

# DECEMBER HEALTHY PLATES 2017

Tis the season! Holiday shopping, decorating and errands galore!  
Too busy to cook...get home late? But want to eat healthy and not the usual take-out again?  
Let us help you free up your time, by preparing healthy, fresh foods for you, all ready to go, just heat and serve! Homemade and delicious!

Check out the menus on the next pages. Just reheat for 1-2 min & serve healthy and tasty meals!

## How Healthy Plates Works

P.S.G.'s Healthy Plates Program offers 4 complete meals for \$12.00 each with all meals around 500 calories ready to heat and eat meals and portion controlled.

Say goodbye to dieting and say hello to delicious. Freshly prepared weekly menus made from all-natural ingredients with no preservatives or additives. 100% trans-fat free. Always fresh, never frozen.

Order weekly or for the entire month! Fill out the sheets or email or call with your order on Monday each week, set a reminder to pick up on Wednesday and away you go, carefree healthy dining.

Reminder:

Please order Monday by noon and pick up on Wednesday 3 pm - 7pm  
Email, call or drop off your sheets!!

**NO HEALTHY PLATES AVAILABLE**  
**WED DEC 20 OR WED DEC 27**

DUE TO HOLIDAY CATERING

Did you also know besides our wonderful Healthy food we also do Corporate and Social Catering is also available? Next time you are in ask for our Catering menus or we can email one!

Need Anything for the holidays? Check out our Holiday or Party tray menus online at [www.plumstreetgourmet.com](http://www.plumstreetgourmet.com)

Call Lori Hemphill Catering Director 717-394-3882 or email: [lorihemphillplum@gmail.com](mailto:lorihemphillplum@gmail.com)

DECEMBER HEALTHY PLATE DINNER MENUS

WEEK 1 DEC 6

Order before noon Monday Dec 4 - Pick up Wednesday DEC 6 between 3-7pm

ALL MENUS BETWEEN 390- 500 CALORIES

LENTIL AND BUTTERNUT SQUASH SOUP WITH HOUSE MADE BREAD OR BISCUIT AND GARDEN SALAD

BLENDED GRAIN BOWL WITH PULLED CHICKEN, GRAINS, POMEGRANATE, DRIED FRUITS AND KALE

THAI INSPIRED BEEF AND RICE WITH BLEND OF VEGETABLES

CILANTO RUBBED PORK LOIN WITH CORN, RED BEANS AND RICE

Name \_\_\_\_\_  
Address \_\_\_\_\_  
Phone Number \_\_\_\_\_  
E-mail Address \_\_\_\_\_

1 of each = \$48.00 + Tax

2 of each= \$96.00 + Tax

3 of each= \$144.00 + Tax

4 of each = \$192.00 + Tax

\_\_\_\_ Please sign me up for each week of DEC

\_\_\_\_ Please sing me up until further notice. I will call by Noon on Monday if I need to cancel or change my order.

Reminder: Please order before Monday at noon and pick up on Wednesday between 3-7pm

DECEMBER HEALTHY PLATES DINNER MENU    WEEK 2 DEC 13

Order before noon Monday 11<sup>th</sup>    Pick up Wednesday DEC 13<sup>th</sup> between 3-7pm

ALL MENUS BETWEEN 375- 500 CALORIES

BONE-IN CHICKEN THIGH CACCIATORE WITH BELL PEPPERS AND ONIONS WITH COUSCOUS

ROASTED ACORN SQUASH FILLED WITH QUINOA, ROASTED SWEET POTATOES, CRANBERRY REDUCTION, WHITE BEANS AND SPINACH

CHICKEN GYRO WITH HOUSE MADE TZATZIKI SAUCE, LETTUCE, TOMATO, RED ONION. WITH POTATO WEDGES

WHITE FISH IN SWEET CHILI PINEAPPLE GLAZE OVER COCONUT RICE AND EDAMAME

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

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**SHORT MONTH!**

**NO HP'S WEEK 3 DEC 20 OR WEEK 4 DEC 27**

**Due to Holidays!!!! See you in January!!!**