

# Healthy Gourmet To-Go

-Cruelty Free, Gluten Free, Organic Weekly Meal Delivery Company-

**For 25 years delivering compassionate, clean, cuisine right to your door deliciously  
Packed in plant-based containers and made with love!  
info@HealthyGourmetToGo.com 914-388-2162**

**Next Delicious Delivery: Wednesday, May 16**



## 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 only, non-refundable packaging fee (as long as bag/ice are returned each next delivery).  
*Check out the special monthly Prepay offer for BIG savings!*

7 dishes freeze well "F" this week  
Points are an ode to Weight Watchers for those of you 'watching'

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



**A Yummy Testimonial:** "...YUM! So blessed to have your incredibly high vibration food in our home & bellies xo Patti" Pine Hill, NY

**PLATE 2: Italian Spring Plate:** Garlic n' oil roasted cauliflower served with an Italian rice ball with peas and basil filled with cashew cheeze and walnut crusted on bed of brown lentil-tomato-basil-red onion salad plus side of parsley walnut pesto...a great Spring dish served hot or cool! 13 points per quart F

**A Yummy Testimonial:** "Hi Roni P and I are very much enjoying the food. We gave 1 dish to his brother who has never eaten vegan and he loved it. You are a genius with spices! Have a great week. Warm regards Cheryl" Kingston, NY



**SALAD: “BLT” Salad:** Hearts of romaine topped with potatoes tossed in fresh dill n’ olive oil plus handmade coconut ‘bacon’ bits, tomatoes, pesto baked walnuts and side of herbed stone ground mustard creamy vinaigrette 8 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: Zucchini n’ White Bean Soup:** Delicious creamy cannelloni beans simmered with sautéed zucchini and onions plus broccoli and seasoned with roasted garlic, capers and fresh rosemary 5 points per pint F

**A Yummy Testimonial:** “Thank YOU!!! Looking forward!!! The food has been delicious this week! Our favorites were the Indian Curry Burger and the Asian Soup.” Jamie Teaneck, NJ

**TOFU DISH: Coconut Curried Vegetable Tofu Stew:** Coconut-curried tofu stew with roasted garlic, Indian spices, kale, carrots, corn, broccoli, jasmine rice and fresh cilantro 7 points per pint F



**A Yummy Testimonial:** “Hi Roni, I just got my food. **THANK YOU, THANK YOU, THANK YOU SOOOOOOOOOO MUCH.** You have no idea how much it means to me. I am trying to lose weight to feel better and eating good food like this makes such a difference, otherwise left to my own, I don’t eat well no matter how hard I try. ... Thanks again. xoxoxoxo Robin” Flushing Meadow, NY



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

**A Yummy Testimonial:** “...I had the mac and cheese for dinner and it was fabulous!! ...:):) it is soooooo amazing to be eating so well AND have more time to paint. I am in heaven!!! ...Cynthia” Beacon, NY

**BEAN DISH: Chickpea UN-Tuna Salad:** Chickpeas tossed with carrots, celery, pecans, raisins, red onion and fresh dill...yum! Hey....This dish makes a great lunch for the kids young and old!!! Get additional 8 oz. containers for



\$5.00 each. Toss one in a lunch box with some cut up veggies, bread, crackers or lettuce leaves to 'roll your own'. 5 points per pint

**A Yummy Testimonial:** "Good morning Roni, ...Your food is amazing. Everything you do is beautiful. Thank you again for everything! Pam" Saugerties, NY



**MEXICAN DISH: Mexican Layers of Yumminess:** Delicious Tex Mex inspired dish *WITHOUT* the official Mexican spices...so yummy! Dill-corn polenta cube over garlic and oil pinto beans served with lemon avocado cubes, shredded greens, balsamic tomato, toasted sunflower seeds... delicious, filling, Grab n' Go meal! 6 points per pint

**A Yummy Testimonial:** "The food was amazing. My non-vegan parents loved it too! They're coming again next month, so I think we'll place order then too! Thanks, Nicolas" Larchmont, NY

**MILLET DISH: Asian Millet Yam Pie:** Asian inspired millet casserole filled with toasted sesame, ginger, scallion and sweet potatoes topped with chunky broccoli-toasted sesame seed tahini pesto 10 points per piece F

**A Yummy Testimonial:** "The millet pie was sensational. Love you :)" Luis West Saugerties, NY



**DESSERT: Tapioca Pudding chocolate ganache:** Creamy, scrumptious tapioca pudding topped with rich dark chocolate ganache and cocoa coconut clusters 6 points per 12 oz. container F



**Yummy Testimonial:** delicious!!!!!!!!!!!! omg the mexican dish was so FRESH tasting and the rice was perfect!! also dug into the tapioca oh my gosh so yummy, so many layers of flavors in both dishes. the rest went into the freezer or waiting to be eaten for lunch tomorrow. you are an amazing cook!!!! this is very exciting..." Leslie Pleasantville, NY

**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 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**

#### **Green Goddess Smoothie**

Rice milk, banana, kale, cashews, ginger, lemon, chia, hemp, dates, young 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:**

**Snickerdoodle Chocolate Cake with Peanut Butter Mousse and Brittle**

**OR**

## 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