

MindFULL Meals by Party Animals Meal Delivery are calorie counted and macro managed meals. Every week the menu changes to offer a variety of healthy, gourmet meals. All meals are cooked without meat, dairy, eggs, wheat, gluten, soy, and oil and come in compostable containers.

Last Day to Order or Subscribe for this menu: Friday, June 18th, 2021

Delivery on Sunday, June 20th, 2021

Meal Name	Calories	Proteins	Carbs	Fats
Bell Pepper Noodles and Mushrooms	374	25	64	2
Bell peppers, cannellini beans, parsley, mushrooms, gravy (water, gluten free flour, nutritional yeast, spices, coconut aminos, salt), spices salt				
Black Beans, Sweet Potato and Cauli-Rice	373	18	64	5
Black beans, cauliflower, sweet potato, corn, cilantro, lemon juice, garlic, salt, spices, cashew ranch (cashews, water, apple cider vinegar, garlic powder, onion powder, salt, pepper, dill)				
Curry Cauliflower and Green Peas	363	10	56	11
Cauliflower, green peas, red pepper, onions, pumpkin seeds, basmati rice, cilantro, spices, salt				
Chickpea Flour Frittatas and Fruit Salad	377	17	57	9
Chickpea flour, water, red peppers, corn, spinach, green onions, black salt, baking powder, nutritional yeast, guacamole, fruit, spices, and salt				
Watermelon Cucumber Salad	354	16	68	2
Watermelon, black beans, cucumber, red onion, basil, spices, salt, Watermelon vinaigrette (watermelon, agave, apple cider vinegar, Dijon mustard, balsamic vinegar)				
Baked Crab Cake Caesar Salad	373	17	38	17
Crab cakes (artichoke hearts, chickpeas, peppers, green onions, gluten free flour, gluten free breadcrumbs, spices), spinach, gluten free croutons, pumpkin seeds, cashew parm cheese (cashews, spices, salt), Ceezer dressing (hummus, capers, lemon juice, maple syrup, Dijon mustard, spices)				