

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!

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Next Delicious Delivery: Wednesday, June 13

Is this your first order?

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

You and a friend order your first Bags together and both get \$20 OFF this week!

There's a one time, non-refundable packaging fee of \$15 (as long as bag/ice are returned each next delivery).

Check out the special monthly Prepay discounts for BIG savings!

6 dishes freeze well "F" this week

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



PLATE 1: Pasta Bolognese: Delicious, hearty bolognese "faux meat sauce" served with brown rice fusilli pasta. Chunky, delicious sauce simmered with roasted tomatoes, chickpeas, portabella mushrooms, onions and fresh basil topped with homemade dairy free-walnut 'parmesan cheeze'...delish! 14 points per quart F

A Yummy Testimonial: "Hi Roni! We are loving the food this week! Bolognese is for tonight! I can't wait to try it... Best, Jamie" Teaneck, NJ

PLATE 2: Quiche Plate: Savory herbed baked oat-nut crusted crust topped with basil-cashew 'ricotta cheeze' and oven roasted turmeric cauliflower served with Lacinato kale and a yukon potato smashed and baked with olive oil and roasted garlic 10 points per quart F



A Yummy Testimonial: "We love the divine and delicious magic you make! You fill our bellies and our spirits XO Patty n Eric" Rock Hill, NY



SALAD: Wild Salad: Hearts of romaine lettuce topped with apple-coconut salad, crunchy wild rice, baked pesto pecans, raisins and delicious stone ground mustard vinaigrette... 6 points per salad

A Yummy Testimonial: “Just one word for you, Roni: Cookbook. Okay, more than one word ... That mustardy salad dressing is so good I want to swim in it.” Catherine NY, NY

SOUP DISH: Tuscan Cannelloni Soup: Delicious white cannelloni beans simmered with escarole, kale, capers, cabbage, roasted garlic and fresh rosemary 4 points per pint F



A Yummy Testimonial: “I’m on Meal four so far and it’s all been delicious! I had the pad Thai last night, the chia shake for bfast, the vegan Cobb today for lunch, and now I’m having some ratatouille pasta. Really it’s all delicious!” KB Roosevelt Island, NY

TOFU DISH: Tofu UNegg-Salad: Delicious cool tofu UNegg Salad filled w. scallion, celery, red onion, ‘mayo’ and fresh dill topped with coconut ‘bacon’ and shredded greens 6 points per salad



A Yummy Testimonial: “Re: ToFu UnEgg.....EGGCELLENT.....seasoned to (my) perfection.” Robin NY, NY

PASTA DISH: Yummy Macaroni and ‘Cheeze’ Penne rice pasta with delicious, ‘cheesy’ sauce 6 points per pint F

A Yummy Testimonial: “Hi Roni...Feeling better health wise when we eat your food. The week we skipped, I had body pains and stomach issues that had been kept at bay when we had your pure love cooking :). Thanks for being you... Xox” Chery!” Kingston, NY

VEGGIE DISH: Live-Raw Pesto Zucchini “PASTA”: Not really pasta but strands of zucchini that look like spaghetti served with marinated tomatoes and spinach-basil walnut pesto served with shredded greens and chopped kalamata olives 5 points per pint



A Yummy Testimonial: “Hey Roni, Everything’s been wonderful! 🍷 Will definitely be ordering again soon In the near future! Thanks so much again! Kate” Kingston, NY



BOWL DISH: Mediterranean Quinoa Bowl: Quinoa cucumber parsley tabbouleh with toasted sunflower seeds layered with sautéed eggplant n’ onions; plus Israeli tomato-red onion salad w. greens 3 ... delicious, filling Grab n’ Go meal! 6 points per pint

A Yummy Testimonial: “Thank you again for the great surprises in my bag. When I got home after last week’s terrible storm, it was comforting to have your healthy, good food to eat. I always feel special and appreciate everything you do. You are very creative. Have a wonderful week! Pam” Saugerties, NY

NOODLE DISH: Thai Coconut Curried Noodles: Delicious coconut curried mushrooms and onions broth served with Thai rice noodles garnished with red pepper, scallions and fresh cilantro 7 points per pint F



A Yummy Testimonial: “...My son LOVED the asian noodles. I didn’t even get to taste them.” Rachel Mohegan, Lake, NY

DESSERT: Coconut Tapioca Pudding: Scrumptious creamy tapioca pudding, (even tapioca haters LOVE HGTG’s pudding) topped with delicious sweet strawberries and chocolate coconut cream 6 points per 12 oz. container F...(Extras... \$7.00 each)



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

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

Blueberry Blast

Rice milk, banana, blueberry, cashews, dates, hemp seeds, mesquite powder, 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 with Coconut Whipped Cream and Raspberries



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

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