

## ENTREES:

13



### Bengal Fish

Marinated fresh fish served in an aromatic Bengal style sauce, flavoured with ginger, garlic, coriander, cumin, fenugreek and fat free sour cream.

Nutritional Information Per 1 Serving (320g):

Calories 208, Fat 4g, Saturated 1g, Cholesterol 68mg, Sodium 319mg, Carbohydrates 19g, Fiber 4g, Sugar 7g, Protein 24g

Ingredients: Pork tenderloin, onions, red peppers, green peppers, celery, marjoram, garlic, paprika, dill, fat free sour cream, Vegeta.

14



### Shrimp Creole

Juicy shrimp simmered with tomatoes, peppers, mushrooms and onions in a Creole spiced sauce.

Nutritional Information Per 1 Serving (290g):

Calories 172, Fat 2g, Saturated 0g, Cholesterol 152mg, Sodium 332mg, Carbohydrates 16g, Fiber 4g, Sugar 8g, Protein 24g

Ingredients: Shrimp, tomatoes, green peppers, mushrooms, onions, tomato paste, Creole seasoning, Tabasco, salt.

15



### Vegetarian Chili

Navy beans simmered with tomatoes, onions, peppers and zucchini flavoured with chili and cumin.

Nutritional Information Per 1 Serving (440g):

Calories 315, Fat 2g, Saturated 0g, Cholesterol 0mg, Sodium 391mg, Carbohydrates 59g, Fiber 22g, Sugar 9g, Protein 19g

Ingredients: Navy beans, tomatoes, onions, red peppers, green peppers, zucchini, garlic, chili powder, cumin, chilies, salt.

## PRICES

- Available a la carte for \$10.89 per entrée & \$6.59 per soup
- Starter Package of 10 entrees and 5 soups for \$124.83
- 2 Week Meal Plan of 24 entrees and 6 soups for \$249.75
- Free shipping for orders over \$200.00

[www.wellseasoned.com](http://www.wellseasoned.com)

## SOUPS:

1



### Broccoli Soup

A satisfying, creamy soup made from garden fresh broccoli and chicken stock.

Nutritional Information Per 1 Serving (500g):

Calories 78, Fat 1g, Saturated 0g, Cholesterol 0mg, Sodium 346mg, Carbohydrates 15g, Fiber 6g, Sugar 4g, Protein 6g

Ingredients: Water, broccoli, chicken bouillon, Vegeta, black pepper., pepper.

2



### Curried Cauliflower Soup

Indian inspired cauliflower soup flavoured with ginger, cumin and coriander that is finished with cilantro.

Nutritional Information Per 1 Serving (400g):

78 Calories, 1g total fat with 0g saturated fat, 0mg cholesterol, 356mg sodium, 17g carbohydrate, 6g fibre, 6g sugars, 4g protein

Ingredients: cauliflower, onions, cilantro, gingerroot, cinnamon, coriander, cumin, turmeric, salt

3



### Sweet & Spicy Red Pepper Soup

Indulge your palate in this full bodied robust soup which gets it's natural sweetness from red peppers and a hint of spice from cayenne.

Nutritional Information Per 1 Serving (310g):

Calories 76, Fat 1g, Saturated 0g, Cholesterol 0mg, Sodium 367mg, Carbohydrates 16g, Fiber 5g, Sugar 9g, Protein 3g

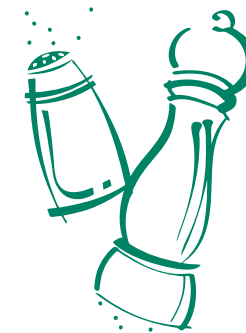
Ingredients: Water, sweet red pepper, onion, zucchini, paprika, Vegeta, cayenne pepper.

## INFORMATION

- All meals are low sodium
- All meals are low calorie
- All meals are gluten free
- Contain no preservatives

For further information:

[michelle@wellseasoned.com](mailto:michelle@wellseasoned.com) or  
[www.wellseasoned.com](http://www.wellseasoned.com)



Well Seasoned



Fabulous, low calorie frozen meals,  
delivered to your door and ready  
to eat in minutes

order online at  
[www.wellseasoned.com](http://www.wellseasoned.com)

# ENTREES:

1



## Pork Paprikash

Pork tenderloin medallions with onions, peppers and celery, seasoned with marjoram and paprika and then finished with fat free sour cream.

Nutritional Information Per 1 Serving (365g):

Calories 208, Fat 4g, Saturated 1g, Cholesterol 68mg, Sodium 319mg, Carbohydrates 19g, Fiber 4g, Sugar 7g, Protein 24g

Ingredients: Pork tenderloin, onions, red peppers, green peppers, celery, marjoram, garlic, paprika, dill, fat free sour cream, Vegeta.

2



## Cabbage Roll Stew with Pork

Lean pork tenderloin simmered in an aromatic mix of sauerkraut, cabbage, onions and tomatoes flavoured with garlic, paprika, rosemary and caraway seed.

Nutritional Information Per 1 Serving (325g):

Calories 157, Fat 2g, Saturated 1g, Cholesterol 65mg, Sodium 346mg, Carbohydrates 12g, Fiber 3g, Sugar 5g, Protein 23g

Ingredients: Pork tenderloin, tomatoes, sauerkraut, cabbage, onions, paprika, garlic powder, caraway seed, rosemary, basil, dill, cayenne, lemon juice, salt, pepper.

