

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. Meals last about 3 to 4 days after they are received. You can request for us to put your meals in a cooler at your delivery destination (please put your own ice in it). Order once or subscribe and save. Cancel or pause your subscription at any time free of charge by email or text.

Last Day to Order or Subscribe for this menu: Saturday, July 31st, 2021

Delivery on Wednesday, August 4th, 2021

Meal Name	Calories	Protein	Carbs	Fats
Black Bean Breakfast Tacos with Pico De Gallo	376	14	71	4
Black beans, corn, radish, cilantro, corn tortillas, Pico de Gallo (tomatoes, red pepper, jalapenos, red onion, garlic, cilantro, lime juice, spices, salt)				
Chickpea Salad Salad and Balsamic Vinaigrette	413	15	68	9
Chickpeas, sunflower seeds, celery, raisins, guacamole, dill, parsley, agave, romaine lettuce, red pepper, carrots, kalamata olives, tomatoes, balsamic vinaigrette (balsamic vinegar, agave, Dijon mustard)				
Penne Arrabbiata and Cannellini Beans with Extra Sauce	405	21	78	1
Gluten free penne (Barilla), tomatoes, parsley, basil, garlic, cannellini beans, red pepper flakes, spices, salt				
Baked Crab Cake Salad with Cashew Chipotle Aioli Dressing	373	17	38	17
Crab cakes (artichoke hearts, chickpeas, peppers, green onions, gluten free flour, gluten free breadcrumbs, spices), romaine lettuce, red peppers, carrots, tomatoes, radish, cashew chipotle aioli dressing (cashews, garlic, chipotle peppers, apple cider vinegar, water, spices, salt)				
Pad Thai Zoodles	368	22	52	8
Zucchini, cannellini beans, red pepper, carrots, red onions, cilantro, lemon, coconut aminos, peanuts, peanut butter, maple syrup, spices, salt				
Raw Zucchini Rollatini with Pumpkin Seed Pesto and Marinara	392	20	15	28
Zucchini, pumpkin seeds, lemon juice, spices, basil, tomatoes, garlic, salt				

You can easily place an order through our website: www.partyanimalsmealdelivery.com. We accept orders any time, but orders must be in by Friday evening for the following Monday delivery (unless otherwise stated).