

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 23

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 Primavera: Brown rice fusilli pasta packed with marinated wilted kale, sautéed sweet onions, basil, oven-roasted garlic and green peas topped w. cashew 'ricotta cheeze' and cherry tomatoes 12 points per quart F



A Yummy Testimonial: "Hi Roni, The pasta primavera and pesto were great hits! Thank you for helping me put together a wonderful mother's day brunch. All my best, Carmel" West Hurley, NY



PLATE 2: TV Dinner Spring Plate: Walnut crusted baked tofu 'wings' served over toasted pecan n' chive infused quinoa; plus red potato salad w. scallion, 'mayo' and dill and side of parsley-walnut pesto 13 points per quart F (except for potato salad)

A Yummy Testimonial: "I just this second finished my TV Dinner plate... mine was with brussels sprouts. So good! I ❤️ <3 Roni and Healthy Gourmet To-Go" Laura NY, NY

SALAD: Mediterranean Salad: Hearts of romaine topped with seasoned chickpeas, tomatoes, cucumber, black olives, toasted sunflower seeds and lemon Dijon creamy dressing 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: Split Pea soup: Green split peas simmered with carrots, sweet potatoes, celery and fresh dill 3 points per pint F

A Yummy Testimonial: “mmmmmm chowda...delicate, flavorful, filling ...mmmmmmmmmm” Sara New Paltz, NY



BURGER DISH: Baked Veggie Burger: Delicious baked jumbo pinto bean, wild n’ brown rice veggie burger with kale, carrots, toasted sunflower seeds, basil, sweet potato, onions and roasted garlic baked to perfection 8 points per pint 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



STEW DISH: Tuscan Lentil Stew: Delicious brown lentil and jasmine rice stew simmered with cabbage, capers, caramelized onions, oven roasted garlic and fresh rosemary 6 points per pint F

A Yummy Testimonial: “THE best vegan food there is! I am not kidding! Her vegan stews are to die for! Scrumptious and so satisfying! YUM!” Raji Woodstock, NY

MEXICAN DISH: Mexican Layers of Yumminess: Coconut CAULIFLOWER ‘rice’ with cilantro and lemon layered with roasted sweet corn, shredded greens; red onion-tomato-mint guacamole and toasted pumpkin seeds... delicious, filling, Grab n’ Go meal! 6 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





TART: Oat Nut Crusted Tart: Savory herbed oat-nut crusted tart topped with Italian white beans with rosemary, garlic and oil, plus chopped black olives and roasted asparagus drizzled with chive oil 8 points per large tart F

A Yummy Testimonial: “Count us in for April deliveries. We'll prepay.... Your salad dressing with yesterday's delivery was out of this world! Best dressing of yours that I can recall...The other thing that was scrumptious in the salad was the item that was kind of like an omelet. Was it polenta? Best, Manny” Montclair, NJ

PESTO DISH: Kale Spinach Pesto Pasta: Delicious Spring pesto chock full of kale, spinach, basil, arugula and sunflower seeds tossed with rice noodles garnished with red pepper strips and walnut ‘parma’ 10 points per piece F



A Yummy Testimonial: “...I think we will definitely order again in the future. I still tell people how good and convenient your food and service is. Thanks for all your deliciousness! The convenience was so helpful to my life! We'll be in touch when we are ready to order again.” Val Lagrangeville, NY



DESSERT: Apple Crumble: Sweet apples baked with oats, walnuts, raisins and coconut topped with cinnamon-maple cashew cream 5 points per container F

Yummy Testimonial: “That apple bake was so yummy!!!” Zahava Woodstock, 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

Raspberry Peanut Butter Chia Monkey Smoothie

Rice milk, banana, raspberry, peanut butter, cocoa, chia seeds, 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

