

SHAKE UP
THE WAY YOU EAT

30+ delicious jars to choose from including **vegetarian**, **dairy-free**, **gluten-free**, and **keto**.

‘TRY ME’ PACKS
AND
MEAL PLANS
AVAILABLE

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Code: **JFMENU**

FRESH MEALS ON THE GO
REDEFINING **FAST FOOD** ONE JAR AT A TIME

Menu



BIG JARS 750ml

BEEF & PORK

PRICE RANGE
\$10.99 - \$11.24

Beef Teriyaki



Steak, corn, teriyaki sauce (gluten-free soy sauce, water, ginger, garlic, chilli peppers, brown sugar, honey, corn starch), bok choy, sweet potato starch noodles, sweet peppers, carrots, red cabbage, celery root, green onions.

Cowboy Casserole



Top sirloin steak, potatoes, kidney beans, corn, carrots, marinara sauce (tomatoes, extra virgin olive oil, sunflower oil, salt, onions, sugar, black pepper, basil, oregano, parsley, citric acid), spinach, chipotle BBQ sauce (sugar, tomato sauce, vinegar, red peppers, pickled peppers, onions, chipotle peppers, garlic, pectin, spices), green onions.

Sizzlin' Steak Fajita



Top sirloin beef, salsa (tomatoes, water, cider vinegar, tomato paste, onions, green peppers, jalapeno peppers, corn starch, evaporated cane juice, salt, spices, dehydrated garlic), black turtle beans, corn, sweet bell peppers, zucchini, onions, spinach.

Naked Beef Burrito



Ground beef, black turtle beans, sweet potatoes, salsa (tomatoes, water, cider vinegar, tomato paste, onions, green peppers, jalapeno peppers, corn starch, evaporated cane juice, salt, spices, dehydrated garlic), sweet bell peppers, carrots, spinach, cherry tomatoes.

Zucchini Beef Houdini



Ground beef, zucchini, green lentils, salsa (tomatoes, water, cider vinegar, tomato paste, onions, green peppers, jalapeno peppers, corn starch, evaporated cane juice, salt, spices, dehydrated garlic), spinach, cherry tomatoes.

Backyard BBQ



Pork, chipotle BBQ sauce (tomato sauce, vinegar, red peppers, pickled peppers, onions, chipotle peppers, garlic, sugar, pectin, spices), spinach, carrots, green cabbage, red cabbage.

Pulled Pork & Smashed Potato



Pork, peas, russet potatoes, corn, carrots, red cabbage, chipotle BBQ sauce (sugar, tomato sauce, vinegar, red peppers, pickled peppers, onions, chipotle peppers, garlic, pectin, spices), marinara sauce (tomatoes, extra virgin olive oil, sunflower oil, salt, onions, sugar, black pepper, basil, oregano, parsley, citric acid), green onions.

Taco Supreme



Pace thick & chunky salsa, olive oil, ground beef (85% lean meat / 15% fat), sweet bell peppers, spinach, cauliflower.

Spaghetti Meat Sauce

Pasta (whole wheat flour), ground beef meatballs (80% lean meat / 20% fat), spinach, parmesan cheese (milk, cheese cultures, salt, enzymes), parsley.

Korean BBQ Bibimbap



Rice, ground beef, carrots, corn, red cabbage, gochujang Korean chili paste, spinach.

Spicy Pork Bibimbap



Rice, ground pork, carrot, bok choy, green cabbage, gochujang Korean chili paste, green onions.

Alfredo Meatballs



Italian style meatballs, water, cream, parmesan cheese (milk, cheese cultures, salt, enzymes), romano cheese (milk, cheese cultures, salt, enzymes), butter, egg yolk enzyme-modified (fried egg yolks, phospholipase), modified corn starch, salt, natural cheddar flavour (natural cheddar flavour, water, salt, ethyl alcohol, xanthan gum), sugar, xanthan gum, roasted garlic, black pepper, onion powder, lactic acid, nutmeg, spinach, radishes, cauliflower, broccoli, olive oil.

Steak & Vegetables

Beef tenderloin, sweet potatoes, peas, olive oil, cauliflower, kale, brown gravy.

BIG JARS 750ml

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CHICKEN & TUNA

Chicken Showdown



Chicken, green lentils, showdown vinaigrette (vinegar, sugar, tomato sauce, red peppers, onions, pickled peppers, sundried tomatoes (may contain sulphites), garlic, spices, herbs, olive oil, red wine vinegar, dijon mustard, tomato paste, salt, spices), sweet potatoes, carrots, radishes, sweet bell peppers, spinach, sunflower seeds.

Curry Chicken



Meal in a Jar's own no-butter sauce (onion, coconut milk, tomatoes, tomato juice, salt, calcium chloride, natural citric acid), tomato paste (tomatoes, natural citric acid), garlic, olive oil, citric acid, garam masala, salt, pepper, chicken, peas, cauliflower, spinach, carrots.

Midnight Chicken



Chicken breast (rosemary, salt), black turtle beans, beets, carrots, green apples, vinaigrette (balsamic vinegar, olive oil, honey, dijon mustard, herbs, spices, garlic, salt), spinach, red cabbage, dried cranberries, lemon.

Chicken Carnitas



Chicken (chili, cumin, oregano, rosemary, salt), brown rice, salsa (tomatoes, water, cider vinegar, tomato paste, onions, green peppers, jalapeno peppers, corn starch, evaporated cane juice, salt, spices, dehydrated garlic), black turtle beans, napa cabbage, sweet bell peppers, red cabbage, cherry tomatoes.

