



READY MADE MEALS

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Pickup anytime after 11am in your C-store. No pre-order required.
Follow heating or cooking instructions and enjoy!

On the Menu:

AUG 31 - SEPT 4

SALMON, QUINOA & MARINATED GARBANZO BOWL

grilled salmon, quinoa and marinated garbanzo beans topped with sriracha yogurt sauce served with carrots, cucumber, tomato and lemon vinaigrette [633 calories]

SPICED GARBANZO BEANS, ROASTED SWEET POTATOES & BRUSSELS SPROUTS

indian spiced garbanzo beans with eggplant served with roasted sweet potatoes and balsamic brussels sprouts [429 calories]

SEPT 7 - SEPT 11

BAJA GRILLED SHRIMP WITH BLACK BEANS, CORN & RICE

baja grilled shrimp, black beans, corn, and steamed white rice [382 calories]

BBQ TOFU WITH MASHED SWEET POTATOES & COLLARD GREENS

BBQ tofu with mashed sweet potatoes and collard greens [366 calories]

SEP 14 - SEPT 18

THAI CHICKEN WITH BROWN RICE, SWEET & SOUR SLAW WITH PEANUTS

marinated thai chicken served with steamed brown rice and sweet and sour coleslaw with peanuts [527 calories]

GOCHUJANG TOFU AND VEGETABLE BROWN RICE BOWL

gochuchang tofu with fresh spinach, cucumber, carrots, daikon, zucchini, and shiitake mushrooms over brown rice with a bibimbap chili sauce [515 calories]

SEPT 21 - SEPT 25

HONEY BBQ SALMON WITH RICE & BROCCOLI

honey barbecue glazed salmon served with steamed broccoli and brown rice [496 calories]

CAULIFLOWER STEAK WITH WHIPPED SWEET POTATOES

pan roasted cauliflower steak served with whipped sweet potatoes, steamed broccoli and carrots [214 calories]

SEPT 28 - OCT 2

TURKEY TOMATO BASIL MEATBALLS WITH WHOLE WHEAT PASTA

turkey meatballs in a tomato basil sauce with whole wheat pasta and arugula parmesan salad [461 calories]

BLACK BEAN AND SPINACH ENCHILADA VERDE

black beans and fresh spinach with pepper jack cheese wrapped in corn tortillas and tomatillo sauce [298 calories]

SAVE TIME | SAVE MONEY | EAT BETTER | HAVE FUN