) 6 points per piece F ..... (Please add \$5 to your order when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE).

**A Yummy Testimonial:** "The cake was delicious and extremely substantive. Everyone liked it progressively more each bite and it was sweetened just the right amount which is what I was hoping for. I let my parents keep the extra 2 pieces, secretly wishing I hadn't! Thank Again and I'll be in touch! Gail" Germantown, NY

~~~Add some yummy extras to your Bag of Specials~~~

**ADD Extras to your Bag this week...see below.**

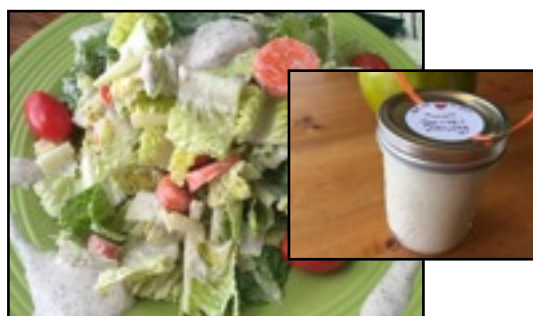
**Dressing, Smoothies, Nutz, Cake, Shots**

(Just let us know what you'd like and a paypal invoice will be sent with your total)

### Dressing of the Week

### Vegan "Sea" Caesar Dressing

Enjoy delicious salads all week long!!!! Order a jar of our decadent, vegan "Sea" Caesar



**Dressing. Great on salads, veggies, grains, beans...yes, even on pasta!**

\$15 per jar.....16 oz. mason jar ~ Add one or more to your Bag of Specials!

**Yummy Testimonial:** "You truly need to find a bottler/distributor for that sea ceasar dressing, it wouldn't stay on shelves locally and I am glad it is back in my home." Jane Esopus, N

## Smoothie of the Week

### Kale Green Goddess

Rice milk, kale, bananas, cashews, dates, hemp, ginger, lemon juice young baby coconut, and vanilla

\$15/per 16 oz. mason jar



**A Yummy Testimonial:** "... Your smoothie was SOOOO good and SOOO nutritious that I had half of it at 5 PM after work and it gave me so much energy that I literally could not fall asleep until 2 AM! Amazing! I will order one again and will savor it for breakfast or before the gym. Everything was great. " Gail Claverack, NY

## Cake of the Week:

### Chocolate cake w. raspberry cashew cream and chocolate sauce

\$7.00 per slice



## Immune Boosting Shot of the Week

### Ginger - Turmeric Immune Shot

Fresh ginger juice with turmeric, lemon juice, black pepper and cayenne...a powerful anti inflammatory, digestive aid and immune boosting shot....great for staving off colds and cleaning out what ails you! Each shot....2 ounces.

1 shot....\$5.00 ea. **or** 3 shots...for \$10.00

**A Yummy Testimonial:** "Those ginger shots were amazing by the way 😊❤️" Julia Poughkeepsie, NY