

Healthy Gourmet To-Go

-Cruelty Free Weekly Meal Delivery Company-
For 25 years ...delivering compassionate, clean, cuisine right to your door
All: Vegan, Gluten Free, Organic, packed in Plant-Based Containers
info@HealthyGourmetToGo.com 914-388-2162

Next Delivery: Wednesday, April 11



Your First Time Ordering?

Please contact us before placing your online order/payment to establish your Delivery Zone.
Delivery Zone charges apply.
Plus, a one time non-refundable packaging fee applies as long as bag/ice are returned each next delivery.
Ask about our special PREPAY deals for Big savings!

-Delivery April 11- Standard Bag Menu

7 dishes freeze well this week "F"
See points after each dish as an ode to Weight Watchers
Getting the Family Bag? Choose 6 of the 10 dishes below.

**Ten savory dishes on this week's menu.
Want smoothies, cakes, shots or dressings? Add them to your Bag.**

PLATE 1: "TV Dinner" Plate: Walnut-rosemary crusted baked tofu slices served over rosemary-garlic baked sweet potato 'fries' served with side of greens and roasted pepper-almond Romesco sauce 10 points per quart F



A Yummy Testimonial: "My quesadilla was AWESOME!" Marko Saugerties, NY

PLATE 2: Mexican Enchilada Plate: Baked enchilada pie with layers of corn tortillas, pinto beans, coconut jasmine rice, cumin roasted corn, roasted tomato sauce, kale and melted 'cheddar cheese' 12 points per quart F

A Yummy Testimonial: "Your Tamale plate was a hit here. N. loved it, so I have competition for this one... Best, M" Montclair, NJ

SALAD: Mediterranean Salad: Hearts of Romaine topped with herbed



chickpeas, kalamata olives, marinated cucumber, tomato and sunflower-mint 'feta cheeze' with carrot-mustard rosemary creamy vinaigrette dressing 6 points per quart

A Yummy Testimonial: "I have to say one of the best decisions I ever made is choosing a vegan diet and lifestyle. And, I am so grateful I crossed paths with you and your creative vegan meal service. I am still in awe of your cooking and creativity."



SOUP: Tuscan Vegetable Soup: Hearty vegetable soup chock filled with sweet roasted tomatoes, escarole, cabbage, carrots, sauté celery and onions, oven-roasted garlic, black olives, quinoa and fresh basil topped with walnut 'parma-cheeze' 5 points per pint F

A Yummy Testimonial: "I just had the apple curry from today's delivery. It's delish!" Robin NY, NY

DAHL DISH: Indian Dahl with Grilled Chapati : Indian spiced red lentils with roasted garlic and cilantro topped with cumin cabbage and grilled coconut-curried chickpea chapati filled with green peas and onion 5 points per pint F

A Yummy Testimonial: "... Delicious! And mmm mmm that Indian dish with the little pancakes - One of my faves!" CM Wappinger Falls, NY



TOFU DISH: Tofu UNegg-Salad: Delicious tofu UNegg Salad with scallion, celery, red onion, 'mayo' and fresh dill garnished with coconut 'bacon' 6 points per salad

A Yummy Testimonial: "Hi Roni,...we are not fond of tofu. The one exception being the unegg salad, which is very tasty...Please keep up the good work, you are doing the world a favor. Pat" Saugerties, NY

STEW DISH: Italian Stew: Capers, cabbage, kale and cannelloni beans stewed with rice and roasted garlic; basil and broccoli points per pint F

A Yummy Testimonial: "THE best vegan food there is! I am not kidding! Her vegan stews are to die for! Scrumptious and so satisfying! YUM!" Raji Woodstock, NY



PASTA DISH: Zucchini n' Pasta: Sautéed garlic, onions and zucchini with fusilli brown rice pasta, fresh basil, green peas, lemon and toasted walnuts 6 points per pint F



A Yummy Testimonial: "...Last week's food was beyond delicious, looking forward to next week's menu!" Jamie Teaneck, NJ

MEXICAN DISH: Mex Layers of Yumminess: Layers of brown lentils with sautéed peppers and onions; cumin-lime guacamole w. red onion and cilantro; shredded greens, marinated tomato and toasted pumpkin seeds 7 points per pint



A Yummy Testimonial: “Hi Roni! Omg, The Mexican salad this week is sooo yummy!!!! LOVE the combo. Cynthia Beacon, NY



NOODLE DISH: Thai Coconut Curried Noodles: Coconut curried broth with sautéed shiitake mushroom, onions and leeks plus rice noodles garnished with red pepper, scallions and fresh cilantro...yum! 6 points per pint F

A Yummy Testimonial: “I’m about to enjoy some curry noodles after treating myself to a movie. You know how much I love them. Have a lovely afternoon. Hugs, Barbara Platteville, NY

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

Green Goddess Smoothie

Rice milk, bananas, kale, cashews, young coconut oil, dates, lemon, ginger, hemp seed, chia seed, flax seed, maca powder and vanilla...yum!

\$15/per 16 oz. mason jar



Yummy Testimonial: "I relished every bit of the stew, smoothie and half of the tapioca pudding! Delicious! You're smoothie is far tastier than the one I had at ___. Much fuller flavor and so well balanced. I'm so glad to know you are open later than I thought.... Elana" Kingston, NY

Cake of the Week:

Chocolate Cake with Coconut 'Whipped Cream' and Raspberries

\$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