

# Healthy Gourmet To Go

Organic, vegan, gluten free, plastic free Meal Delivery Co.

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Ready to Eat Meals Right to Your Door



## Valentine's Day Menu 2.13 and 2.14

*Please order by the weekend when possible to be guaranteed a Bag.*

***All 10 dishes freeze well this week***

*"F" on the lid means the dish freezes well*

**Love Me Tender TV Dinner Plate:** Delicious walnut crusted baked tofu tenders served over mustard spiced roasted russet potatoes plus braised kale with side of basil-walnut pesto 11 points per quart F and NUTS (walnut)

**A Yummy Testimonial:** "BTW, I LOVED the walnut crusted tofu, mashed potatoes, Brussels and gravy TV Plate...It's delicious! We all loved it and hope that you'll send more soon! Anne Betty" Montclair, NJ

**You Bowl-o-gnese Pasta Me Over:** Scrumptious bolognese faux meat sauce with mushrooms, onions, and chickpeas simmered to perfection

served over brown rice penne pasta garnished with “parma cheeze”...delish!  
12 points per quart F and NUTS (walnut)

**You Can't Curry Love Soup:** Indian Mulligatawny soup filled with cauliflower, sautéed apples n' onions plus red lentils and basmati rice garnished with cilantro 5 points per pint F and Nut Free

**A Yummy Testimonial:** “OMG, just got home and devoured the curry soup. Beyond amazing. 😊😍”  
Julia Poughkeepsie, NY

**Love Will Keep Us Together Veggies:** Oven roasted butternut squash, oven roasted Brussels sprouts and grilled portobello mushroom slices on bed of quinoa with fresh thyme 5 points per quart F and Nut Free

**Crazy Little Thing Called Mac n' Cheeze:** delicious creamy white sauce on brown rice penne topped with “mozzarella cheeze”, bread crumbs and grilled onions 6 points per pint F and Nut Free

**A Yummy Testimonial:** “Thank you so so so much for the amazing food! People were raving (about the lentil pate). My cousin said if he could he would “inject it into his veins”. Ms. Wilson Woodstock, NY

**Best of My Love Burger:** Oven grilled Asian red lentil n' rice patty burger with toasted sesame, sautéed onions and garlic served with carrot sesame sauce over bed of kale 5 points per burger F and Nut Free

**A Yummy Testimonial:** “The Indian Burgers are Boombastic! lol! No seriously, we are obsessed!  
Jamie Teaneck, NJ

**All You Need is Love...and Sticky Korean Tofu:** Coconut basmati rice topped with crispy baked tofu and date sweetened Korean sauce garnished with pickled scallion and cucumber 5 points per pint F and Nut Free

**I Can't Help Falling in Love with UN-Egg Salad:** Yummy tofu salad with scallion, celery, red onion, “mayo” and fresh dill 6 points per pint F and Nut Free

**A Yummy Testimonial:** “Thank you! I think I could live off the Un-egg salad alone! Susan Voorheesville, NY

**My Endless Love To You Stew:** Brown rice n' brown lentil stew with sautéed onions, capers, butternut squash, kale and basil ...ah! So warming and filling 4 points per pint F and Nut Free

**A Yummy Testimonial:** “Just shared some stew and UNTuna with my wife and her sister. They loved it!” Chris Woodstock, NY

**Nothing Compares 2 U Chocolate Cake:** Delicious rich chocolate cake topped with raspberry coconut cream and a chocolate heart swirl. As always...it’s gluten free, vegan, freezes well AND it’s delicious! Order extras! 7 points per piece F and NUTS (cashew in frosting...options available with NO nuts)

**A Yummy Testimonial:** “Roni, We couldn't be happier...And now having a little chocolate cake for dessert. It is all scrumptious! Thank you so much. Pat” Troy, NY

## **Add yummy extras to your Bag at check out:**

- Double up on any of this week’s dishes
- “Sea” Caesar: the cashew *everything* dressing
- Untuna Salad
- Chocolate Cake: Raspberry cream and chocolate swirl heart
- Immune Shots w. Ginger, lemon, cayenne, black pepper
- Smoothie of the Week: Strawberry Chocolate Chia Peanut Monkey
- Quesadillas: “Cheeze”, spinach, olives and dip
- Stuffed Grilled “Cheeze” with avocado and grilled onions

**A Yummy Testimonial:** “This food is so delicious! The quesadilla was incredible. My next order I want to add on the untuna salad, a smoothie and some extra dressings. When is your next round of orders? Really enjoying it thank you so much!” Vinnetta Brooklyn, NY

**A Yummy Testimonial:** “OMG, lady, the UN-TUNA SALAD!!! Where has this been all my life?! Way yummiier than actual tuna salad. This container isn't gonna last the day.” Emily Wappingers Falls, NY

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

**A Yummy Testimonial:** “I love my “bug catcher” so much. I used to turn a plastic cup onto them and slide a piece of cardboard under end lift off and bring outside. This is so much easier!! 🤔” Corinne Newburgh, NY

**A Yummy Testimonial:** “Ur smoothies are like divine desserts” Sherry Elka Park, NY



## Happy Valentine's Day Menu