

Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.
12 Market St. Saugerties, NY ~ info@HealthyGourmetToGo.com ~ 914-388-2162
Ready to eat meals right to your door every Wednesday
Cafe' open for sit-down/take-out every Monday and Tuesday 11-6

Post Holiday Cleansing Menu for 12/4

Scrumptious-Detoxing-Low Cal Menu to help you reboot after Thanksgiving.
It's just what your body wants and needs...when you've had all the leftovers you can handle.



9 dishes freeze well this week "F" means- the dish freezes well
For weight watching folks check out the number of points noted after each dish

Cleansing Vegetable Plate: Butternut squash with toasted sesame ginger paste; umeboshi cabbage; cauliflower with roasted garlic and coconut oil...hearty, warming, cleansing and low cal dish...perfect after the holiday! **Ginger** helps flush toxins from your liver, decrease body fat and is good for your nerves. Here's a lovely Ginger Tea recipe. Steep a sliver of fresh ginger in some boiled water 5-10 mins. Enjoy your **Ginger tea** for when your nerves get frazzled! 5 points per quart F and Nut Free

Clean Green Pasta Plate: LOADS of lemony green kale, sweet green peas and basil tossed with brown rice fusilli pasta topped with roasted fresh tomatoes and cashew basil 'ricotta cheeze'... **Lemon** is alkalizing for your body. A plant based diet is way more **Alkalizing** than an animal based diet and is the key to optimal health! 12 points per 32 oz. plate F and NUTS

Light n' Luscious Red Lentil Soup: Red lentils simmered with onion, celery, sweet granny smith apples and fresh thyme...this soup rocks on so many levels. It's filling, delicious, warming, hearty, AND low cal. There are no grains in this soup! **Thyme** contains carvacrol, a powerful compound that may help boost weight loss. Thyme is also shown to lower blood pressure and cholesterol. 3 points per pint F and Nut Free

Mediterranean Detox Layers: Rosemary infused white beans, layered with kalamata olives, shredded greens, marinated cucumber and lemon-oregano-Dijon vinaigrette topped with grilled asparagus... **Cucumbers** are the perfect detox food...

they keep your body hydrated which helps your body detoxify itself more efficiently, plus lovely for your complexion! 5 points per pint Nut Free

Macro Mung Stew: Hearty cleansing, macrobiotic stew with sweet onions, short grain brown rice, roasted garlic, cabbage, garnet yams and fresh cilantro... SO delicious, satisfying, healing and good for you. Ah **Cilantro!** It's extremely high in Vitamin K, great for building bone mass, helps prevent damage in the brain which helps Alzheimer's patients and those of us wanting to prevent the disease...woo hoo! 6 points per 16 oz. pint F and Nut Free

Cool Chickpea 'UN-Tuna' Salad chick filled with celery, pecans, raisins, fresh dill, red onion, carrots, and 'mayo'...yes, more healthful **Dill** in this dish. Plus **Celery** is quite known as a superfood with TONS of antioxidant and anti inflammatory properties. Grab a bunch at the health food store! Cut off the bottom, stand up in a bit of water, cover and keep on hand for massive munching all week. All that crunching and hydration will help satisfy cravings! 7 points per pint F and NUTS

Savory Oat Nut Tart: Delicious baked herbed walnut oat tart layered with rosemary smashed potatoes, sautéed mushrooms, cheddar 'cheeze' and garlic caper parsley pesto. **Rosemary**...ah! Packed with memory enhancing properties as well as great for your skin, bones and organs. 9 points per quart pie F and NUTS

Queen of all foods...Asian Quinoa: High protein quinoa with sautéed onions and fresh basil topped with toasted sesame carrot ginger dressing. **Sesame seeds** may help lower blood pressure, support healthy bones and is a good source of B vitamins 5 points F and Nut Free

Calabacitas Stew: Creamy Lima beans simmered with zucchini, onions, jasmine rice, dill and corn...yum! **Dill** settles your tummy and can neutralize carcinogens! Yay dill! 5 points per pint F and Nut-Free

Coconut Tapioca Pudding: Creamy, coconut and scrumptious tapioca pudding topped with chocolate coconut cream with red raspberries and chocolate coconut cream ...we figure you want dessert and this one is oh, so good. **Raspberries** are high in Vitamin C, great anti-cancer/anti-aging food. Did you know Xylitol (great for gums/teeth) is extracted from Raspberries? 6 points per 12 oz. container F and Nut Free

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

Dressing, Smoothies, 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.



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

Blueberry Blast Smoothie

House made hemp milk, bananas, blueberries, cashews, ginger, lemon, dates, 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 with chocolate coconut 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 PLUS....one FREE= 4 shots

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