



## INGREDIENT LIST (in alphabetical order):

- **Alfredo Sauce** (aka Cauli-Power Alfredo) – Cauliflower, Olive Oil, Garlic, Oat Milk, Nutritional Yeast, Lemon, Onion Powder, Garlic Powder, Sea Salt, Black Pepper
- **Apple Oatmeal Cookies** – Flax Meal, Oat Flour, Baking Soda, Cinnamon, Sea Salt, Sun Butter, Coconut Oil, Apple Sauce, Vanilla, Brown Sugar, Oats, Apples, Raisins
- **Banana Bread (or Muffins)** – Banana, Coconut Sugar, Unsweetened Apple Sauce, Coconut Oil, Oat Milk, Vanilla Extract, All-Purpose Flour\*, Baking Soda, Sea Salt
- **Black Bean Sliders** – Black Beans, Onion, Lime, Cumin, Garlic Powder, Flax Meal, Breadcrumbs\*, Sea Salt, Black Pepper, Coconut Oil
- **Blueberry Squares** – Oat Flour, Rolled Oats, Maple Syrup, Coconut Oil, Sea Salt, Vanilla Extract, Blueberries, Lemon, Chia Seeds
- **Butternut Squash Soup** – Butternut Squash, Spaghetti Squash, Sweet Potato, Coconut Oil, Sea Salt, Black Pepper, Vegetable Broth, Ginger, Onion
- **Caesar Dressing** – Tahini, Lemon Juice, Minced Garlic, Capers, Dijon Mustard, Water
- **Carrot Muffins** – All-purpose Flour, Coconut Sugar, Baking Powder, Baking Soda, Cinnamon, Nutmeg, Ginger, Sea Salt, Carrot, Oat Milk, Coconut Oil, Apple Cider Vinegar
- **Chickpea Salad** – Chickpeas, Tomato, Olive Oil, Herbamare Seasoning Salt, Black Pepper, Garlic Powder, Onion Powder, Oregano (optional)
- **Coconut Chia Smoothie** – Coconut Milk, Chia, Frozen Mixed Berries, Banana
- **Coconut Cream Pasta** – Pasta of Choice, Olive Oil, Garlic, Onion, Tomatoes, Coconut Milk, Vegetable Stock, Spinach, Basil, Sea Salt, Black Pepper
- **Coconut Energy Balls** – Rolled Oats, Coconut Flakes, Maple Syrup, Coconut Milk, Vanilla Extract, Coconut Water, Flax Meal
- **Corn Bread** – Corn Meal, Flour, Baking Powder, Oat Milk, Apple Cider Vinegar, Apple Sauce, Maple Syrup, Sea Salt
- **Corn Salad** – Black Beans, Corn, Cherry Tomatoes, Red Peppers, Avocado, Cilantro, Onion, Olive Oil, Lime, Apple Cider Vinegar, Garlic, Cumin, Sea Salt, Chili Powder