What's Shakin' Bacon



Chicken, corn, peas, ranch dressing (soybean oil and/or canola oil, water, buttermilk (milk), distilled vinegar, sugar, egg yolk, garlic juice, salt, 2% or less buttermilk solids (milk), dried onion, dried garlic, natural flavour, lactic acid, xanthan gum, lemon juice concentrate, chives, spice), spinach, sweet peppers, bacon.

Chicken Teriyaki



Chicken, teriyaki sauce (gluten-free soy sauce, water, ginger, garlic, chilli peppers, brown sugar, honey, corn starch), carrots, peppers, sweet potato noodles (sweet potato starch, purified water), spinach, green onions.

Chicken Caesar



Chicken, fresh garlic, caesar dressing, spinach, olive oil, sweet pepper, radish, parmesan cheese (milk, cheese cultures, salt, enzymes), bacon.

Lemon Ginger Chicken



Chicken, napa cabbage, lemon juice, olive oil, green cabbage, carrots, grape tomatoes.

Showdown Tuna



Tuna, pickles (cucumber, white vinegar, water, salt, dill, garlic), olive oil, sweet bell peppers, spinach, vinaigrette (vinegar, sugar, tomato sauce, red peppers, onions, pickled peppers, sun-dried tomatoes (may contain sulphites), garlic, spices, herbs, olive oil, red wine vinegar, dijon mustard, tomato paste, salt, spices).

Tuna Antipasta

Tuna (white, canned in water, drained solids), ranch salad dressing (regular commercial), bok choy, sweet bell peppers, carrots, red cabbage, cabbage, cherry tomatoes.

Balsamic Chicken Coleslaw



Chicken, balsamic vinaigrette (canola oil, extra virgin olive oil, balsamic vinegar, water, dijon mustard (water, vinegar, mustard seed, salt, white wine, fruit pectin, citric acid, tartaric acid, sugar, spices), honey, salt, garlic, black pepper), carrot, green cabbage, red cabbage, bok choy, raisins, kale.

No-Butter Chicken



Meal In A Jar's own no-butter sauce (onion, coconut milk, canned tomatoes (tomatoes, tomato juice, salt, calcium chloride, natural citric acid), tomato paste (tomatoes, natural citric acid), garlic, olive oil, citric acid, garam masala, salt, pepper), chicken, green lentils, peas, carrots, spinach.

MEAL IN A JAR®



DAIRY
FREE



GLUTEN
FREE

KETO

PRICE RANGE
\$10.99 - \$11.24

VEGAN JARS 750ml

Black Bean Taco



Brown rice, salsa (tomatoes, water, cider vinegar, tomato paste, onions, green peppers, jalapeno peppers, corn starch, evaporated cane juice, salt, spices, dehydrated garlic), black turtle beans, corn, sweet bell peppers, radish, napa cabbage, cherry tomatoes.

Lively Lemon Ginger



Meal in a Jar's own lemon ginger dressing (lemon juice, olive oil, water, soy sauce, mustard, garlic, ginger), white quinoa, celery root, edamame, kale, corn, carrots, sweet bell peppers, unsalted dry roasted sunflower seeds, green onions.

Moroccan Tagine



Chickpeas, lemon ginger dressing (olive oil, lemon juice, garlic, fresh ginger, dijon mustard, parsley, soy), white quinoa, sweet potatoes, celery root, carrots, bok choy, rehydrated apricots and raisins, parsley.

No-Butter Chickpea



Meal In A Jar's own no-butter sauce (canned diced tomatoes, onion, tomato paste, garlic, olive oil, salt), chickpeas, potatoes, carrots, peas, spinach.

Veggie Showdown



Quinoa, black turtle beans, sweet potatoes, sweet bell peppers, carrots, vinaigrette (vinegar, sugar, tomato sauce, red peppers, onions, pickled peppers, sun-dried tomatoes (may contain sulphites), garlic, spices, herbs), olive oil, red wine vinegar, dijon mustard, tomato paste, salt, spices, spinach, cherry tomatoes, pumpkin seeds.

Veggie Bibimbap



Rice, green lentils, carrots, bok choy, green cabbage, Korean red chili pepper powder, unsalted dry roasted sunflower seeds, radishes.

Lentil Bolognese



Pasta (whole wheat flour), marinara sauce (tomato puree (water, tomato paste), diced tomatoes in tomato juice, canola oil, contains less than 1% salt, dehydrated onions, dehydrated garlic, spices, citric acid), green lentils, spinach, parsley.

Want more Vegetarian options?

We can turn any other jar into their vegetarian version if you want, just select Vegetarian Recipe when ordering.

MEAL IN A JAR®

WHO WE ARE

At Meal in a Jar, we strive to provide you with the **freshest & healthiest alternatives** to everyday meals. With our convenient service, **your life just got a little easier** - delivering healthy fast-food options to your house.

30+ delicious jars to choose from including **vegetarian** , dairy-free, **gluten-free** , **keto** , there are options for virtually any dietary requirement or preference.

No shopping

No chopping

No Cooking



- ✓ Delicious, nutritious, fully cooked meals
- ✓ Ready to heat and eat!
- ✓ 30+ options - something for every diet
- ✓ No added preservatives
- ✓ Zero waste - packed in microwavable glass jars

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