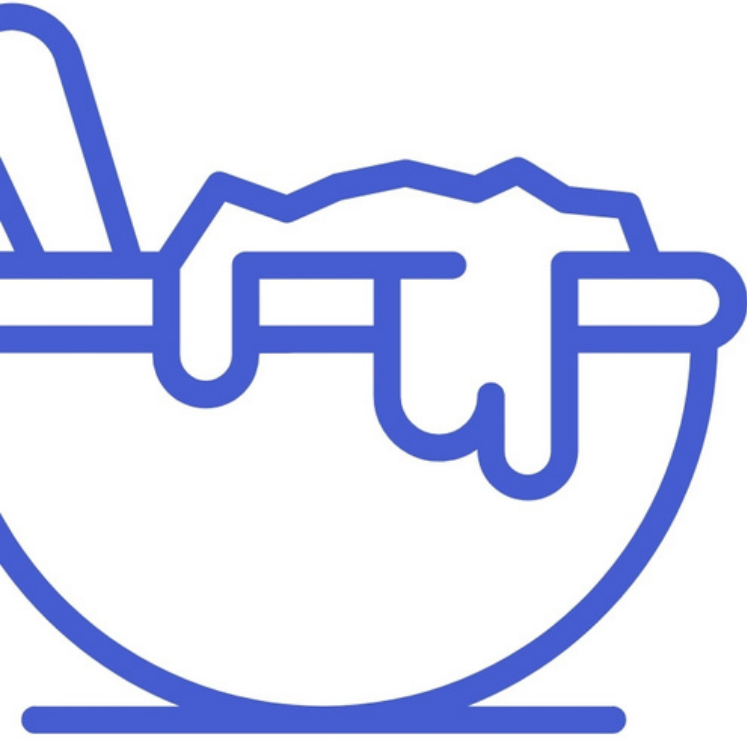


A WAY BETTER  
**eating**  
EXPIRIENCE

**HOME  
MEALS**  
HOMEMADE

**HOME  
MEALS**  
HOMEMADE





# HOME MEALS

## ABOUT US



**BLAST FROZEN**  
DELICIOUS  
**homemade**  
READY to EAT **dishes!**

RECIPES  
TIPS  
**AND MORE!**



# OUR UNIQUENESS AT A GLIMPSE



Pure Quality and natural ingredients.



Blast Frozen to be better.



Non-Gmo, No preservatives or fillers.





**Your meals arrive frozen,** you can store them on your freezer for up to 3 months or eat them right away and reorder when you crave the dish again!



# HOMEMADE chicken zoodle soup

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**Just like mom's cozy chicken noodle soup** but  
made with zucchini noodles instead!  
**So comforting AND healthy!**

**Portion size:** 10 oz.

**Serves:** 1

**Ingredients:** Chicken breast, Chicken broth, carrots,  
celery, cauliflower rice and zucchini noodles.

**Allergens:** N/A

**Shelf Life:** Keep frozen for up to three months. After  
thawing refrigerate for up to three days.



## HEAT IN STOVETOP:

Pour content of Pouch into a pot.

Cover pot with lid and heat over low-medium heat  
and add chicken broth to get consistency of choices.

**Stirring occasionally.**

**\$8.99**

# Nutrition Facts

1 Serving Per Container

**Serving Size 15 oz (578ml)**

**Amount Per Serving**  
**Calories 140**

**% Daily Value \***

**Total Fat 4g 5%**

Saturated Fat 1g **5%**

*Trans Fat 0g*

**Cholesterol 30mg 10%**

**Sodium 210mg 9%**

**Total Carbohydrates 13g 5%**

Dietary Fiber 4g **13%**

Total Sugars 5g

Added Sugars 0g **0%**

**Protein 17g**

Vitamin D 0ug 0%

Calcium 60mg 5%

Iron 1.2mg 7%

Potassium 670mg 14%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients: Chicken broth, Water, Summer Squash, Cauliflower Rice, Organic Chicken, Celery, Carrots, Onions, Garlic, Black Pepper**

# HOMEMADE Detox Soup

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Simple, clean and healthy

**Portion size:** 10 oz.

**Serves:** 1

**Ingredients:** Zucchini, Parsley and vegetable broth.

**Allergens:** N/A

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.



## HEAT IN STOVETOP:

Pour content of Pouch into a pot.

Cover pot with lid and heat over low-medium heat and add water or broth to get consistency of choices.