- **Date Bars** – Medjool Dates, Water, Vanilla, Rolled Oats, All-Purpose Flour\*, Baking Powder, Sea Salt, Cinnamon, Coconut Sugar, Unsweetened Shredded Coconut, Honey, Coconut Oil, Hemp Hearts (optional)
- **Date Energy Balls** – Rolled Oats, Unsweetened Shredded Coconut, Unsweetened Cocoa Powder, Maple Syrup, Medjool Dates, Chia Seeds
- **Falafel** – Chickpeas, Fresh Parsley, Onion, Garlic, Sea Salt, Cumin, Coriander, Chickpea Flour, Baking Soda
- **Green Hulk Smoothie** – Coconut Milk, Banana, Green Apples, Frozen Pineapple, Baby Spinach or Green Kale
- **Guacamole** – Avocado, Sea Salt, Lime, Onion, Black Pepper, Tomato (optional), Nachos
- **Hummus** – Chickpeas, Tahini, Lemon, Garlic, Olive Oil, Seasonings
- **Kale Chips** – Kale, Nutritional Yeast, Olive Oil, Herbamare (seasoning salt)
- **Lentil Dahl** – Olive Oil, Onion, Garlic, Ginger, Curry Powder, Turmeric, Black Pepper, Sea Salt, Lentils, Coconut Milk, Water
- **Lentil “Meat” Loaf** – Lentils, Flax Meal, Olive Oil, Garlic, Onions, Red Peppers, Carrots, Celery, Oats, Oat Flour, Seasonings
- **Lentil Soup** – Coconut Oil, Onion, Garlic, Carrots, Celery, Zucchini, Vegetable Broth, Sea Salt, Lentils, Chickpeas, Red Kidney Beans, Mixed Beans
- **Macaroni Salad** – Macaroni Pasta, Celery, Peppers, Onion, Sweet Pickle Relish, Dill, Vegan Mayonnaise, Pickle Juice or Relish, Apple Cider Vinegar, Coconut Sugar, Mustard, Garlic Powder, Sea Salt and Black Pepper
- **Maple Baked Beans** – Navy Beans, Onions, Red Peppers, Vegetable Stock, Tomato Puree, Molasses, Maple Syrup, Red Wine Vinegar, Paprika, Garlic Powder, Mustard Powder, Seasonings, Sea Salt
- **“Meatballs”** – Quinoa, Lentils, Mushrooms, Onion, Gluten Free Breadcrumbs, Flax Meal, Tomato Paste, Worcestershire Sauce, Nutritional Yeast, Garlic, Italian Seasoning, Basil, Parsley, Sea Salt, Black Pepper
- **Oat Energy Balls** – Oats, Flax Meal, Water, Sun Butter, Maple Syrup, Dates, Coconut Oil, Vanilla, Cinnamon, Sea Salt, Shredded Coconut, Vegan Chocolate Chips
- **Oatmeal** – Rolled Oats, Water, Brown Sugar, Cinnamon, Oat Milk, Mixed Berries (topping)
- **Overnight Chocolate Chia Pudding** – Unsweetened Cocoa Powder, Maple Syrup, Cinnamon, Sea Salt, Vanilla Extract, Oat Milk, Chia Seeds
- **Pasta Primavera** – Pasta of Choice\*, Red Pepper, Zucchini, Yellow Squash, Onion, Broccoli, Tomatoes, Olive Oil, Vegetable Stock, Garlic, Italian Spices, Sea Salt, Black Pepper
- **Pesto** – Basil, Parsley, Olive Oil, Garlic
- **Potato and Leek Soup** – Potato, Leek, Onion, Garlic, Coconut Oil, Vegetable Broth, Sea Salt, Black Pepper, Thyme, Rosemary, Lemon Juice, Coconut Milk

