



# HOW TO HUNGRYROOT

Summer 2019





KARAOO  
CRISPY  
JUICE

SUPERBERRY  
ALMOND &  
MINT TEA



LEMON  
SMOOTHIE

SPROUTED  
SALTED  
PILGRIMS

SPF 50

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# Real healthy goals.

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Tell us if this sounds familiar: getting home from a busy day and staring blankly at the fridge, wishing it was already filled with healthy, appetizing options. Thinking about what to make, standing in line at the grocery store, hauling everything home, prepping, chopping, cooking...it's a lot. Making it to the gym in addition to all that? Also a lot.

That's where we come in! At Hungryroot, we're all about making healthy goals—like eating more fresh veggies, or moving every single day—as realistic and convenient as possible in your real (real) everyday life. **That's why we're teaming up with Aaptiv to support you as you build healthy habits that will help you feel great all summer, and beyond.**

Aaptiv is the world's #1 audio fitness app that helps you exercise any time, any place—with interval workouts, yoga flows, strength training, and everything in between. Together, we're your healthy eating helper and mobile fitness coach, here to support in making small daily steps that turn into big life changes.

Flip this catalog for a special offer from Aaptiv, and check out @Hungryroot on Instagram for more real-life healthy living tips.

—Team Hungryroot



# HOW TO HUNGRYROOT

Decide whether to...

## FOLLOW YOUR WEEKLY INSTRUCTIONS

The order slip in your box always includes instructions for the combinations you can make with your delivery. If you don't want to have to think about what to make, this is for you.





## MIX & MATCH

If you're familiar with your Hungryroot foods and want to mix and match them your own way—or add them to items you already have in your fridge—flip the page for basic formulas that help you easily create your own pairings.



# BASIC RECIPES

Hungryroot is designed to be flexible, which is why our products fit together in an infinite number of permutations (don't worry, we're not going to make you do math).

Here are simple, foolproof formulas for pairing your foods together—get comfortable with these and you'll always be able to make quick, tasty meals from the Hungryroot foods in your fridge.



# THE SAUTÉ

2 SERVINGS

Whether you're using fresh-cut vegetables, salad mixes, or a little of both, a sauté only requires one skillet—and packs plenty of freshness, texture, and nutrition.



1 package sautéed veggies  
+ 1 package protein  
+ 4 tbsp sauce  
= yum



## QUICK TIP

Have leftover grains? Toss them in for an extra filling bowl.

# THE GRAIN BOWL

2 SERVINGS

A surefire way to stay energized all day? A grain bowl, starring our Brown Rice Quinoa Blend, Seven Grain Blend, or Lentil Quinoa Rice Mix.



1 package cooked grains  
+ 1 package cooked veggies  
and/or 1 package protein  
+ 4 tbsp sauce  
= two balanced, filling bowls



## QUICK TIP

Extra toppings are encouraged!  
Add avocado, herbs, or  
Hungryroot Seed Sprinkle and/or  
Probiotic Sriracha Hot Sauce.

# THE PASTA

2 SERVINGS

Red Lentil Fusilli, Plantain Linguini, and Green Lentil Penne: three fresh, grain-free pastas that will make you rethink the traditional white-flour versions.



1 package cooked pasta  
+ 1 package protein  
+ 4 tbsp sauce  
= a hug on a plate



## QUICK TIP

Sprinkle with red pepper flakes, herbs, and/or cheese.

# THE FLATBREAD

2 SERVINGS

Made of sprouted whole grains like wheat berries, quinoa, millet, and barley, our Whole Wheat Sprouted Flatbread is a crispy canvas for any and all toppings you desire.



## QUICK TIP

Want a sweet, satisfying dessert or snack? Top a toasted flatbread with Superfood Almond Butter and sliced banana.



# THE SALAD

2 SERVINGS

Turn our sauces into a salad dressing by mixing in a few tablespoons of water and oil. We especially love using Avocado Crema, Lemon Tahini, Coconut Curry, Chickpea Pesto, and Thai Peanut.



1 package raw greens  
+ 1 package protein  
+ 4 tbsp sauce (mixed with 2  
tbsp water and 1 tbsp olive oil)  
+ a pinch of salt/pepper  
= instant delicious salad



## QUICK TIP

For extra crunch and protein, toss with Crunchy Bean Toppers—our version of plant-based croutons.

Remember: these are just a few ways to use your foods, and you can always adjust these rules depending on what you're in the mood for (there's nothing wrong with just mixing 4 tbsp Cashew Cheddar with 1 package Red Lentil Fusilli—in fact, we recommend it).