**Stirring occasionally.**

**\$8.99**

# Detox Soup

## Nutrition Facts

1 Serving Per Container  
**Serving Size 10 oz (802ml)**

**Amount Per Serving**  
**Calories 50**

	% Daily Value *
<b>Total Fat</b> 1g	<b>1%</b>
Saturated Fat 0g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 760mg	<b>33%</b>
<b>Total Carbohydrates</b> 10g	<b>4%</b>
Dietary Fiber 3g	<b>12%</b>
Total Sugars 8g	
Added Sugars 0g	<b>0%</b>

<b>Protein</b> 4g	
Vitamin D 0ug	0%
Calcium 0mg	0%
Iron 0.1mg	0%
Potassium 5mg	0%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients: Water, Zucchini, Vegetable Broth, Himalayan Pink Salt, Parsley**



# HOMEMADE Artichoke soup

---



Enjoy this exquisite flavor and impress your guests with this **gourmet dish**.

**Portion size:** 10 oz.

**Serves:** 1.

**Ingredients:** Dairy, Vegetable broth, flour, leek, celery and Artichoke.

**Allergens:** Dairy and Gluten.

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.



## HEAT IN STOVETOP:

Pour content of Pouch into a pot.

Cover pot with lid and heat over low-medium heat.

**Stirring occasionally.**

## Add ons:

- Marcona Fried Almonds as a topping.
- Goat Cheese as a topping.

**\$8.99**

# Nutrition Facts

1 Serving Per Container

**Serving Size 10 oz (214ml)**

**Amount Per Serving**

**Calories 80**

	% Daily Value *
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 560mg	<b>24%</b>
<b>Total Carbohydrates</b> 12g	<b>4%</b>
Dietary Fiber 1g	<b>5%</b>
Total Sugars 1g	
Added Sugars 0g	<b>0%</b>

**Protein** 3g

Vitamin D 0ug	0%
Calcium 70mg	5%
Iron 0.6mg	3%
Potassium 170mg	4%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Soup, vegetable broth, ready to serve, Fat Free Sour Cream, Arichokes, All-Purpose Flour, Unsalted Butter, Sweet Onions  
**Contains:** Dairy, Gluten

# HOMEMADE Thai Turkey



**Simple and so flavorful**, these Thai turkey has a tangy and slightly spicy Thai sauce. Spoon the filling into crisp romaine lettuce leaves for an easy and lower in carbs dinner option or over salad.

**Portion size:** 10 oz.

**Serves:** 1.

**Ingredients:** Ground Turkey breast, cashews, mushrooms, green onion, soy sauce and spices.

**Allergens:** Nuts.

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.



## HEAT IN STOVETOP:

Pour content of Pouch into a pot and **add 1 tsp of water.**

Cover pot with lid and heat over low-medium heat.

**Stirring occasionally.**

**\$13.00**

## Nutrition Facts

**Serving Size**      **10 oz (162g)**

**Calories** 280

**Total Fat** 11g **14%**

**Saturated Fat 2.5g 12%**

*Trans* Fat 0g

**Cholesterol** 65mg **22%**

**Sodium** 850mg **37%**

**Total Carbohydrates** 16g **6%**

**Dietary Fiber 1g 5%**

Total Sugars 7g

Added Sugars 1g **2%**

**Protein 29g**

Vitamin D 0.0ug 0%

Calcium 30mg	2%
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Iron 1.5mg 8%

Potassium 810mg	17%
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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Ground Turkey Breast, Green Onions, Soy sauce, reduced sodium, made from hydrolyzed vegetable protein, Nuts, cashew nuts, dry roasted, without salt added, Brown Mushrooms, Hoisin Sauce, Teriyaki Sauce, Garlic Cloves, Brown Sugar, Ginger root, Yambean (jicama), raw, Prune puree

**Contains: Soy, Treenuts**

# HOMEMADE Linguini Vongole

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If you want to taste a exquisite truly Italian pasta this is it! Made with 6 ingredients—pasta, olive oil, garlic, cream, parsley, and, of course, little neck clams.

**Portion size:** 20 oz of vongole sauce + 1 pound of linguini pasta.

**Serves:** 5

**Allergens:** Dairy and Gluten.

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.



## HEAT SAUCE IN STOVETOP:

Pour content of pouch into a pot and add 10 oz of water where the pasta was cooked. Cover pot with lid and heat over low-medium Heat.

