

MEAL KITS



BBQ RIBS DINNER

REHEATING INSTRUCTIONS

Remove items being heated from fridge 30 minutes before heating to come to room temperature.

RIBS

In the oven

1. Preheat oven to 300°F.
2. Coat your ribs in barbecue sauce and wrap in 2 layers of foil.
3. Place wrapped ribs on baking sheet and heat for about 20-30 minutes.
4. For additional caramelization, remove top layers of foil and turn oven to broil.
5. Broil 3-5 minutes until sauce begins to bubble.

On the grill

1. Heat grill on high.
2. Coat both sides of ribs with barbecue sauce and wrap loosely in two layers of aluminum foil, allowing for air to escape.
3. Lower grill to medium and place the ribs on the indirect heat zone, until ribs come to about 155°F. A meat thermometer will come in handy when determining the internal meat temperature.
4. Take the ribs out of the foil and grill directly over direct heat for 5-10 minutes on both sides until the sauce is bubbly.

BAKED BEANS

In the oven

1. Preheat oven to 300°F.
2. Remove plastic container and cover beans with foil.
3. Bake for about 20 minutes until heated through.

On the grill

1. Remove beans from container and place in cast iron or aluminum foil tray.
2. Place beans on grill away from direct heat, and warm. Stir occasionally to make sure they aren't burning.
3. Remove from heat when sauce begins to bubble.

Macaroni & Cheese (add-on)

1. Preheat oven to 300°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

INGREDIENTS

Baby Back Ribs

GLUTEN-FREE

Baby back ribs, barbecue spice rub.

Rufus Teague Barbecue Sauce

GLUTEN-FREE

Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.

Allergens: Soy

Baked Beans

GLUTEN-FREE

Pinto beans, onions, garlic, bacon (pork, salt, sugar, pepper, sodium nitrate), brown sugar, mustard, worcestershire sauce, cider vinegar, ketchup, barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, pineapple juice, natural smoke

flavor, spices, caramel color, sodium benzoate, tamarind), molasses, pepper.

Allergens: Fish

Green Goddess Potato Salad

GLUTEN-FREE

Potatoes, mayonnaise (expeller pressed non-gmo canola oil, eggs, water, vinegar, cane sugar, mustard flour, salt) green onion, sour cream, water, lemon juice, salt, tarragon, dijon mustard (mustard seed, vinegar, salt) dill, parsley, black pepper.

Allergens: Milk, Eggs

Corn & Tomato Salad

GLUTEN-FREE, VEGAN

Corn, onion, tomatoes, basil, parsley, dressing (lemon juice, canola oil, apple cider vinegar, garlic, parsley, mustard (water, mustard seed, vinegar, salt, potassium metabisulphite, citric acid) salt, pepper.

Cornbread

Enriched wheat flour bleached (flour, malted barley, niacin, reduced iron,

thiamine mononitrate, riboflavin, folic acid), sugar, corn meal, partially hydrogenated vegetable oil (soybean &/ or cottonseed oil), dry whey, dextrose, leavening (sodium acid pyrophosphate, baking soda, corn starch, sodium aluminum phosphate), corn flour, wheat starch, dry whole egg, dry egg whites, water.

Allergens: Egg, Soy, Wheat

Macaroni and Cheese

Elbow macaroni pasta (durum wheat semolina & egg white), whole milk, water, American cheese, Tillamook cheddar, butter, flour, modified cornstarch, natural sharp cheddar cheese flavor, sea salt, cultured dextrose, white pepper, citric acid, annatto, turmeric.

Allergens: Milk, Wheat

Cole Slaw

GLUTEN-FREE

Cabbage, carrots, coleslaw dressing.

Allergens: Egg

MEAL KITS



LASAGNA DINNER

REHEATING INSTRUCTIONS

Lasagna

1. Preheat oven to 350°F.
2. Cover with foil and bake for 20-30 minutes, or until lasagna is warmed through.

Focaccia

1. Preheat oven to 350°F.
2. Place on sheet pan and warm for 5-10 minutes.

INGREDIENTS

Vegetable Lasagna

VEGETARIAN

Lasagna sheets (flour, salt, water, eggs), olive oil, marinara, red and yellow peppers, zucchini, garlic, thyme, kale, ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

Allergens: Wheat, Milk, Egg

Beef Lasagna

Lasagna sheets (flour, salt, water, eggs), Bolognese sauce (olive oil, celery, carrot, onion, chopped parsley, thyme, oregano, basil, red pepper flake, ground beef, chopped garlic, salt, pepper, diced tomato, chicken stock, heavy cream, white wine), ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

Allergens: Wheat, Milk, Egg

Caesar Salad

Romaine, red cherry tomatoes, parmesan cheese, croutons, Caesar dressing (mayonnaise (soybean or canola oil, whole eggs, water, white vinegar, egg yolks, salt, sugar, spices, calcium disodium edta), water Worcestershire sauce (vinegar, molasses, high fructose corn syrup, anchovies, water, onions, salt, garlic, tamarind concentrate cloves, natural flavorings), parmesan cheese, prepared mustard (water, vinegar, mustard seed, salt, sugar, soybean oil, turmeric, garlic, spices, xanthan gum annatto, citric acid, natural flavor), anchovy paste, lemon juice concentrate, red wine vinegar, soybean or canola oil, dehydrated garlic, xanthan gum), lemon wedges.

