



**PureFoods Gluten Free** offers delicious, perfectly proportioned gluten free meals designed by our Culinary Institute trained Chef to delight your palate and make gluten free eating easier.

**PureFoods Gluten Free Meal Highlights:**

- Variety -- 10 complete days of different Gluten Free meals for breakfast, lunch, dinner
- A La Carte Ordering -- order any combination meals (e.g. lunches and dinners, breakfasts and dinners, etc.). Each meal is properly portioned between 320-410 calories.
- Tested Gluten Free meals -- tested at an ISO 17025 accredited laboratory using the ELISA method for gluten testing and certified as Gluten free based on 20 ppm criteria.
- Our Kitchen – PureFoods kitchen is NOT a dedicated gluten free kitchen, but we do have a USDA inspected kitchen which is thoroughly cleaned according to the best food safety standards to reduce the risk of cross-contamination.
- Pricing: \$5.99/breakfast, \$7.99/lunch; \$8.99/dinner

**The PureFoods Gluten Free Difference: Freshly, Deliciously Prepared and “Fresh-Lock” Packaged**

- FRESH Food - *PureFoods Fresh Start* meals start with real, whole foods and are prepared fresh and shipped fresh in a cooler to your door.
- FRESH Taste –Prepared fresh by our executive, gourmet chef and culinary team, *PureFoods* meals focus on highlighting the delicious food flavor... never allow yourself to swallow processed food again!
- “FRESH-Lock” Packaging - Each *Fresh Start* meal is placed immediately into our proprietary “Fresh-Lock” packaging and seal barrier system. A proven European technology that safely and effectively slow food deterioration...up to 10-14 days, almost double that of typical home and store-bought food containers.

How it Works: *PureFoods Gluten Free* is as easy as 1-2-3.

1. Choose and order your meals
2. Fresh Start prepares the food fresh to your door.
3. Just heat, eat and ENJOY the food!

Delivery: *PureFoods Gluten Free* meals are delivered with great care in climate controlled packaging via UPS or FedEx to ensure they are always fresh when they arrive.

## EXAMPLES OF OUR PUREFOODS FRESH START GLUTEN FREE MENU

### **Day 1**

Breakfast Ranch Skillet of Eggs, Cheese, Potatoes, Sweet Potatoes and Black Beans

Lunch Grilled Turkey and Wild Rice Salad

Dinner Lemon Herb Chicken Breast with Roasted Red Potatoes and Green Beans with Peppers

### **Day 2**

Breakfast Banana and Walnut Buckwheat Pancakes with Turkey Sausage

Lunch Chicken Vesuvio (Chicken Breast with New Potatoes and Peas)

Dinner Turkey Roast with Savory Sweet Potatoes and Mixed Vegetables

### **Day 3**

Breakfast Vegetable Omelet and Fresh Apple

Lunch BBQ Chicken with Tomato and Zucchini Salad

Dinner Herb Rubbed Beef Steak with Quinoa Pilaf and Sautéed Carrots

### **Day 4**

Breakfast Almond Berry Gluten-Free Oatmeal

Lunch Beef Chili Tostada and Salsa

Dinner Roasted Pork Loin, Candied Sweet Potatoes, Gingered Carrots and Onions

### **Day 5**

Breakfast Western Style Omelet with Turkey Ham and Potatoes

Lunch Three Bean Vegetarian Chili with Baby Carrots and Cheddar Cheese

Dinner Baked Cod with Thyme and Black Bean Salad

### **Day 6**

Breakfast Southwestern Skillet of Scrambled Eggs, Hash, Salsa and Cheddar Cheese

Lunch Quinoa Whole Grain and Garbanzo Bean Salad with Moroccan Carrots

Dinner Grilled Chicken Breast with Herb Potatoes and Broccoli

### **Day 7**

Breakfast Denver Style Omelet with Turkey Ham & Peppers and Fresh Orange

Lunch Vegetarian Curry with Chick Peas and Brown Rice

Dinner Lemon Herb Chicken with Wild Rice and Broccoli

### **Day 8**

Breakfast Gluten Free Pancakes, Turkey Sausage and Orange

Lunch Pork Ragout, Spicy Roasted Vegetables & Baked Sweet Potato

Dinner London Broil with Butternut Squash Mashed Potatoes, Asparagus and Pesto

### **Day 9**

Breakfast Skillet with Turkey Ham and No Cholesterol Omelet

Lunch Turkey Bolognese served over Rice Noodles

Dinner Vegetable Ratatouille with Baked Chicken Breast

### **Day 10**

Breakfast Banana-Chocolate Almond-Butter Smoothie with pack of Pumpkin Seeds

Lunch Vegetarian Red Beans and Rice

Dinner Chili Rubbed Beef Steak with Candied Sweet Potatoes, Sautéed Vegetables