



Outdoor Herbivore, LLC
 Sacramento, CA 95827
 828-423-0787

Email: sales@OutdoorHerbivore.com, Web Site: OutdoorHerbivore.com

Product Catalog Effective Jan 2016

Details are for Hungry Single (Serves 1 - 2) meal size.

Product Name	Product Description	Retail Price	Yields Per Unit (cups)	WT (oz)	Type	Soy	Gluten	Vegan	Total Cal (kcal)	Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
AppalaChia (no cook)	You don't have to be on the East Coast to enjoy this version of Appalachia. The pairing of apple and chia tastes like homemade apple pie, yet no stove is required. Bursting with pulsed dried apples, cinnamon spice, and chewy raisins.	5.99 - 6.49	1.5	4.00	Dessert	N	N	Y	435	12	6	0	0	67	78	18	42	10
Apple Quinoa Oatmeal	Made with dehydrated Quinoa! This super-grain hot cereal has a chewy texture with slightly sweet and nutty flavors. Balanced with premium sliced organic granny smith apples.	5.99 - 6.49	2	4.90	Breakfast	N	N	Y	603	19	2	0	0	312	80	12	16	21
Basil Walnut Penne	Crushed basil & walnuts tossed with organic whole wheat penne, milled flax seed and olive oil (included). This dish is full of calories and taste!	5.99 - 6.49	2	5.30	Entrée	N	Y	Y	692	31	3	0	0	565	80	17	5	26
Bee Good Couscous	Enjoy it for breakfast, brunch, lunch, dinner or dessert. Packed with calories and taste! The organic raisins and domestic bee pollen give it sweet flavors, and the roasted nuts give it some crunch.	4.99 - 5.99	2	6.00	Entrée	N	Y	N	751	32	9	0	21	75	94	6	17	23
Blackened Quinoa	A spicy, smoked blend of seasonings tossed with dehydrated quinoa, vegetables and black beans. Tasty when eaten hot or cold. If you have never eaten quinoa, this dish is an excellent introduction.	5.99 - 6.49	1.5	4.50	Entrée	N	N	Y	538	17	2	0	0	648	94	23	17	20
Blueberry Maple Crunch (no cook)	Packed with flavor, crunch, and calories. Organic oats, organic maple brown rice clusters, organic blueberries and instant organic soy milk. Just add water - equally delicious served cold or hot. This breakfast is sure to satisfy.	4.99 - 5.49	2	5.00	Breakfast	Y	N	Y	631	25	7	0	0	201	124	22	18	31
Blueberry Nutty Munch (no cook)	Freeze dried blueberries, dusted cinnamon coconut chips, assorted seeds and nuts for a hearty trail snack that is sure to energize you.	3.99	1.5	4.25	Snack	N	N	Y	654	45	16	0	0	145	43	14	20	19
Cheddar Mac	Better than cheddar, but without cheese. Creamy flavors of nutritional yeast, parsley, and sun dried tomato with whole wheat pasta. A personal favorite!	5.99 - 6.49	2	5.00	Entrée	N	Y	Y	501	4	0	0	0	596	95	18	13	29
Chia Oat Crunch (no cook)	The sunflower and walnuts give it some crunch and the chia provides you loads of energy and keeps you hydrated longer. The addition of 100% pure banana powder adds a subtle, sweet taste and the muscle recovery benefits of potassium. Great as a breakfast, snack or dessert.	4.99 - 5.49	1.5	2.80	Breakfast	N	N	Y	412	19	2	0	0	3	50	12	9	14
Chickpea Sesame Penne	Organic whole wheat penne with creamy flavors of chickpea, sesame, roasted red pepper, and garlic. I bet you never had hummus prepared this way.	5.99 - 6.49	2	5.30	Entrée	N	Y	Y	657	26	2	0	0	589	87	12	6	23