Allergens: Milk, Wheat, Soy, Fish, Egg

Focaccia Bread

Wheat flour, yeast, salt, olive oil, herbs.

Allergens: Wheat

MEAL KITS



— ROASTED CHICKEN DINNER —

REHEATING INSTRUCTIONS

Roasted Chicken

1. Preheat oven to 350°F.
2. Remove roasted chicken from packaging and place chicken in an oven-safe dish. To keep the chicken moist, pour chicken broth (provided) in the bottom of the dish. Cover the dish with foil and place it in the oven.
3. Let the chicken roast for approximately 25 minutes. Remove the foil and let roast for an additional 5 minutes to crisp up the skin.

Hasselback Potatoes

1. Preheat oven to 350°F.
2. Bake uncovered until warm & crispy, about 15-20 minutes.

Sautéed Green Beans & Shallots

Delicious served at room temperature

OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until beans & shallots are warmed through.

INGREDIENTS

Whole Roasted Chicken

GLUTEN-FREE

Spices, salt and pepper.

Hasselback Potatoes

GLUTEN-FREE, VEGETARIAN

Yukon Gold Potatoes, salt, pepper, Parmigiano Reggiano, canola/olive oil blend, fresh rosemary, fresh parsley.

Allergens: Milk

Sautéed Green Beans & Shallots

GLUTEN-FREE, VEGAN

Green beans, shallots, canola/olive oil blend, salt, pepper.

Greek Green Salad

GLUTEN-FREE, VEGETARIAN

Tomatoes, english cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfate), extra virgin olive oil, spices, salt, sugar, xanthan gum)

Allergens: Soy, Milk

Baguette

Wheat flour, yeast, salt.

Allergens: Wheat

MEAL KITS



SALMON DINNER

REHEATING INSTRUCTIONS

Roasted Salmon

Best served at room temperature

OR

1. Preheat oven to 250°F.
2. Add 1-2 tablespoons of water or stock to baking dish and cover with foil.
3. Heat for 15 minutes or until heated through.

Roasted Yukon Gold Potatoes

1. Preheat oven to 350°F.
2. Bake uncovered until warm & crispy, about 15-20 minutes.

Roasted Vegetables

Best served at room temperature

OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until vegetables are warmed through.

INGREDIENTS

Roasted Salmon

GLUTEN-FREE

Salmon, spices, salt, pepper.

Allergens: Fish

Roasted Vegetables

GLUTEN-FREE, VEGAN

Seasonal Vegetables- May include a variety of the following vegetables: broccoli, rapini, zucchini, yellow squash, red peppers, peppers, eggplant, carrots, asparagus, green beans, peas, mushrooms, onions, butternut squash, canola/olive oil blend, salt, pepper.

Roasted Yukon Gold Potatoes

GLUTEN-FREE, VEGAN

Yukon Gold potatoes, canola/olive oil blend, dried thyme, salt, pepper, parsley.

Greek Green Salad

GLUTEN-FREE, VEGETARIAN

Tomatoes, english cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfate), extra virgin olive oil, spices, salt, sugar, xanthan gum)

Allergens: Soy, Milk

Baguette

Wheat flour, yeast, salt

Allergens: Wheat

MEAL KITS



ENCHILADA DINNER

REHEATING INSTRUCTIONS

Enchiladas

1. Preheat oven to 350°F.
2. Remove lid from foil pan and heat in oven for 15-25 minutes or until warmed through or internal temperature reaches 165°F

Mexican-style Rice

1. Preheat oven to 300°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

Refried Pinto Beans

1. Place in stove pot. Add a small amount of water or chicken broth. Heat over medium, stirring frequently to ensure beans don't stick.
2. Heat until beans are heated throughout, approximately 5 minutes.

INGREDIENTS

Cheese Enchiladas

VEGETARIAN, GLUTEN-FREE

Corn tortillas, cheddar cheese (sharp cheddar cheese (cultured milk, salt, enzymes, annatto (color), potato starch, natamycin), enchilada sauce (water, red chiles, modified food starch, dehydrated california chile pods, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice), black olives, tomatoes, onions, jalapenos, cilantro, lime juice, green onions.

