



## Hi Jennifer!

The number one antioxidant-rich vegetable is...artichokes! Yup, our spiky green friend.

Fridge		Pantry			
QTY	ITEM	USE WITHIN	QTY	ITEM	USE WITHIN
2	Fresh Cilantro	3 Days	2	Fresh Avocado	5 Days
2	Italian Parsley	3 Days	1	Tikka Masala Sauce	∅
2	Wild Caught Gulf Shrimp	3 Days			
1	Boneless Lamb Stew Meat	5 Days			
1	Organic Fresh Blueberries	5 Days			
4	Fresh Zucchini	7 Days			
2	Fresh Lemon	10 Days			
1	Navel Orange	10 Days			
1	Red Onion	20 Days			
1	Cauliflower Florets	∅			
1	Chocolate Elite Protein Shake	∅			
1	Classic Chimichurri	∅			
1	Elite Protein - Cookies & Cream	∅			
1	Elite Protein - Vanilla	∅			
1	Fresh Asparagus	∅			
2	Organic Broccoli Florets	∅			
2	Organic Buffalo Ranch	∅			
2	Organic Sweet Italian Chicken Sausage	∅			
1	Pumfu Sausage Crumble	∅			
1	Rainbow Veggie Mix	∅			
1	Thai Red Curry Saucy Tofu *FREE	∅			

**Fresh Tip:** Use your proteins' expiration dates to decide which recipes to make first!

**Freezing:** Meat can be frozen for up to 3 months. We don't recommend freezing seafood since it may affect the quality.

**Cooking Tip:** Microwave times and power can vary, so heat with care. You may need more or less cook time depending on your appliance.

**Safety Tip:** Do not consume foods that arrive in packaging that is damaged, leaking, or bulging. Discard any perishable foods that arrive warm or have any signs of spoilage.

Flip to see recipes on the back →

∅ See packaging for expiration date

### Need help with something? We've got you.



If you spot something missing or damaged in transit, scan this QR code and we'll make it right immediately. Need to get in touch? Email us at hello@hungryroot.com or text us at 855-222-5704

Order # **56768430**

Pack ID: 210  
Packed: 1/10/2026  
Shipped: 1/11/2026  
Ship Via: FedEx Inject (ATL\_INDY)



### Jennifer's Recipes for Monday, January 12

Roast + Ready Shrimp Scampi (Edited)		∅ 12 min. ∅ 390 cal. 11 2 serv.	Tikka Masala Lamb + Cauliflower		∅ 17 min. ∅ 490 cal. 11 2 serv.
HUNGRYROOT Cauliflower Linguine	Preheat oven to 400°; wash + dry parsley, remove stems, + roughly chop; slice ½ of lemon into rounds		HUNGRYROOT Cauliflower Florets	Heat lightly oiled skillet over med-high; pat meat dry, season with salt/pep + sear, turning every 1-2 minutes to brown 3-4 sides evenly* (for more well done, increase cook time 1 min per side) set aside	
EAT HARBOR SEAFOOD Wild Caught Gulf Shrimp	Place 2 large pieces of foil on a sheet pan + oil the foil; divide shrimp + layer with lemon slices + parsley; drizzle each with 1 tbsp oil + salt/pep; bring long edges of foil together + roll to seal, leaving 1-inch of space above ingredients; repeat with ends of foil + other foil piece; boil 10-12 min til shrimp is opaque + cooked through		THOMAS FOODS Boneless Lamb Stew Meat	Chop cauliflower into 1-inch pieces + heat 1 tbsp oil in skillet over med-high; cook cauliflower with salt/pep 4-5 min, then add 2 tbsp water, reduce heat, cover + steam 2-3 min until tender	
WONDERFUL CITRUS Fresh Lemon	Boil large pot of unsalted water + loosen linguine with hands; place in water, stir + boil 2-3 min until al dente; drain + divide onto plates		HUNGRYROOT Tikka Masala Sauce	Empty 1 pouch sauce in a pan + heat over medium, or empty into a microwave-safe bowl, cover + heat 30-60 sec or until warm	
HUNGRYROOT Italian Parsley	Open foil packets (watch for steam!) + top pasta with lemon shrimp			Divide sauce between plates + top with meat and veggies	
				*The USDA recommends a minimum safe cooking temperature of 145°F for lamb	
Herby "Sausage" Zucchini Boots		∅ 24 min. ∅ 430 cal. 11 4 serv.	Buffalo Ranch Sweet Italian Chicken Sausage Salad with Black Beans + Kale (Edited)		∅ 6 min. ∅ 490 cal. 11 4 serv.
HUNGRYROOT Red Onion	Ensure avocados are ripe; if avocados are firm, ripen in a paper bag, 1-2 days; slice avocados		HUNGRYROOT Cucumber-Garlic Black Bean Salad	Slice sausages into ¼-inch rounds, heat 1 tbsp oil in skillet over med-high + sear rounds 1-2 min per side until golden brown	
HUNGRYROOT Fresh Zucchini x 4	Preheat oven to 400° + dice onion; heat 4 tsp oil in skillet over med-high; add onion + sauté 3-4 min till translucent; crumble pumfu, add to onion + cook 2-3 min until hot; add to a bowl + mix in ½ cup sauce		HUNGRYROOT Organic Sweet Italian Chicken Sausage x 2	In a large bowl, toss dressing with kale then divide between plates	
HUNGRYROOT Classic Chimichurri	Slice 4 zucchini lengthwise + cut off the stems; scoop out flesh + mix into pumfu; place zucchini boats on a sheet pan lined with foil, season with salt/pep + drizzle lightly with oil		HUNGRYROOT Rainbow Veggie Mix	Top greens with bean mix + protein; Enjoy your salad!	
FOODIES VEGAN Pumfu Sausage Crumble	Divide pumfu mixture among zucchini halves + bake 10-15 min or til zucchini are hot + slightly softened; garnish zucchini boats with chopped cilantro + avocado		TESSEMAE'S Organic Buffalo Ranch		
HUNGRYROOT Fresh Avocado x 2					
HUNGRYROOT Fresh Cilantro x 2					

1/21/26, 1:12 PM

hungryroot.com/account/orders/56768430/