**Stirring occasionally.**



## PASTA:

In a large pot, bring water to a boil.

Add the pasta to the water, stir a few times to prevent the pasta from sticking together.

Cook according to package directions, stirring occasionally, until al dente or softer depending on desired texture.

**Serve with Parmesan cheese.**

**\$27.00**

## Nutrition Facts

**Serving Size      20 oz (54ml)**

**Amount Per Serving**

<b>Calories</b>	<b>120</b>
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**Total Fat 13g** **16%**

**Saturated Fat 4.5g 23%**

*Trans* Fat 0g

**Cholesterol 20mg** **6%**

**Sodium** 10mg **0%**

**Total Carbohydrates** 1g **0%**

Dietary Fiber 0g **1%**

Total Sugars 0g

Added Sugars 0g **0%**

**Protein 2g**

Vitamin D 0.0ug 0%

Calcium 10mg	1%
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Iron 0.4mg 2%

Potassium 40mg	1%
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\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients: Little Neck Clams, Extra Virgin Olive Oil, Unsalted Butter, Parsley, Garlic Cloves, Light Sour Cream, Black Pepper**

**Contains: Dairy**



# HOMEMADE Beef empanadas



**A staple of Argentine cuisine.** They are basically little pockets of light flour dough on the outside and ground beef picadillo simmered for 3 hours on the inside.

**Portion:** 2 large empanadas.

**Serves:** 1

**Ingredients:** Organic ground beef, tomato, green olives, spices and light flour dough shell.

**Allergens:** Gluten.

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.

## BAKE FROM FROZEN.

**DO NOT EVER MICROWAVE YOU WILL BE VERY DISAPPOINTED**



Deep fry - This is less likely to leak.



Air fryer - Preheat to 400 degrees. Place empanadas in single layer in basket, **bake for 6-8 minutes.**



Let them cool for **2 -3 minutes!**

### Add ons:

- **Chimichurri Sauce:** fresh herbs, garlic, vinegar, cilantro and olive oil. It livens up pretty much anything you throw at it. Try spooning it over empanadas, steak, shrimp, chicken and vegetables. You can also toss it with pasta or rice.

- **Spicy Chimichurri Sauce.**

**\$10.50**

## Beef Empanadas

# Nutrition Facts

2 Servings Per Container

### Serving Size

**1 empanada (121g)**

Amount Per Serving

**Calories**

**180**

% Daily Value \*

**Total Fat** 8g **10%**

Saturated Fat 2g **11%**

*Trans* Fat 0g

**Cholesterol** 50mg **17%**

**Sodium** 140mg **6%**

**Total Carbohydrates** 10g **3%**

Dietary Fiber 4g **15%**

Total Sugars 3g

Added Sugars 0g **0%**

**Protein** 19g

Vitamin D 0ug 0%

Calcium 50mg 4%

Iron 4.5mg 25%

Potassium 550mg 12%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Ground Beef, Sweet Onions, Paprika, Chicken Broth, Olives, Avocado Oil, Wheat flour, Cumin seed, Cayenne Pepper, Oregano

**Contains:** Gluten

# HOMEMADE Mexican chicken mole

---



**Originally from Oaxaca, Mexico.**

This sauce does include Mexican chocolate, but very little. It's not sweet. It's not spicy. It is exotic. Complex, with flavors that linger and grab you and hold on.

**Portion size:** 10 oz.

**Serves:** 1.

**Ingredients:** Organic Chicken Breast, nuts, seeds, spices.

**Allergens:** Nuts and Gluten.

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.



## DEFROST

In refrigeration 24 hours prior consuming or frozen transfer to saucepan.



## HEAT IN STOVETOP

**Add ons:**

- Handmade Corn Tortilla.

**\$13.00**

Chicken Breast and Mole Sauce

Nutrition Facts

1 Serving Per Container

Serving Size 10 oz (230g)

Amount Per Serving  
Calories 630

	% Daily Value *
Total Fat 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 1g	
Cholesterol 95mg	32%
Sodium 630mg	28%
Total Carbohydrates 58g	21%
Dietary Fiber 6g	20%
Total Sugars 12g	
Added Sugars 3g	6%
Protein 50g	
Vitamin D 0ug	0%
Calcium 240mg	18%
Iron 4.2mg	23%
Potassium 400mg	9%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Organic Chicken, Bread Crumbs, All-Purpose Flour, Sweet Onions, Peanuts, Almonds, Raisins, Organic Cane Sugar, Sesame Butter, Garlic Cloves, Seasoning mix, dry, chili, original  
Contains: Gluten, Peanuts, Treenuts, Sesame

# HOMEMADE

## French dip sandwich

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**You haven't had a French Dip Sandwich until you try this French Dip.**

The meat is cooked low and slow, sliced then put back in the slow cooker so it drinks up all the juices and becomes melt-in-your-mouth tender. Pile that juicy beef on to the soft golden bun smothered with gooey provolone cheese then dunk in flavor bursting au jus (Beef Jus) and you quite possibly the most delectably delicious bite of. your. life.