Allergens: Milk, Soy

Chicken Enchiladas

GLUTEN-FREE

Corn tortillas, chicken, cheddar cheese (cultured milk, enzymes, annatto, salt, potato starch, natamycin), black olives, enchilada sauce (water, red chiles, modified food starch, dehydrated chile peppers, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice) sour cream (milk), green onion.

Allergens: Milk

Mexican-style Rice

VEGAN, GLUTEN-FREE

Vegetable stock, long grain parboiled brown rice, tomato paste, onion, canola oil, celery, tomato, green bell pepper, granulated garlic, cumin.

Refried Pinto Beans

VEGAN, GLUTEN-FREE

Pinto beans, canola oil, paprika, salt, granulated garlic.

Guacamole

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapeños, limes, kosher salt.

Pico de Gallo

VEGAN, GLUTEN-FREE

Roma tomato, red onion, cilantro, peeled garlic, jalapeños, lime, kosher salt.

MEAL KITS



POKE BOWL DINNER

ASSEMBLING YOUR POKE BOWL

1. Add one scoop of rice to the bottom of a bowl.
2. Add tuna to the top of the bowl.
3. Working in a clockwise direction, add desired veggies and topping.
4. Drizzle entire bowl with togarashi sauce.

Rice

Best served at room temperature.

OR

Stove-top:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a saucepan.
2. Cover the pot, and heat over medium low heat, stirring frequently until warmed.

Microwave:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a microwave-safe bowl.
2. Cover loosely with a towel and heat in microwave for 3-4 minutes, or until piping hot throughout.

INGREDIENTS

Spicy Aloha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, ogo seaweed, togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), green onion, sesame seed, soy sauce (soybeans, salt, water) sesame oil.

Allergens: Fish, Soy

Creamy Sriracha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, sesame oil, chili oil (cottonseed oil, sesame seed oil), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), green onions, tobiko, mayonnaise (soybean oil, water, eggs, lemon juice)

Allergens: Fish, Soy, Egg

Seaweed Salad

GLUTEN-FREE, VEGAN

Seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1

Cucumber Salad

GLUTEN-FREE, VEGAN

Cucumber, red onion, wakame seaweed salad (seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1) sesame seeds, rice wine vinegar, sugar, salt.

Togarashi Sauce

GLUTEN-FREE, VEGETARIAN

Mayonnaise (soybean oil, water, eggs, lemon juice), Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), ginger, lime juice, soy sauce (soybeans, salt, water), sugar.

Allergens: Soy, Egg

MEAL KITS



HALIBUT FISH TACOS

COOKING INSTRUCTIONS

Remove elements from box and place halibut, cilantro lime marinade, tortillas, limes, guacamole & salsa in the refrigerator until ready to prepare.

1. Season halibut with salt & pepper. Add halibut to a large Ziploc bag or marinade tray and pour cilantro lime marinade over fish. Allow fish to marinate for 20-30 minutes.

2. Cook fish:

To Grill: Preheat grill to medium heat and brush grill with oil to prevent fish from sticking. Grill the fish until it is opaque and starts to flake with a fork, 3-5 minutes per side. (cook time will vary depending on thickness of fish), flipping only once. Transfer fish to platter and then separate into large chunks.

Stove: Heat skillet over medium-high heat. Add 1 teaspoon olive oil to the pan. When it shimmers, add the fish filet and sear for 2-3 minutes per side until opaque and just cooked through. (cook time will vary depending on thickness of fish). Transfer fish to platter and then separate into large chunks.

3. Warm the tortillas and slice limes into wedges.

4. Assemble your tacos. Layer grilled fish, cilantro lime slaw & tropical salsa, in each tortilla. Top with a squeeze of fresh lime juice.

5. Enjoy with chips & guacamole.

Ways to warm your tortillas:

- Wrap a stack in aluminum foil and put them in the oven at 350° for about 10 minutes. Keep them wrapped until you are ready to use them.
- Put them in a non-stick pan heating both sides until they start to get some color. This takes a bit more time, but chef's like this method!
- Get rid of the pan, grab some tongs, and hold your tortilla over a gas stove flame for 10-15 seconds on each side. This gives your tortillas a slight char and mild smoky flavor.

INGREDIENTS

Cilantro Lime Cabbage Slaw

VEGAN, GLUTEN-FREE

Shredded cabbage, pepitas, cilantro, radish, yellow hominy, onion, pico de gallo (roma tomato, red onion, cilantro, peeled garlic, jalapenos, lime, kosher salt), poblano vinaigrette (poblano pepper, avocado, garlic, cilantro, seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend).

Cilantro Lime Marinade

VEGAN, GLUTEN-FREE

Cilantro, green onion, oregano, poblano pepper, orange juice, lime juice, oil blend, garlic, cumin, salt, black pepper.

