



broccoli
squash
carrots
tomatoes
tomatillos
jalapenos
green onion
potatoes
ginger
garlic
celery
cabbage
onions
romaine
green leaf
lettuce
cauliflower
citrus

rice
tortillas
black beans
pinto beans
kidney beans
whole grains
lentils
farro
whole grain bread
dried chili's
dried jerky
dried fruit
pickles
stock
flour
masa
pasta
butter

apples
oranges
tangerines
bananas
berries
grapes
melon



*sampling

What's cooking?



**2 sample recipes included
in each +Box.**

**+ 1 pot cooking
+ Easy 5-6 step recipes
+ Dinner in 30 minutes or less**

Pasta Primavera

Chipotle Beans

Roasted Cauliflower Tacos

Broccoli Mac & Cheese

Roasted Butternut Squash Farro

Verde 3 Bean Salad

3 Step Fruit Salad

Hearty Vegetable Soup

Yummy Smoothie-On-The-Go

Roasted Tomatillo "Just Add" Chicken



*Our focus is on fresh +
nutritious ingredients*