- **Pumpkin Bars** – Rolled Oats, All-Purpose Flour\*, Flaxmeal, Cinnamon, Pumpkin Pie Spice, Baking Powder, Baking Soda, Pumpkin Puree, Maple Syrup, Coconut Oil, Vanilla Extract
- **Pumpkin Spice Pancakes** – Oat Milk, Lemon Juice, Pumpkin Puree, Coconut Oil, Vanilla Extract, Brown Sugar, Maple Syrup, Baking Powder, Baking Soda, Sea Salt, Pumpkin Pie Spice, Cinnamon, All-Purpose Flour\*
- **Quinoa Salad** – Quinoa, Vegetable Broth, Tomato, Cucumber, Bell Peppers (optional), Olive Oil, Herbamare Seasoning Salt
- **Rice (Side Dish)** – Basmati/Jasmine Rice, Water, Vegetable Broth
- **Rice and Beans** – Olive Oil, Onions, Garlic, Green Peppers, Cumin, Paprika, Oregano, Basmati Rice, Tomato Paste, Red Beans, Vegetable Broth, Sea Salt, Black Pepper
- **Rose Sauce (aka Hidden Veggie Sauce)** – Onions, Garlic, Mixed Italian Herbs, Celery, Leeks, Carrots, Bell Peppers, Zucchini, Tomatoes, Tomato Paste, Vegetable Stock, Olive Oil, Sea Salt
- **Sheet Pan Banana Pancakes** – Bananas, Coconut Oil, Maple Syrup, Apple Cider Vinegar, Oat Milk, All-Purpose Flour\*, Baking Soda, Cinnamon, Nutmeg, Sea Salt
- **Shepherd's Pie** – Potatoes, Oat Milk, Garlic Powder, Paprika, Olive Oil, Onion, Garlic, Carrot, Lentils, Mixed Italian Herbs, Arrowroot Powder, Tamari, Tomatoes, Vegetable Stock, Black Pepper, Sea Salt
- **Sloppy Joes** – Lentils, Water, Olive Oil, Onion, Red Bell Pepper, Garlic, Chili Powder, Smoked Paprika, Tomato Sauce, Tomato Paste, Mustard, Maple Syrup, Sea Salt, Cobs Bread Dinner Rolls\*
- **Strawberry Banana Smoothie** – Frozen Strawberries, Banana, Coconut Milk, Chia Seeds
- **Sun Butter Fruit Dip** – Unsweetened Sun Butter, Oat Milk, Maple Syrup, Cinnamon
- **Sweet Potato Chocolate Pudding** – Sweet Potatoes, Oat Milk, Maple Syrup, Cocoa Powder, Cinnamon, Vanilla, Sea Salt
- **Sweet Potato Tater Tots** – Sweet Potatoes, Red Split Lentils, Vegetable Broth, Paprika, Onion Powder, Garlic Powder, Panko Bread Crumbs\*, Olive Oil, Sea Salt
- **Sweet Potato Quinoa Chili** – Olive Oil, Onion, Garlic, Cumin, Oregano, Garlic Powder, Onion Powder, Sea Salt, Quinoa, Black Beans, Kidney Beans, Tomatoes, Tomato Paste, Sweet Potato, Vegetable Broth
- **Taco Seasoning** – Chili Powder, Cumin, Sea Salt, Black Pepper, Paprika, Garlic Powder, Onion Powder, Oregano
- **Tahini Salad Dressing** – Tahini, Water, Lemon, Garlic, Onion Powder, Sea Salt, Black Pepper (used on Baby Spinach Salad)
- **Tea Biscuits** – All-Purpose Flour\*, Baking Powder, Oat Milk, Coconut Sugar, Coconut Oil, Sea Salt
- **Tomato Sauce** – Homemade Tomato Passata, Garlic, Onion, Olive Oil, Basil,

- **Tomato Soup** – Olive Oil, Garlic, Onion, Bell Pepper, Tomatoes, Cauliflower, Oregano, Basil, Sea Salt, Nutritional Yeast, Water, Baking Soda
- **Tzatziki** – Cucumber, Coconut Yogurt, Garlic, Salt, Fresh Dill, Lemon Juice, Olive Oil
- **Vegan “Meat” Balls** – Flaxmeal, Water, Chickpeas, Breadcrumbs\*, Nutritional Yeast, Garlic Powder, Onion Powder, Italian Seasoning Mix, Sea Salt
- **Vegan “Cheese” Sauce** – Potato, Carrot, Onion, Oat Milk, Nutritional Yeast, Olive Oil, Lemon, Sea Salt, Onion Powder, Garlic Powder, Smoked Paprika, Cornstarch
- **Vegetable Fried Rice** – Jasmine Rice, Onion, Garlic, Tamari, Carrot, Green Peas, Bell Pepper, Coconut Oil, Herbamare Seasoning Salt, Black Pepper, Water
- **White Bean Dip** – Cannellini Beans, Olive Oil, Lemon, Garlic, Sea Salt, Black Pepper, Water
- **Yogurt Dip** – Vanilla Coconut Yogurt, Maple Syrup, Cinnamon, Nutmeg
- **Zucchini Muffins** – All-Purpose Flour\*, Brown Sugar, Coconut Sugar, Baking Soda, Baking Powder, Sea Salt, Cinnamon, Nutmeg, Coconut Oil, Zucchini, Unsweetened Apple Sauce, Oat Milk

\*Gluten-Free substitute is provided as well.

#### **Packaged Goods:**

- Que Pasa Organic Nachos (non-GMO corn)
- Ozery Bakery Buns – Cranberry Orange, Brioche, Apple Cinnamon, Blueberry, Pita
- Taco Shells (Organic, non-GMO corn)
- Seaweed (with Olive Oil and Sea Salt)
- RW Garcia Beet and Sweet Potato Crackers (with 3 Seeds – Flax, Chia and Sesame)
- MadeGood Granola Bars
- Nature’s Emporium Organic Pasta
- Catelli Gluten-Free Pasta
- Go-Go Quinoa Pasta