# IN SEASON THIS SUMMER

Every week, we switch up our menu based on what's fresh. Flip the page for a peek at everything we'll be offering over the course of the season.



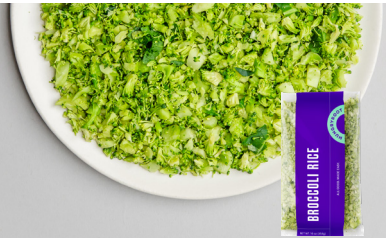
# FRESH-CUT VEGGIES, PASTAS, AND GRAINS

We consider fresh-cut vegetables and grains the foundation of most meals (and healthy eating in general). Here, you'll find the veggies, nutrient-dense grains, and superfood pastas on rotation this summer.

# FRESH-CUT VEGGIES



ASIAN SALAD MIX



BROCCOLI RICE



CAULIFLOWER RICE



BUTTERNUT SQUASH NOODLES



KOHLRABI NOODLES

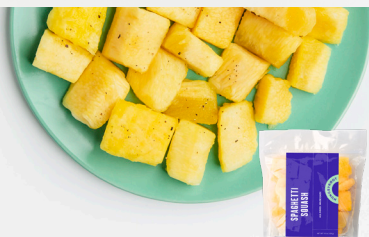
From sliced and diced greens to already-noodled butternut, our veggies arrive fresh, pre-washed, and pre-chopped (so you can spend more time living, less time prepping).



PEA SNAPS



SHAVED BRUSSELS



SPAGHETTI SQUASH



SUPERBLEND SALAD



SWEET POTATO RIBBONS

# GRAINS

Fluffy, hearty pancakes without gluten—plus a new quick grain mix, 90-second brown rice, four-ingredient wraps, crispy flatbreads, and more.



ANCIENT GRAIN PANCAKE MIX



LENTIL QUINOA RICE MIX



BROWN RICE QUINOA BLEND



TURMERIC COCONUT WRAPS



WHOLE WHEAT  
SPROUTED FLATBREAD



SEVEN GRAIN BLEND

# PASTAS

These fresh pastas—including a new vegan penne—come from superfood plants instead of traditional flour, giving you more steady energy with the same al dente texture.

NEW



GREEN LENTIL PENNE



PLANTAIN LINGUINI



RED LENTIL FUSILLI



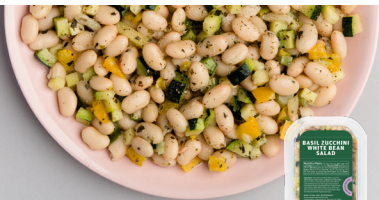
# PROTEINS

From fresh beans to chicken sausage and tofu noodles, there's always a way to fit protein into your day. Here's what you can look forward to over the coming months.



# BEANS

100% plant-based and filled with flavor, all our beans can be eaten cold for a quick protein boost, or added to sautés, salads, grains, or pastas. To heat, simply warm in a skillet or microwave-safe bowl for 1-2 minutes (or until desired temperature is reached).



BASIL ZUCCHINI  
WHITE BEAN SALAD



GARLICKY HERB  
CHICKPEA DUO



CUCUMBER CORN  
BLACK BEAN SALAD



CRUNCHY CARROT  
LENTIL MIX



CUBAN SPICED  
BLACK BEANS

# TOFU

Whether via a burger, yuba noodles, nuggets, or snackable bites, tofu is a great protein option (and all of ours is organic and comes ready to eat). To warm up any of our tofus, simply heat 1 tsp olive oil in a skillet over medium-high heat and cook for 1-2 minutes.



BRAISED LEMONGRASS  
TOFU NUGGETS



HEARTY TOFU  
VEGGIE BURGER



SAVORY SPICED  
TOFU BITES



GINGER TAHINI  
YUBA NOODLES

# CHICKEN

All Hungryroot chicken arrives fully cooked, but we like browning it to add a little extra texture and crunch. Start by heating a skillet with a tiny bit of oil. For sausages, slice each sausage at an angle to make bite-size rounds, then sear sausage rounds on both sides (about one minute per side). For meatballs, sear in skillet until lightly browned on all sides.



WILD MUSHROOM  
CHICKEN MEATBALLS



SPINACH GARLIC  
CHICKEN SAUSAGE



SWEET ITALIAN  
CHICKEN SAUSAGE

# SALMON

All our salmon is ready to eat right out of the package. Our Hot Smoked Roasted Salmon easily flakes apart; just break it into bite-size pieces and pair with any meal. Our pre-cut Cold Smoked Sliced Salmon is even easier—layer it right onto avocado toast, on flatbreads, or on salads.