**Portion size:** 2 seven inch sandwiches, beef juice and caramelized onions.

**Serves:** 2

**Ingredients:** Provolone Cheese, Caramelized onions, Au Jus (Beef Jus) (6 oz).

**Shelf Life:** Keep frozen for up to three months. After thawing refrigerate for up to three days.

**Allergens:** Dairy and Gluten.



### DEFROST

In refrigeration 24 hours prior consuming or frozen transfer to saucepan.



### HEAT:

Meat, onions and Beef Jus in stovetop.  
- Defrost Buns in Oven on Broil.

**Make the sandwich and enjoy!**

**\$26.00**

# HOMEMADE

## The b r o w n i e

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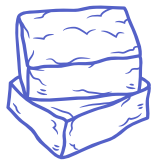
### DEFROST

Thaw at room temperature for **60 minutes before eating.**



### COOL

Keep refrigerated for up to 3 days.



**8 brownies**

**\$13.00**



# The Brownie

## Nutrition Facts

8 Servings Per Container

**Serving Size 1 brownie (18g)**

**Amount Per Serving**

**Calories**

**70**

**% Daily Value \***

**Total Fat** 6g **7%**

Saturated Fat 0g **2%**

*Trans* Fat 0g

**Cholesterol** 10mg **3%**

**Sodium** 80mg **3%**

**Total Carbohydrates** 3g **1%**

Dietary Fiber 2g **7%**

Total Sugars 0g

Added Sugars 0g **0%**

**Protein** 3g

Vitamin D 0.0ug 0%

Calcium 30mg 3%

Iron 0.4mg 2%

Potassium 75mg 2%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients: Almond Butter, Monk Fruit Zero Calorie Sweetener, Egg, Raw Cacao Powder, Collagen Powder, Vanilla extract, Himalayan Pink Salt**  
**Contains: Treenuts, Eggs**

# FLOWER salt

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**Para TODO - Universal Salt.**



**ALL NATURAL INGREDIENTS.**

The ultimate seasoning salt for salads, vegetables, meats, ceviches...

**Containing no garlic or onion.**

Universal Salt.



