



HARDY FOODS

HEALTHY MEALS FOR ACTIVE BODIES

Hardy Foods

Hardy Foods is a meal prep company newly located in Sugarhouse, Salt Lake City (SLC) that specializes in Paleo and Ketogenic foods. We are committed to providing fresh, locally sourced produce and proteins from the SLC Downtown Farmers Market during the harvest season and delivering them to your door.

By working directly with farmers, Hardy Foods utilizes high quality ingredients in all our meals. We never use ingredients that are frozen or processed. No added sugars and no starches or flours. And, only the freshest proteins including chicken, beef, turkey and fish. For our bodybuilder clients, meals include organic brown rice, egg noodles, or quinoa.

We ask all clients to complete a questionnaire to better understand their meal preferences and any allergies they might have. Then, we put together a meal plan specifically for you!

Weekly Meal Plans

Meals are available for pickup at our Sugarhouse location or on Saturdays at the SLC Downtown Farmers Market.

14 meals (2 per day)

\$126 + tax

21 meals (3 per day)

\$189 + tax

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- Meal prep days are Monday and Thursday
 - Delivery available for an extra fee
 - We accept all major credit cards, cash or checks

If you have any questions please call John Hardy at 801.599.2790 or connect with Hardy Foods at our Farmers Market tent!



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Historic Sugar House, Salt Lake City

801.599.2790 • john@hardyfoods.com • www.hardyfoods.com

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Breakfast

- **Breakfast Bowls**
Scrambled eggs, seasonal vegetables, house made sausage and bacon
- **Cream Cheese Gluten-Free Pancakes**
- **Breakfast Frittata**
- **Rotating Gluten Free Muffins**

Proteins

- **Balsamic Chicken Breast**
Seared chicken breast simmered in a balsamic reduction and shredded
- **Ground Beef**
Slow braised beef in a homemade Italian marinara with onions and garlic
- **Chicken Thighs**
Marinated boneless chicken seared and braised in its own stock with peppers and onions
- **Ground Turkey Meatballs**
Slow cooked roasted turkey shredded and tossed in yellow curry with a mix of shredded cabbage, carrots, onion and seasonings
- **Curry Pulled Turkey**
Fresh Roasted turkey pulled and tossed with curry
- **Pulled Pork**
Slow roasted pulled pork shoulder with either no sugar barbecue sauce or pickled ginger
- **Tilapia and Salmon Filets**
Baked tilapia filet or pan seared salmon with lemon juice and dill

Vegetables

- **Brussels Sprouts**
Shredded brussels sprouts pan sautéed in Kerrygold butter and tossed with cherry tomatoes, red onions and house cured bacon
- **Spaghetti Squash**
Roasted and shredded

- **Roma Tomatoes**
Quartered Roma tomatoes tossed in balsamic vinaigrette with fresh Italian herbs
- **Pepper Julienne**
A variety of in-season peppers and vegetables julienne and sautéed with grilled onions
- **Spinach Artichoke**
Sautéed artichoke and spinach
- **Green Beans**
Roasted green beans in Teriyaki soy sauce tossed with almonds or walnuts
- **Cauliflower**
*Sautéed cauliflower featured a variety of ways:
– Riced and spiced cauliflower cooked in Kerrygold butter
– Hand shredded cauliflower curry with tomatoes*
- **Yellow or Zucchini Squash**
Diced squash cooked in olive oil and tossed with an assortment of fresh herbs
- **Red Cabbage**
Hand shredded red cabbage tossed in olive oil and mint chutney
- **Green Cabbage**
Hand shredded green cabbage tossed in olive oil and spices
- **Broccoli**
Pan sautéed broccoli florets
- **Rotating Seasonal Vegetables**

Starches (non-paleo)

- **Organic Brown Rice**
- **Organic Quinoa**
- **Sweet Potatoes**
- **Red Potatoes**