HOT ROASTED  
SMOKED SALMON



COLD SMOKED  
SLICED SALMON



# SAUCES

Our secret sauce? Sauce. With plenty of flavor—and zero artificial preservatives or additives—these creative blends transform any dish. Meet your summer lineup.







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## CASHEW CHEDDAR

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A savory, dairy-free cheese sauce that's secretly made out of veggies and nuts.

### GOES GREAT WITH

● fresh-cut veggies like:

Asian Salad Mix  
Butternut Squash Noodles  
Broccoli Rice  
Cauliflower Rice  
Kohlrabi Noodles  
Shaved Brussels  
Spaghetti Squash  
Superblend Salad  
Sweet Potato Ribbons

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Whole Wheat Sprouted Flatbread

● all pastas

● proteins like:

Cuban Spiced Black Beans  
Cucumber Corn Black Bean Salad  
Crunchy Carrot Lentil Mix  
Garlicky Herb Chickpea Duo  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Wild Mushroom Chicken Meatballs





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## GARLIC PARM

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Think a rich white sauce with no dairy is impossible? Meet our Garlic Parm, made from almonds and garlicky seasoning. Use it to make a “white” pizza, toss with pasta, top a casserole, or add a spoonful to a baked potato.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Whole Wheat Sprouted Flatbread

● all pastas

● proteins like:

Cuban Spiced Black Beans  
Basil Zucchini White Bean Salad  
Cucumber Corn Black Bean Salad  
Crunchy Carrot Lentil Mix  
Garlicky Herb Chickpea Duo  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon



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## SPINACH ARTICHOKE

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A rich and creamy dip with the flavor and richness of traditional spinach artichoke dip (but without the saturated fat and cholesterol).

### GOES GREAT WITH

 fresh-cut veggies like:

Asian Salad Mix  
Broccoli Rice  
Butternut Squash Noodles  
Cauliflower Rice  
Pea Snaps  
Shaved Brussels  
Spaghetti Squash  
Superblend Salad  
Sweet Potato Ribbons

 grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Whole Wheat Sprouted Flatbread

 pastas like:

Plantain Linguini  
Red Lentil Fusilli

 proteins like:

Basil Zucchini White Bean Salad  
Crunchy Carrot Lentil Mix  
Garlicky Herb Chickpea Duo  
Hearty Tofu Veggie Burger  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs



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## CHICKPEA PESTO

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Nut-free and dairy-free yet creamy (courtesy of chickpeas), this herbaceous pesto is a versatile sauce to add to your kitchen arsenal.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Whole Wheat Sprouted Flatbread

● pastas like:

Plantain Linguini  
Red Lentil Fusilli

● proteins like:

Basil Zucchini White Bean Salad  
Crunchy Carrot Lentil Mix  
Cucumber Corn Black Bean Salad  
Garlicky Herb Chickpea Duo  
Ginger Tahini Yuba Noodles  
Hearty Tofu Veggie Burger  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon



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## KALE PESTO

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A more traditional pesto (with no dairy or nuts, of course), this vibrant sauce is dense with greens, heavy on herbs and seeds, and has a zippy, kale-citrus flavor.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

● all pastas

● proteins like:

Cuban Spiced Black Beans  
Basil Zucchini White Bean Salad  
Crunchy Carrot Lentil Mix  
Cucumber Corn Black Bean Salad  
Garlicky Herb Chickpea Duo  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs  
Hot Smoked Roasted Salmon  
Cold Smoked Sliced Salmon



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## BEET PESTO

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No green here! This dairy-free and nut-free pesto uses beets, lemon, garlic, and pepitas for a refreshing (and colorful) spin on the classic.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend

Lentil Quinoa Rice Mix

Seven Grain Blend

Whole Wheat Sprouted Flatbread

● all pastas

● proteins like:

Basil Zucchini White Bean Salad

Garlicky Herb Chickpea Duo

Hearty Tofu Veggie Burger

Ginger Tahini Yuba Noodles

Savory Spiced Tofu Bites

Spinach Garlic Chicken Sausage

Wild Mushroom Chicken Meatballs

Cold Smoked Sliced Salmon

Hot Smoked Roasted Salmon



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## SUPERFOOD TOMATO

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With hemp for protein, fiber, vitamins, and minerals, this superfood-infused, mildly spicy sauce has a bright flavor thanks to tomato and bell peppers.

