

Healthy Gourmet To-Go

-Cruelty Free, Gluten Free Weekly Meal Delivery Company-

For 25 years delivering compassionate, clean, cuisine right to your door deliciously

All: vegan, gluten free, organic and packed in plant-based containers

info@HealthyGourmetToGo.com 914-388-2162

Next Delicious Delivery: Wednesday 4/18



Is this your first order?

Please contact us before making your online order/payment to establish your Delivery Zone.

Delivery Zone charges apply.

There's a one time only, non-refundable packaging fee (as long as bag/ice are returned each next delivery).

Ask about our special PREPAY deals for Big savings!

6 dishes freeze well "F" this week

Points are an ode to Weight Watchers for those of you 'watching'

Plate 1: Ratatouille n' Pasta Plate: Delicious stewed tomato, onion, zucchini and red peppers simmered with white cannelloni beans and fresh basil garnished w. walnut 'Parma cheeze' served with brown rice penne pasta 4 points per pint F

A Yummy Testimonial: "Roni, I love the meals. Thanks. Nelson" NY, NY

PLATE 2: Quiche Plate: Savory herbed baked oat-nut crusted quiche filled with wilted seasoned kale garnished with parsley-walnut 'ricotta cheeze' and house made mushroom 'bacon' bits served over sweet carrots tossed in lemon fresh dill sauce and garlicky garbanzo beans 10 points per quart F

A Yummy Testimonial: "OMG. Loved the quiche, and the green sauce. What is the crust? I misplaced the description. (oats and nuts)....This basket of food was divinely inspired. How could you get oats and nuts in that crust to be so incredible? ...Everything excellent." Lee Dobbs Ferry, NY





SALAD: “Sea” Caesar Salad: Hearts of romaine lettuce topped with toasted cashews, marinated cucumber-red onion, grape tomatoes, carrots, and with delicious, creamy, addictive ‘Sea’ caesar cashew dressing 4 points per quart **Want a jar of our delicious “Sea” Caesar dressing? Buy one for \$15.00 and we’ll deliver it with your Bag of Specials.** Then you can enjoy more salads throughout the week! It comes in a lovely reusable Mason Jar....

A Yummy Testimonial: “.....as the week progresses, both of us decide that we work hard enough and long enough to deserve to incorporate Healthy Gourmet To-Go meals into our lives as often as possible. It is not as luxurious a proposition as one would think when you take into consideration the time and money saved in grocery shopping, cooking and throwing away all those vegetables bought that we never got around to using. This is dinner at its best: Quick, easy and flavorful.” Linda Living and Being Article 6/24/16 and co-creator: Got2Lindy.com (swing dance lessons/events in the Hudson Valley)

SOUP DISH: Green Split Pea with Dill: Slow simmered green split pea soup with carrots, garnet yam, celery and fresh dill 3 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



QUINOA DISH: Quinoa-Pear Biryani Salad: Cool, nutty wild rice and coconut quinoa tossed with curried sweet sautéed bosc pear and onion, shredded coconut and raisins with cilantro...yum. 5 point per pint

A Yummy Testimonial: “You’ve changed my life! Thank you!” Brooke NY, NY

PESTO DISH: Green Pesto Pasta: Delicious basil, kale n’ sage pesto tossed brown rice fusilli noodles served with sweet green peas garnished with marinated fresh tomatoes 6 points per pint F

Yummy Testimonial: “Your Green Pasta EXCELLENT!” Robin NY, NY



BURGER DISH: Kasha “Bacon-Cheeze Burger”: Delicious baked kasha - Yukon potato burger filled with sautéed scallions, leeks, garlic and onions topped with melted ‘cheeze’, house made coconut ‘bacon’ and roasted tomatoes 7 points per burger F?

Yummy Testimonial: “Hi Roni: I want to tell you that the burger dish this week was amazing. What a lovely combination of flavors!” Katherine Albany, NY

‘PIZZA’ DISH: Brown Rice “Pizza” Casserole: Sautéed onions, green peas, fresh basil and roasted garlic filled layer of short grain brown rice topped with house made ‘cashew cheeze’ sauce and roasted Italian seasoned zucchini ribbons 8 points per large piece F

Yummy Testimonial: “Hi Roni, I have house guests and thought I would wow them with your food. Please deliver to back porch. There is a cooler provided.” Sue Cotteville, NY





MEXICAN DISH: Mexican Layers of “Nacho” Yumminess: A delectable Grab n’ Go meal! This week’s combo is an ode to: “Nachos.” Layers of sweet garnet yam; coconut black beans; cilantro-pumpkin seed cream; guacamole infused with tomato n’ mint garnished with chipotle baked sunflower seeds 8 points per pint

A Yummy Testimonial: “...I have been following a vegetarian diet for years but, only recently, converted to the vegan diet. I am inspired that you can make “boring beans” into something so delicious. So, overall, Roni, thank you for the service you provide to the Hudson Valley region and thank you for all of the beautiful animals lives you have touched. Best, Laurie” Schenectady, NY

DESSERT: Chocolate Cake with Chocolate Pumpkin Mousse: Rich dark chocolate cake topped with creamy chocolate-pumpkin mousse garnished with candied cinnamon-chocolate pecans 6 points per piece F



A Yummy Testimonial: “Roni, if you have two extra slices of the chocolate cake, we would love it! Your cakes are certainly the best we’ve ever had. Luis, Woodstock, NY

On the Website on the *ORDER HERE* page simply choose your Standard or Family Bag...then you can add extras to your cart like: smoothies, extra cake, salad dressing and more!

ADD Extras to your Bag...see below.
Dressing, Smoothies, Cake, Shots

Dressing of the Week

Vegan “Sea” Caesar Dressing

Enjoy delicious salads all week long! Order a jar of our decadent, vegan “Sea” Caesar Dressing and keep in the fridge.

Great on salads, veggies, grains, beans...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 Caesar 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

Raspberry Chia Monkey Smoothie

Rice milk, bananas, raspberries, freshly ground peanut butter, cocoa powder, chia seed, and vanilla

\$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 chocolate pumpkin mousse and candied pecans

\$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

