

# Healthy Gourmet To-Go

Conscious Gourmet Meals Without Lifting a Finger!

25th Year Anniversary ~ Weekly Meal Delivery Company



All: Organic, Vegan, Gluten Free Meals

Packed in plant-based containers. Ready to eat and right to your door.

[info@HealthyGourmetToGo.com](mailto:info@HealthyGourmetToGo.com) 914.388.2162 Cafe Open Mon/Tues. 11-16 12 Market St Saugerties, NY

**Next Delivery: Wednesday Jan 17**

**Standard Bag** ...get all dishes below in quart/pint combos...for \$155

**Family Bag**...you choose 6 of the 10 dishes below and get all quarts...for \$165

**7** dishes freeze well "F" this week

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

**First Delivery?** Please contact us before ordering online to set up your account



**PLATE 1: Mexican Fiesta Plate:** Coconut jasmine rice with roasted cumin corn served with cilantro infused pinto beans, topped with assorted greens; sweet plantain fritters and side of guacamole 14 points per quart F

**A Yummy Testimonial:** "We are huge fans of your work, you are an amazing passionate person and a truly gifted chef! ...Warm regards, Jeanette Kingston, NY

**PLATE 2: Warm Asian Pasta Plate:** Asian inspired spinach-basil-ginger sauce tossed with rice noodles, topped with toasted sesame winter squashes and grilled broccoli rabe 12 points per quart



**A Yummy Testimonial:** "...Your food and service is so worth it in terms of quality of ingredients and deliciousness and convenience and then there's that extra love you add! A bargain! ❤️❤️❤️ Christine" Woodstock, NY



**SOUP DISH: Coconut Curried Red Lentil Soup:** Rich and creamy red lentil soup with sautéed onions and garlic with butternut squash, carrots and cabbage finished with fresh basil 6 points per pint F



**SALAD: Quinoa Apple Salad:** Hearts of Romaine with toasted walnut-quinoa-gala apple salad, raisins, red grapes served with Sea Caesar dressing (get extra jars of HGTC's creamy, rich, vegan cashew based dressing....\$15 per 16 oz. mason jar) 5 points per quart salad

**A Yummy Testimonial:** "Thank you for nourishing us!" Paulina White Plains, NY

**PASTA DISH: Yummy Macaroni and 'Cheeze'** Brown rice pasta with HGTC's original recipe. A creamy, rich, delicious, 'cheezy' sauce topped with melted 'cheeze' 6 points per pint F



**A Yummy Testimonial:** "Hi Roni, He loved the mac & cheese last week. Said it was best mac & cheese he ever had, vegan or not!Gretchen" Saugerties, NY



**MUSHROOM DISH: White Bean Stuffed Portabella:** Creamy white beans and earthy wild rice seasoned with oven roasted garlic, fresh basil and capers stuffed in a portabella mushroom topped with sautéed sweet orange peppers and onions 6 points per shroom F

**A Yummy Testimonial:** "...We LOVE being fed by you. I'll send you a check for a 3-month prepayment." Nancy Hudson, NY

**KITCHARI DISH: Indian Cleansing Stew:** OIL and SALT FREE HEALING STEW... Sprouted mung beans with carrots, cabbage, sweet potatoes, sweet onions and short grain brown rice, plus tons of healing garlic, ginger and curried spices...It's SO delicious, satisfying, healing and SO good for you. This ancient cleansing stew can be eaten all day long for days. If you're needing to reset, clean out or lose weight try a Kitchari Cleanse...give a call or email for more details..... 6 points per pint F



**A Yummy Testimonial:** "Hi Roni, the Cleanse was great. My body handled it well and it definitely helped. Thank you. I will sign up for another Kitchari cleanse this week...Best, Marty" Woodstock, NY



**TOFU DISH: Tofu UNegg-Salad:** Delicious tofu UNegg Salad w. scallion, celery, red onion and fresh dill topped with coconut 'bacon' and shredded lettuce 6 points per salad

**A Yummy Testimonial:** "...I found a container of unegg salad! ...You can't even imagine the week I've had and finding that totally made my week! I ate most of it for lunch today. It is one of my favorite things you make. It also softened the blow of realizing that I ran out of tapioca and now have to start eating real food... 😊 Thanks again! Karen" Tarrytown, NY

**BURGER DISH: Black Bean Burger with Smoky Eggplant:** Grilled black bean and brown rice burger topped with charred onions, smoky eggplant with a red pepper sauce  
8 points per burger F



**A 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

**DESSERT: Pumpkin Spiced Cake:** Scrumptious pumpkin spiced cake studded with dark chocolate chips topped with cinnamon-pecan streusel topping...yum 7 points per 12 oz. container F..... **(Please add \$5 to your Standard Bag when subbing out dessert for additional DISH, or add \$10 for additional SALAD or PLATE)**



**A Yummy Testimonial:** "As a child, tapioca pudding was one of my favorites. Since going dairy free, pudding is a comfort food I miss. But yours is so delightful and I am grateful for a vegan alternative for one of my favorites. Thanks for being you, Katherine" Troy, NY

## **ADD Extras to your Order: Dressings, Smoothies, Cake, Shots**

### **Dressings of the Week**

- 1. Vegan "sea" Caesar dressing**
- 2. Asian Spinach Basil Sauce**

**Enjoy delicious salads all week long with any one or all of the above dressings. They're all 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, NY

## Smoothie of the Week

### Blueberry Cashew Blast

Rice milk, bananas, blueberries, cashews, hemp seeds, coconut oil, dates, ginger 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 w. raspberry cashew cream and candied nuts

Dark chocolate, rich and delicious cake with scrumptious topping of the week

\$7.00.... each slice Want a whole cake? Give us advance notice.

**A Yummy Testimonial:** "Cake is awesome! Seriously best ever. We have about 1/3 left for tomorrow. I don't know how you do it....How many ways can I spell delicious?" Martha Mt. Kisco, NY

## 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