### GOES GREAT WITH

● fresh-cut veggies like:

Asian Salad Mix  
Broccoli Rice  
Butternut Squash Noodles  
Cauliflower Rice  
Kohlrabi Noodles  
Shaved Brussels  
Spaghetti Squash  
Superblend Salad  
Sweet Potato Ribbons

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

● all pastas

● all proteins



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## COCONUT CURRY

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Sweet and slightly spicy, this robust curry sauce instantly amps up even the simplest combinations.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

● all pastas

● proteins like:

Basil Zucchini White Bean Salad  
Crunchy Carrot Lentil Mix  
Garlicky Herb Chickpea Duo  
Braised Lemongrass Tofu Nuggets  
Ginger Tahini Yuba Noodles  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon



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## THAI PEANUT

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A slightly sweet, tangy and creamy peanut sauce that's bursting with flavor and works equally well as a sauce, dip, or dressing.

### GOES GREAT WITH

● all fresh-cut veggies

● grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps

● all pastas

● proteins like:

Crunchy Carrot Lentil Mix  
Garlicky Herb Chickpea Duo  
Braised Lemongrass Tofu Nuggets  
Ginger Tahini Yuba Noodles  
Hearty Tofu Veggie Burger  
Hot Smoked Roasted Salmon





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## AVOCADO CREMA


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Fresh avocado that's always ready to eat, this simple crema contains just five ingredients: hass avocado, white vinegar, olive oil, sea salt, and lime juice.

### GOES GREAT WITH

 fresh-cut veggies like:

Asian Salad Mix  
Broccoli Rice  
Butternut Squash Noodles  
Cauliflower Rice  
Shaved Brussels  
Spaghetti Squash  
Superblend Salad  
Sweet Potato Ribbons

 grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

 proteins like:

Cuban Spiced Black Beans  
Spicy Refried Red Beans  
Cucumber Corn Black Bean Salad  
Crunchy Carrot Lentil Mix  
Basil Zucchini White Bean Salad  
Garlicky Herb Chickpea Duo  
Braised Lemongrass Tofu Nuggets  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon



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## GREEN CHILE

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Made with tomatillos, poblano peppers, and jalapeños, this is a zesty chile sauce perfect for spicy food lovers.


### GOES GREAT WITH

 fresh-cut veggies like:

Asian Salad Mix  
Broccoli Rice  
Butternut Squash Noodles  
Cauliflower Rice  
Kohlrabi Noodles  
Shaved Brussels  
Superblend Salad  
Spaghetti Squash  
Sweet Potato Ribbons

 grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

 pastas like:

Plantain Linguini

 proteins like:

Cuban Spiced Black Beans  
Cucumber Corn Black Bean Salad  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs  
Hot Smoked Roasted Salmon



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## LEMON TAHINI


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Filled with zingy lemon, this tahini works great as a sauce, dressing, or dip—or brings Mediterranean-inspired flavor to any dish.

### GOES GREAT WITH

 fresh-cut veggies like:

Asian Salad Mix  
Broccoli Rice  
Butternut Squash Noodles  
Cauliflower Rice  
Pea Snaps  
Shaved Brussels  
Spaghetti Squash  
Superblend Salad  
Sweet Potato Ribbons

 pastas like:

Plantain Linguini  
Red Lentil Fusilli

 grains like:

Brown Rice Quinoa Blend  
Lentil Quinoa Rice Mix  
Seven Grain Blend  
Turmeric Coconut Wraps  
Whole Wheat Sprouted Flatbread

 proteins like:

Basil Zucchini White Bean Salad  
Crunchy Carrot Lentil Mix  
Cucumber Corn Black Bean Salad  
Garlicky Herb Chickpea Duo  
Ginger Tahini Yuba Noodles  
Hearty Tofu Veggie Burger  
Savory Spiced Tofu Bites  
Cold Smoked Sliced Salmon  
Hot Smoked Roasted Salmon  
Spinach Garlic Chicken Sausage  
Wild Mushroom Chicken Meatballs

# GRAB-AND-GO

These foods are the ultimate easy choice: delicious, nutritious, and ready to eat at a moment's notice. Here's what'll keep you fueled all summer.



From gluten-free oats to nature's whipped cream, enjoy these for breakfast, snacktime, or dessert.



BANANA BREAD  
OVERNIGHT OATS



CHERRY CHIA  
MAPLE OATMEAL



COCONUT CASHEW  
GRAIN-FREE GRANOLA



TOASTED COCONUT  
CLUSTERS



MANGO COCONUT  
CULTURED CREAM



COCONUT CULTURED  
CREAM

Don't have 45 minutes to press your juice, or to prep a veggie-filled lunch? No worries. Enjoy a ready-to-eat quinoa cup hot or cold, or sip on your superfoods via our matcha or green juice.



