



The Vegan Pact

Vegan Eating, Made Delicious!

Personal Chef Services:

Prepared organic vegan and raw meals, delivered to your door!

Are you too busy to prepare healthy meals for yourself and your family?

Are you or your family members trying to lose weight or just get healthy but find it really difficult to make the shift to healthier eating? ...to a healthier diet?...to healthier meals?

We have the solution for you...

- Two-portion delicious and healthy vegan cooked and/or raw meals delivered to your home or office (see sample weekly menus on back)
- All Ingredients are vegan, organic and locally grown*, glutenfree, GMOfree, unprocessed and made entirely from scratch
- We can adjust to any dietary restrictions
- A variety of vegan and raw breakfast and/or dessert options are available upon request

Here is how it works...

- Choose the meal plan that works for you
 - 3 two-portion meals per week for \$135.00 (minimum order)
 - 4 two-portion meals per week \$180.00
 - 5 two-portion meals per week \$225.00
- Set up weekly PayPal or credit/debit card purchase
- Purchase meals by the month and receive a 5% discount
- Schedule your weekly delivery or pickup times (see schedule on back)
- Pickup your meals and receive an additional 10% discount

Change your diet and you can change your life!

Call or email The Vegan Pact TODAY!

Lisa Kelly-Personal Chef

781-228-9200

TheVeganPact.com

Theveganpact@gmail.com

**We use organic and locally grown produce almost exclusively except on rare occasion due to seasonal shifts in availability.*

See the back page and visit our website for more sample menus!

	Cooked	Raw
Week 1	- Sweet potato black bean enchiladas - Polenta bean and veggie pie - Cranberry walnut quinoa salad - Hearty minestrone soup - Winter vegetable paella	- Spinach Walnut and cranberry salad with raw almond cheese - Mock tuna salad - Taco salad with cumin meat - Zucchini Pasta and meatballs - Carrot and sundried tomato soup
Week 2	- Mexican sweet potato lasagna - Loaded stuffed peppers - Chickpea salad sandwiches - Butternut squash, white bean and kale soup 3 bean tempeh chili	- Kale and broccoli salad with avocado dressing - Radicchio coleslaw with citrus sesame seed dressing - Arugula and millet cranberry salad with maple citrus vinaigrette - Tomato fettuccine avocado alfredo - Zucchini and mushroom lasagna
Week 3	- Sweet potato noodles with mushrooms and roasted red pepper sauce - Butternut squash curry - Lentil or quinoa loaf with chickpea gravy - Mexican millet pilaf - Buffalo bean soup with dumplings	- Kale Waldorf salad - Zucchini primavera with roasted vegetables - Avocado, cucumber and cilantro soup - Sweet potato mushroom burgers - Kale, pecan & cranberry salad with maple miso dressing
Week 4	- Spicy kale pasta - Veggie pot pie - Thai crunch quinoa salad - Pumpkin risotto with mushrooms - Arugula, cucumber and chive cous cous with lemon dill dressing	- Raw pizza - Zucchini and almond veggie rolls - Avocado nori rolls - BBQ kale and cabbage salad - Carrot and celery pate wraps



Areas we serve and schedule*

Area	Days of the Week	Times
Waltham, Weston, Wayland, Lincoln, Lexington, Concord, Newton, Belmont, Wellesley, Needham	Monday, Wednesday Drop Off Monday, Wednesday Pick Up	8:00 - 10:30 AM 6:00 - 7:30 PM (negotiable)

*Times and schedule subject to change seasonally, as well as delivery surcharges

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