



**PureFoods Vegetarian** offers delicious, perfectly proportioned vegetarian meals designed to delight your palate. Our vegetarian meals are all “**ovo-lacto-vegetarian**” - - which include dairy, eggs, soy, bean and plant proteins but do not include any animal proteins (beef, lamb, poultry, fish, shellfish).

All meals are fresh-made, chef-prepared and dietitian-approved to support weight loss and healthy eating. No measuring, counting, preparing or cooking. You get the right balance of foods to keep you energized and satisfied without feeling deprived or hungry. Even better, your meals are delivered refrigerated to your door, ready-to-eat, right from the refrigerator for your ultimate convenience.

**PureFoods Fresh Start is a food based plan based on current leading healthy dieting principles of low glycemic index and filling, high fiber, “right-sized” meals. Nutritional highlights are:**

- **Calories:** averaging 320-410 per meal or 1100-1360 per day
- **Daily Calorie Composition:** avg. 50-55% good carbs, 20% healthy fat, 25-30% lean protein
- **Meal Composition:** 3-4 ounces lean protein, 1 cup vegetables, ½ cup whole grains
- **Low in Saturated Fat:** averaging less than 10% of the calories
- **Limited Sodium:** averaging 415mg per meal and under 100g for snacks/treats
- **High in Fiber:** averaging 20-23grams daily
- **Low in Sugar:** almost all meals average below 8 grams
- **No Trans Fats, No High Fructose Corn Syrup, No Hydrogenated Oils**

PureFoods Vegetarian is currently available as an A la Carte offering which allows you to select the number and combination of meals that work for your lifestyle. You can select up to 21 meals a week or just order lunches and dinners or dinners only weekly to have convenient vegetarian meals ready to eat when you are.

*Enjoy the Convenience of Fresh-Made Vegetarian Meals!*

[www.PureFoodsFreshStart.com](http://www.PureFoodsFreshStart.com)

1-866-52-MEALS (1-866-526-3257)



## Examples of Our PureFoods Vegetarian Meals

### **Breakfasts**

Southwestern Skillet  
Berry-Banana Smoothie  
Apple Cinnamon Muffin  
Hearty Oatmeal with Craisins and Almonds  
Cinnamon Raisin Granola Cereal  
Multigrain Shredded Spoonfuls  
Country Frittata with Whole Wheat English Muffin Half  
Peanut Butter Granola Bar  
Raisin Bran Muffin  
Hearty Morning Cereal  
Cinnamon Nut Oatmeal  
Pumpkin Muffin  
Rolled Oats Granola, Yogurt, Hard Boiled Egg

### **Lunches and Dinners**

Three Bean Vegetarian Chili  
Vegetarian Fiesta Lasagna  
Lentil Soup with Whole Wheat Roll and Cheese  
Barley and Quinoa Salad  
Vegetable Curry with Chick Peas and Brown Rice  
Penne Pasta and Cheese with Carrots  
Hummus with Vegetables and Pita  
Tomato Basil Pizza  
Vegetarian Red Beans and Rice  
Quinoa and Garbanzo Salad with Moroccan Carrots  
Tortellini Pasta with Marinara and Broccoli  
Tostada Pizza