LEMON ARTICHOKE  
QUINOA CUP



ROASTED RED PEPPER  
QUINOA CUP



ENERGIZING  
GREEN JUICE



ALMOND MILK  
MACA MATCHA

# JAZZY EXTRAS

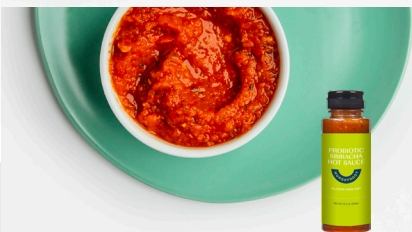
Superfood extras for adding flavor, texture, color, or all of the above.



CRUNCHY  
BEAN TOPPERS



SEED SPRINKLE



PROBIOTIC SRIRACHA  
HOT SAUCE



SPROUTED SALTED  
PILI NUTS



SUPERFOOD  
ALMOND BUTTER

# SWEETS

Our customer-favorite doughs can be baked or eaten right out of the tub (often, they don't make it into the oven before they're gone).







ALMOND CHICKPEA  
COOKIE DOUGH



BLACK BEAN  
BROWNIE BATTER



OATMEAL SPICE  
COOKIE DOUGH



CARROT CAKE  
COCONUT COOKIES

# FAQS

A top-down view of a white ceramic plate. The plate is covered with a dense layer of small, multi-colored confetti pieces in shades of red, blue, yellow, and purple. In the center of the plate, there is a small, irregular pile of brown, crumbly particles, possibly chocolate or cookie crumbs. The background is a plain, light-colored surface.

Help! What do I do with the food in my delivery?

You can find instructions for all your foods on the order slip in your box. This guide will come in handy if you want to try preparing any of your foods a different way.

How long does my food stay fresh?

Take a look at your packaging! You won't find any artificial or chemical preservatives in our foods, so items that need refrigeration have a shelf life of about 4-5 days. You can find "use by" dates and guidelines on the labels of all of our foods.

How do I choose what comes in my order?

Visit [hungryroot.com/customize](https://hungryroot.com/customize) to swap in different foods than the ones we've picked for you. You can do this up until Wednesday at 3pm EST.

When can I see what's available in my next delivery?

You can see everything available for your next delivery after 3pm EST on Wednesdays.

When will all the foods in this catalog be available?

Our summer products will roll out over the course of the season, so stay tuned! We do this to make sure everything we send you is as fresh as possible, and to give you variety every week.

How come my box includes both new and old Hungryroot logos?

Good catch! We're thrilled about our new look and will continue to release new packaging over the coming months.



**WHOLE WHEAT  
SPROUTED  
FLATBREAD**  
ALL GOOD. MADE EASY.  
HUNGRYROOT

**HUNGRYROOT**

**SUPERFOOD  
ALMOND  
BUTTER**  
HUNGRYROOT  
ALL GOOD. MADE EASY.

**PEANUT  
BUTTER**  
HUNGRYROOT  
ALL GOOD. MADE EASY.

**SUPERFOOD SALMON**  
**SWEET POTATO  
RIBBONS**  
ALL GOOD. MADE EASY.  
HUNGRYROOT

**SUPERFOOD  
MAYO**  
HUNGRYROOT  
ALL GOOD. MADE EASY.

**SUPERFOOD  
HUMMUS**  
HUNGRYROOT  
ALL GOOD. MADE EASY.

**SUPERFOOD  
MAYO**  
HUNGRYROOT  
ALL GOOD. MADE EASY.

**PLANTAIN LINGUINI**  
ALL GOOD. MADE EASY.  
HUNGRYROOT

# HOW WAS YOUR DELIVERY?

We hope you loved your Hungryroot! Here's how to make your next delivery even better.

## SET YOUR DIETARY PREFERENCES

Make sure to mark if you're vegan, vegetarian, gluten-free, dairy-free, nut-free, soy-free, or any combination of these.



## HELP US BUILD YOUR FOOD PROFILE

To tell us if there are certain foods you want more of—or certain foods you never want—visit your preferences page on [hungryroot.com](https://hungryroot.com)

**SHAVED BRUSSELS**

Never	Sometimes	Often
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# INDEX

FRESH-CUT VEGGIES, PASTAS, AND GRAINS.....	11
PROTEINS.....	16
SAUCES.....	21
GRAB-AND-GO.....	35
JAZZY EXTRAS.....	38
SWEETS.....	39



X



**Aaptiv**

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Get 40% off a yearly Aaptiv  
membership at [aaptiv.com/hungry](https://aaptiv.com/hungry)

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Edit or skip upcoming orders by  
Wednesday at 3pm EST each week

