

# Healthy Gourmet To-Go

-Cruelty Free, Gluten Free Weekly Meal Delivery Company-

For 26 years delivering compassionate, clean, cuisine right to your door deliciously

All: vegan, gluten free, organic and packed in plant-based containers

info@HealthyGourmetToGo.com 914-388-2162



Delicious Immune Boosting Food~ Shelter at Home~ Eat Well

**Next Delivery Wednesday 3/25**

## Is this your first order?

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

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

*Ask about our special PREPAY deals for Big savings!*

**ALL TEN** dishes freeze well "F" this week

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

**"TV Dinner" Plate:** Baked walnut crusted tofu tenders served over roasted smashed garnet yams with rosemary plus lemon sesame braised greens and side of almond basil cream 10 points per quart F and NUTS

**A Yummy Testimonial:** "Thank you. What a great service you provide! I am so happy with my bag of food..."  
Muriel Castleton on Hudson, NY

**Tex Mex Quesadilla Plate:** Grilled brown rice quesadilla filled with melted 'cheddar cheese,' spinach and kalamata olives served over coconut-chive jasmine rice served with grilled asparagus and side of cilantro pumpkin seed pesto 13 points per quart F and Nut free

**A Yummy Testimonial:** "Thank you, [Roni](#). And thank you for what you are doing right now, continuing to provide food and making deliveries. I am very touched by your work. <3" Hanna New Paltz, NY

**Butternut Squash Curried Soup:** Coconut curried butternut squash and root vegetable soup with quinoa and fresh basil 4 points per pint F and Nut Free

**A Yummy Testimonial:** "This woman makes the most wholesome, nourishing and nutritious food in the Hudson Valley. Please consider buying some of Roni's delicious stews, salads, and sandwiches to have a worry-free, immune boosting meal." Jamie Woodstock, NY

**Pad Thai w. Rice Noodles:** Delicious Thai peanut-ginger sauce tossed with rice noodles topped with tri-color cumin cabbage slaw garnished w. chopped peanuts 7 points per pint F and NUTS

**A Yummy Testimonial:** "The food you brought me was outstanding! TY." Rena Gardiner, NY

**Souen Rice Bowl:** Scallion, sesame, bok choy short grain brown rice with carrot toasted sesame ginger dressing 6 points per piece F and Nut-Free

**Savory Walnut Crusted Tart:** Baked herbed-oat-walnut crusted tart topped with mashed potatoes topped with grilled green beans drizzled with sage oil 9 points per quart F and NUTS

**Quinoa n' Brussels Sprouts:** High protein quinoa with toasted pecans topped with rosemary mustard sauce and roasted Brussels sprouts 5 points per pint F and NUTS

**Tuscan Lentil Stew:** Caper, cabbage and brown lentil stew with sautéed onions, green peas and broccoli rabe finished with fresh basil a light, low carb, high protein, high fiber yummy stew 5 points per pint F and Nut-Free

**Chipotle Black Bean Burger:** Jumbo baked black beans n rice burger with roasted sweet corn and cilantro topped with avocado cream and grilled cabbage 8 points per burger F and Nut Free

**Chocolate Cake with Coconut Cream and Strawberry Smash:** Rich dark chocolate cake topped with creamy coconut cream garnished with sweet strawberry smash 6 points per piece F and Nut Free

**ADD Extras to your Bag this week...see below.**  
*Dressing, Smoothies, Cake, Shots*

**Dressing of the Week**

**Vegan “Sea” Caesar Dressing**

Enjoy delicious salads all week long! Order a jar of our decadent, vegan “Sea” Caesar Dressing and keep in the fridge.

Great on salads, veggies, grains, beans...even on pasta!

\$15 per jar.....16 oz. mason jar ~ Add one or more to your Bag of Specials!



**Yummy Testimonial:** “You truly need to find a bottler/distributor for that sea Caesar 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 Cashew Smoothie**

House made hemp milk, bananas, blueberries, cashews, ginger juice, mesquite, lemon juice, flax seed, dates, coconut oil, and vanilla

\$15/per 16 oz. mason jar



**Yummy Testimonial:** “I relished every bit of the stew, smoothie and half of the tapioca pudding! Delicious! You're smoothie is far tastier than the one I had at \_\_. Much fuller flavor and so well balanced. I'm so glad to know you are open later than I thought.... Elana” Kingston, NY

## Cake of the Week:



### Chocolate Cake with Coconut Cream and Strawberries

\$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

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