3



## Orange Cumin Veal Stew

Lean veal slowly simmered with onions, mushrooms, and celery in an orange infused stock with cumin, allspice and garlic.

Nutritional Information Per 1 Serving (350g):

Calories 236, Fat 3g, Saturated 1g, Cholesterol 78mg, Sodium 252mg, Carbohydrates 26g, Fiber 6g, Sugar 17g, Protein 27g

Ingredients: Veal, onions, mushrooms, celery, green peppers, orange, tomato paste, balsamic vinegar, cumin, bay leaf, garlic powder, salt, pepper, allspice.

4



## Shepherd's Pie with Pork

Ground pork with onions and celery under cauliflower mash.

Nutritional Information Per 1 Serving (320g):

Calories 160, Fat 2g, Saturated 1g, Cholesterol 65mg, Sodium 390mg, Carbohydrates 13g, Fiber 5g, Sugar 6g, Protein 25g

Ingredients: pork tenderloin, cauliflower, onions, celery, garlic, Vegeta, salt, pepper.

5



## Chicken Cacciatore

Chicken breast slowly simmered with onions, peppers and mushrooms in an Italian herbed sauce.

Nutritional Information Per 1 Serving (240g):

Calories 162, Fat 2g, Saturated 0g, Cholesterol 58mg, Sodium 346mg, Carbohydrates 12g, Fiber 3g, Sugar 5g, Protein 26g

Ingredients: Chicken breast, tomatoes, onions, green pepper, mushrooms, tomato paste, Vegeta, oregano, basil, bay leaves, garlic powder, pepper.

6



## Chicken Ratatouille

Fresh chicken with mushrooms, zucchini and tomato, seasoned with basil and oregano.

Nutritional Information Per 1 Serving (300g):

Calories 165, Fat 2g, Saturated 0g, Cholesterol 58mg, Sodium 388mg, Carbohydrates 12g, Fiber 3g, Sugar 6g, Protein 27g

Ingredients: Chicken breast, onions, mushrooms, tomatoes, zucchini, garlic, basil, Vegeta, oregano.

7



## Maple Mustard Turkey

Fresh turkey breast is sautéed and then mixed with Dijon mustard and maple flavour. Served in sautéed vegetables with spinach.

Nutritional Information Per 1 Serving (300g):

Calories 175, Fat 4g, Saturated 1g, Cholesterol 60mg, Sodium 240mg, Carbohydrates 9g, Fiber 3g, Sugar 5g, Protein 27g

Ingredients: Turkey breast, zucchini, red pepper, mushrooms, Dijon mustard, maple extract, Splenda.

8



## Moroccan Chicken

Sautéed chicken breasts are simmered with mushrooms, zucchini, red peppers and green beans in a lemony sauce.

Nutritional Information Per 1 Serving (320g):

Calories 172, Fat 2g, Saturated 0g, Cholesterol 58mg, Sodium 285mg, Carbohydrates 13g, Fiber 4g, Sugar 7g, Protein 26g

Ingredients: Chicken breast, onions, celery, mushrooms, zucchini, red peppers, cilantro, cumin, lemon juice, Vegeta.

9



## Chicken Saag

A mildly spiced Indian dish of chicken simmered with spinach and tomatoes and finished with fat free sour cream.

Nutritional Information Per 1 Serving (300g):

Calories 184, Fat 2g, Saturated 0g, Cholesterol 59mg, Sodium 325mg, Carbohydrates 18g, Fiber 4g, Sugar 5g, Protein 27g

Ingredients: Chicken breast, tomatoes, spinach, onion, fat free sour cream, curry powder, ground ginger, garlic powder, chili powder, salt, pepper.

10



## Ginger Chicken Stir Fry

Ginger infused stir fried chicken breast with celery, peppers, mushrooms and broccoli.

Nutritional Information Per 1 Serving (345g):

Calories 199, Fat 2g, Saturated 0g, Cholesterol 58mg, Sodium 446mg, Carbohydrates 18g, Fiber 5g, Sugar 7g, Protein 29g

Ingredients: Chicken breast, red peppers, mushrooms, broccoli, celery, scallions, soy sauce, ground ginger, ginger root, garlic powder.

11



## Turkey Stew with Sage and Mushrooms

Turkey breast simmered with onions, celery, red peppers, mushrooms and sage.

Nutritional Information Per 1 Serving (330g):

Calories 180, Fat 1g, Saturated 0g, Cholesterol 62mg, Sodium 351mg, Carbohydrates 14g, Fiber 4g, Sugar 7g, Protein 29g

Ingredients: Turkey breast, onions, red peppers, mushrooms, celery, broccoli, sage, Vegeta.

12



## Basil Shrimp

Fresh shrimp with zesty lemon and basil in riced cauliflower with red peppers and asparagus.

Nutritional Information Per 1 Serving (310g):

Calories 168, Fat 2g, Saturated 0g, Cholesterol 152mg, Sodium 185mg, Carbohydrates 14g, Fiber 5g, Sugar 6g, Protein 25g

Ingredients: Shrimp, cauliflower, red peppers, asparagus, basil, lemon juice, salt, pepper.