**7 oz Glass Jar**

**\$23.00**



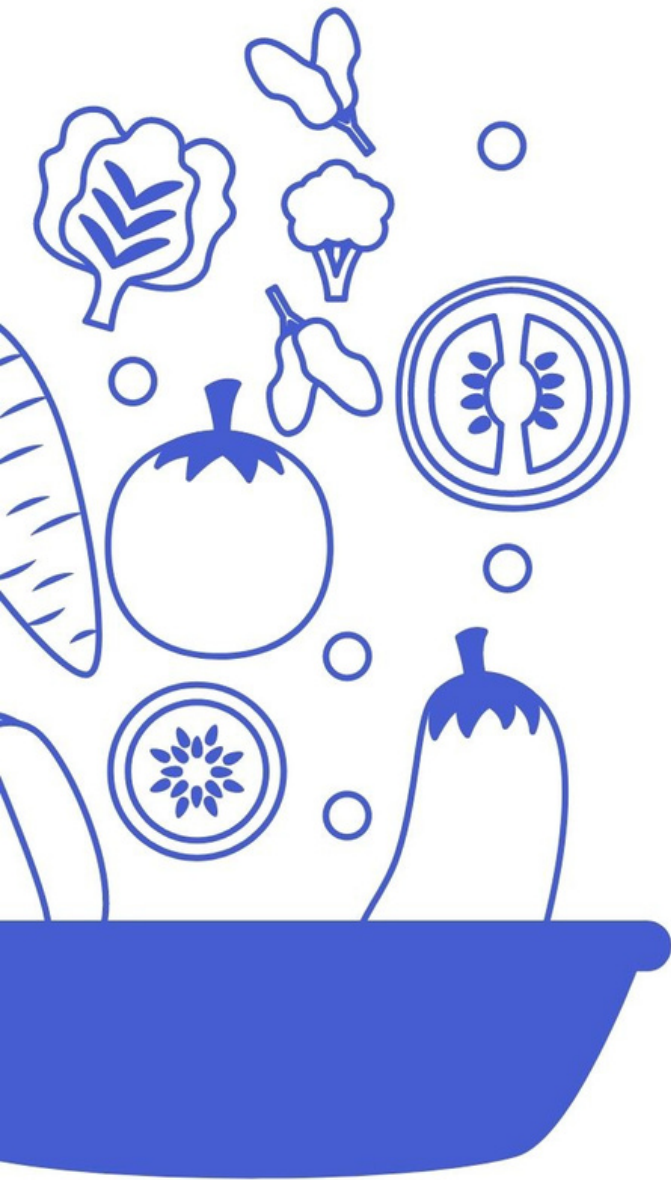


# HOME MEALS

## HEALTHY PACK

- **Chicken Zoodle Soup 10 oz (2).**
- **DETOX SOUP 10 oz (2).**
- **THAI TURKEY 10 oz**
- **KETO BROWNIES (8 brownies).**
- **Flower salt 7 oz glass jar + pdf file with salad recipes and full ingredient list.**
- **Collagen Powder (15 servings) + pdf file with smoothies and juices recipes.**

**\$115**



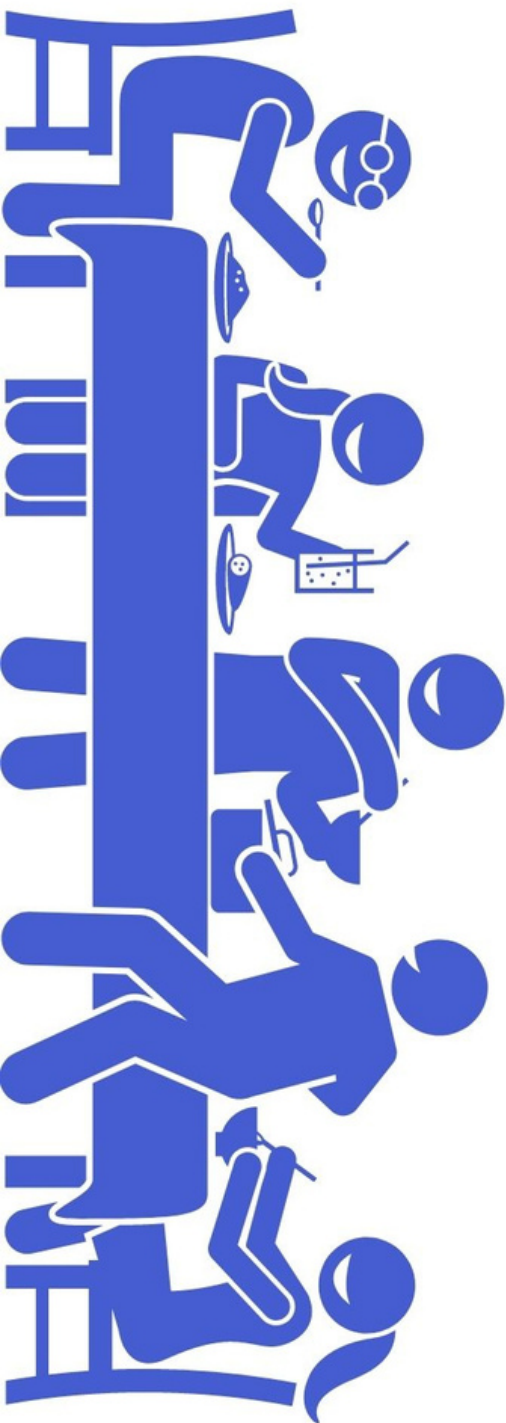


# HOME MEALS

## PARTY PACK

- Artichoke soup (serves 4).
- **Machaca Burritos (8 burritos).**
- French Dip Sandwich (4 sandwiches).
- Linguini Vongole (serves 4).
- Chicken and Mole (serves 4).
- Beef Empanadas (8 empanadas).

**\$119.99**





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**EXPIRIENCE**



Order at **[www.homemeals.us](http://www.homemeals.us)** or visit our shop located  
at: **1305 Ynez Place, Coronado, California.**

