

Healthy Gourmet To-Go

-Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Company-

**For 25 years delivering delicious, compassionate, clean, cuisine right to your door
Packed in plant-based containers and made with love!
info@HealthyGourmetToGo.com 914-388-2162**

Vegan GF Cafe OPEN for sit down/take out Mondays and Tuesdays 11AM to 6PM and is 1 mile from Exit 20 on NYS Thruway



A Yummy Testimonial: "Roni, I don't know how you do it, create such delicious meals! ...Thanks! Your biggest fan, Cheryl" Niskayuna, NY

Next Delivery: Wednesday, August 15

Is this your first order?

Please contact us before making your online order/payment to establish your Delivery Zone fee.
If you and a friend order your first Bags together this week you'll both get \$20 OFF your Bags!
There's a one time, non-refundable packaging fee of \$15 (as long as bag/ice are returned weekly).
Check out the special monthly Prepay discounts for BIG savings!

8 dishes freeze well "F" this week
Points are an ode to Weight Watchers for those of you 'watching'

Indian Plate: Lemon curried chickpeas served with coconut jasmine rice studded with sunflower seeds and kale chiffonade topped with oven roasted turmeric cauliflower and side of fresh peach, onion and cardamom chutney 10 points per plate F

Quiche Plate: Rosemary-almond oat crusted quiche filled with cashew cream grilled zucchini and sautéed onions served with farm fresh kale salad almondine and side of parsley walnut pesto 8 points per dish F

"BLT" Salad: Hearts of romaine lettuce topped with new potatoes tossed in fresh dill and olive oil, plus coconut 'bacon' and tomatoes, herb roasted walnuts and stone ground mustard vinaigrette 7 points per salad

Coconut Curried Apple Vegetable Bisque: Creamy apple n' vegetable bisque with red lentils and roasted garlic garnished with chives 4 points per pint F

Pasta, Zucchini n' Onions: Italian sautéed zucchini, sweet onions and garlic served with brown rice penne pasta garnished with walnut "parma cheeze" 8 points per pint F

Stuffed Portabella Mushroom: Cheddar 'cheezy' quinoa, wilted kale, fresh basil and roasted garlic stuffed portabella mushrooms topped with grilled sweet onions. You simply bake to perfection for a divine dish! Yum! 6 points per shroom F

Mexican Layers of Yumminess: Cumin cabbage layered with chipotle sweet potatoes, shredded kale salad and red onion, mint, avocado guacamole topped with corn polenta star garnish ... delicious, filling, Grab n' Go meal! 8 points per pint

Tofu UNegg-Salad: Delicious tofu UN-egg Salad filled with scallion, celery, red onion, 'mayo' and fresh dill served with shredded greens 6 points per pint F ...NOT doing tofu? Just ask and we'll swap this dish for an additional soup or stew. Delicious alone, rolled into lettuce leaves, served with crackers or on your favorite toast smeared with your mustard and lettuce/slice of tomato!

Mexican Black Bean Stew: Black beans and rice simmered with cabbage, kale and sweet corn garnished with fresh rosemary...deliciously flavorful without the heat! 5 points per pint F

Chocolate Cake: Scrumptious chocolate cake topped with house made coconut whipped cream garnished with sweet strawberry You won't believe its gluten free...but it is and it freezes well too! Having a birthday or party? Order a WHOLE cake! 6 points per piece F

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

Dressing ~ Smoothies ~ Cake ~ Immune Shots

Dressing of the Week

Vegan "Sea" Caesar Dressing

Enjoy delicious salads all week long! Order a jar of 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

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 Blast

House made almond milk, banana, kale, lemon juice, ginger juice, flax seed, chia seed, date, young coconut oil 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 with Coconut Cream and Berries

\$7.00 per slice (whole cakes available with advanced notice)

A Yummy Testimonial: “The chocolate peanut cake was sick. That could be my staple. I believe it covers all the food groups.” Joan W. Hurley, NY

Immune Boosting Shot of the Week

Ginger - Turmeric Immune Shot...Buy 3, get one FREE!

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 n’ cleaning out what ails you! 2 oz. ea
1 shot....\$5.00 ea. **or** 3 shots...for \$10.00 (buy 3 you’ll get 4th one FREE)

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