Tropical Salsa

VEGAN, GLUTEN-FREE

Mango, red onion, jalapeno, cilantro, pineapple, red pepper, papaya, lemon juice.

Guacamole

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapenos, limes, kosher salt.

Yellow Corn/Wheat Tortillas

water, stone ground yellow corn masa flour, wheat gluten, contains 2% or less of each of: guar gum, non-aluminum baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sea salt, fumaric acid, trace of lime, to maintain freshness (calcium propionate, sorbic acid).

Allergens: Wheat

MEAL KITS



BACKYARD BURGER KIT

COOKING INSTRUCTIONS

Burger Patties

1. Pat dry.
2. Season with salt and pepper.
3. Heat a well-oiled grill or cast iron on high.
4. Grill each patty for 3-4 minutes or until desired doneness.
5. Medium-rare internal temp is 145° F.

Caramelized Onions

1. Slice onion.
2. Coat bottom of sauté pan with olive oil and heat on medium until the oil is shimmering.
3. Add onions and stir to coat with oil.
4. Cook for 10 minutes then season with salt.
Cook for about 30 more minutes, stirring occasionally. You want them to stick to the bottom a bit, but not burn.
5. Add a dash of water to help get anything up that is stuck to the bottom (this is where all your yummy flavor and deep coloring comes from).
6. Top on burgers and enjoy!

INGREDIENTS

Signature Burger Patty

Beef

Jalapeño Cheddar

Beef, cheese, jalapeño pepper, cilantro

Allergens: Milk

Blue Cheese & Bacon

Beef, blue cheese, bacon

Allergens: Milk

Brioche Buns

Wheat flour, water, margarine, artificial flavor, eggs, sugar, yeast, sea salt, dough conditioner

Allergens: Egg, wheat, soy

MEAL KITS



LOBSTER ROLL KIT

HEATING INSTRUCTIONS

1. Carefully trim a slice off the sides of each roll and butter each side
2. Heat a non-stick pan over medium-high heat. Brown buns on both sides, approximately 2-3 minutes per side.
3. Place butter lettuce in bun and layer lobster salad on top.
4. Sprinkle with sliced chives.

INGREDIENTS

Lobster Roll

Brioche bun (wheat flour, eggs, sugar, canola oil, nonfat milk, natural flavor, butterfat, salt, mono+diglycerides, yeast, enzymes, beta carotene, acerola extract) lobster, mayonnaise (soybean oil, whole eggs, vinegar, salt, sugar, lemon juice, celery, lemon zest, parsley, chives, butter leaf lettuce)

Allergens: Milk, Egg, Wheat, Soy, Shellfish

Green Goddess Potato Salad

GLUTEN-FREE

Potatoes, mayonnaise (expeller pressed non-GMO canola oil, eggs, water, vinegar, cane sugar, mustard flour, salt) green onion, sour cream, water, lemon juice, salt, tarragon, dijon mustard (mustard seed, vinegar, salt) dill, parsley, black pepper.

Allergens: Milk, Egg

MEAL KITS



DESSERTS

BAKING / REHEATING INSTRUCTIONS

Z Cookies

1. Preheat oven to 350°F
2. Place dough balls on sheet pan with parchment paper, with 1-inch space in between.
3. Push ball of dough slightly down.
4. Bake for 8-10 minutes, rotate sheet pan then bake for an additional 8-10 minutes.
5. Sprinkle with sea salt right out of oven and let cool slightly.

Blue Raeven Pie

1. Preheat oven to 350°F.
2. Heat pie for 15-20 minutes.

INGREDIENTS

Z Cookies

Enriched unbleached flour, sugar, brown sugar, chocolate chunks, unsalted butter, eggs, vanilla, baking soda, baking powder, kosher and sea salt.

Allergens: Wheat, Milk, Egg, Soy. Made in a facility that processes nuts.

Blue Raeven Strawberry Rhubarb Pie

Strawberries, rhubarb, flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), lard shortening (hydrogenated oil), sugar, cornstarch, butter (milk), salt.

Allergens: Wheat, Milk

Triple Fudge Brownies

VEGAN

Enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), brown sugar (sugar, invert sugar, cane molasses), sugar, water, cocoa powder, canola oil, semi-sweet chocolate chips (sugar, chocolate liquor, cocoa butter, dextrose), unsweetened chocolate (chocolate liquor), salt, baking powder.

Allergens: Wheat, Soy

Apple Pie

Apples, flour (wheat flour, malted barley flour, niacin, iron, thiamin, mononitrate, riboflavin, folic acid), lard, shortening (hydrogenated soybean oil), sugar, cornstarch, butter (milk), salt, spice.

Allergens: Wheat, Milk