

# MENU

ALL JARS AND HAND MADE BY A REGISTERED DIETITIAN  
SUSTAINABLE. MEDITERRANEAN FOCUSED. PLANT BASED.

## MASON JAR MEALS

### RAINBOW JAR

PER JAR: 580 CALORIES, 61 G CARBOHYDRATE, 12 G FIBER, 24 G PROTEIN, 27 G FAT

CREAMY HUMMUS SAUCE TOPPED WITH QUINOA, DICED BEETS, FETA CHEESE, SHREDDED CARROTS, LIGHTLY SAUTEED AND SEASONED GARBANZO BEANS, CHOPPED SPINACH & EDAMAME

### BARLEY, SPINACH AND MUSHROOMS

PER JAR: 470 CALORIES, 68 G CARBOHYDRATE, 16 G FIBER, 20 G PROTEIN, 14 G FAT

COOKED BARKLEY MIXED WITH WILTED SPINACH, SAUTEED MUSHROOMS, CARMELIZED ONIONS AND PARMESAN CHEESE

### PEANUT EDAMAME CRUNCH SALAD

PER JAR: 380 CALORIES, 34 G CARBOHYDRATE, 7 G FIBER, 18 G PROTEIN, 21 G FAT

FINELY SHREDDED PURPLE CABBAGE MIXED WITH FINELY CHOPPED KALE, EDAMAME, COOKED QUINOA, SHREDDED CARROTS, CHOPPED CASHEWS IN A DELICIOUS PEANUT SAUCE

### FARRO SALAD WITH BUTTERNUT SQUASH, KALE AND GOAT CHEESE

PER JAR: 280 CALORIES, 46 G CARBOHYDRATE, 6 G FIBER, 9 G PROTEIN, 9 G FAT

COOKED FARRO MIXED WITH FINELY CHOPPED KALE, PEPITAS, CRUMBLED GOAT CHEESE AND BUTTERNUT SQUASH TOSSED IN A LIGHT VINAIGRETTE

FRESH, HEALTHY MEALS DELIVERED TO YOUR DOORSTEP: **HOW IT WORKS:**

STEP 1: PLACE YOUR ORDER AT [USINGFOODTOFUEL.COM](https://usingfoodtofuel.com)

STEP 2: ARRANGE DELIVERY TIME AND DATE

STEP 3: MASON JARS ARE COLLECTED, CLEANED AND REUSED FOR  
SUSTAINABILITY

\$15 PER JAR