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Chickpea Sesame Penne (GF)	Organic gluten-free penne with creamy flavors of chickpea, sesame, roasted red pepper, and garlic. I bet you never had hummus prepared this way.	6.49 - 6.99	2	5.30	Entrée	N	N	Y	636	23	3	0	0	584	85	11	5	13
Chili Lime Crunchies (no cook)	This mouth watering combination of crunchy green peas, sweet corn, and tomato flakes are marinated in chili lime, resulting in extraordinary flavor. These freeze dried veggies are great for munching while on the trail, or to add bold flavor to your own meals.	4.99	1	2.50	Snack	N	N	Y	254	4	0	0	0	295	30	5	12	5
ChocoCocoChia (no cook)	A sweet and restorative vegetarian backpacking dessert made with 100% organic ingredients. A base of dark chocolate, creamed coconut, chia and freeze-dried blueberries.	5.99 - 6.49	1.5	4.20	Dessert	N	N	Y	500	25	15	0	0	15	71	20	25	14
Chunky Chipotle Chili	Featuring lentils, black bean, pinto bean, quinoa flakes. We add bell peppers & cocoa to make it dark and sweet, roasted chipotle & chilies to make it smoky and deep. Medium Hot.	5.99 - 6.49	2	4.00	Soup	N	N	Y	406	4	0	0	0	738	76	16	19	19
Cibola Couscous	This durum wheat dish was inspired while exploring New Mexico's breathtaking Cibola National Forest. Features southwestern flavors and organic vegetables.	5.49 - 5.99	2	5.00	Entrée	N	Y	Y	554	14	2	0	0	358	94	8	7	18
Cocoa Nutty Chomps (no cook)	Satisfy your sweet tooth with these chocolate peanut buttered plantain chips. Dusted with organic fair trade dark cocoa, roasted peanut flour, cane sugar, a touch of coconut oil and sea salt.	3.99	1.5	6.00	Snack	N	N	Y	860	49	41	0	0	137	111	6	29	7
Coconut Chia Peel (no cook)	Creamy flavors of coconut, chia, and banana make this a sweet treat for the backcountry. This is a powerhouse no-cook meal that will replenish and sustain your energy.	5.99 - 6.49	1.5	4.00	Dessert	N	N	Y	491	23	11	0	0	30	69	50	12	9
Curried Apple Couscous	Durum wheat, organic apples, coconut, raisins and nuts marinated in Indian seasonings. Simple to make, taking all of 5 minutes to cook. Great for lunch!	4.99 - 5.99	2	5.20	Entrée	N	Y	Y	577	16	8	0	0	321	96	6	19	18
Denver Veggie Scramble	Organic vegetables combined with organic dehydrated eggs, hashed potato, and white cheddar cheese make a great way to start the day. Serve plain or roll in a tortilla for an excellent breakfast burrito!	6.49 - 6.99	1.5	2.20	Breakfast	N	N	N	272	12	4	0	375	685	27	3	12	16
Ginger Chia Goey (no cook)	This creamy and aromatic no-cook meal with flaked coconut, dates and spices make this a delicious treat!	5.99 - 6.49	1.5	4.00	Breakfast	N	N	Y	488	22	11	0	0	35	69	57	6	4
High Elevation Rice Cereal	Creamy, nutty & sweet flavors scented with ginger, cinnamon, & clove.	4.99 - 5.49	2	4.30	Breakfast	Y	N	Y	462	4	3	0	0	373	88	6	26	10
Hop Pea Slop (no cook)	Peas, carrots and walnut salad made with eggless mayo. Just add cold water to contents of package, stir, and enjoy!	5.49 - 6.49	1.50	4.00	Entrée	Y	N	Y	563	32	3	0	0	612	70	16	27	21
Instant Hummus (no cook)	Bell pepper, lemon & garlic brings this hummus alive with flavor. Just stir in a small amount of cold water and the included olive oil and enjoy the robust flavor in 5 minutes.	3.99	0.50	2.40	Sauce	N	N	Y	322	19	2	0	0	580	31	7	8	11

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Instant Peanut Butter (no cook)	Instant peanut flour made from U.S. grown organic peanuts, partially defatted to allow for higher fat (28%) and a longer shelf life.	3.49 - 3.99	1+	4.00	Other	N	N	Y	596	33	7	0	0	0	33	7	10	42
Lemon Quinoa Tabbouleh	A refreshing twist from traditional wheat bulgur (tabbouleh). Sprouted dehydrated Quinoa paired with tangy, clean flavors of lemon, parsley, thyme, flaked celery and carrot. Tossed with thinly sliced almonds for a tender crunch.	6.99	2	4.50	Entrée	N	N	Y	543	17	2	0	0	713	89	17	20	19
Lemongrass Thai Curry	Flavors of lemony citrus, hot chilies, and sweet coconut base blended with organic instant basmati rice and roasted peanuts. Tangy, sweet and spicy.	5.99 - 6.49	1.5	4.75	Entrée	N	N	Y	623	34	20	0	0	570	71	12	7	15
Lickety-Split Lentils	This spiced legume dish will refresh your energy and palate. Features lentils, brown rice, vegetables, and Indian spices. Made with instant organic brown rice grown in California.	5.99 - 6.49	2	5.80	Entrée	N	N	Y	647	17	2	0	0	598	102	13	13	26
Morning Day PB&J	The PB&J sandwich is transformed into a rich and filling bowl of oatmeal. Made with roasted organic peanut butter and organic blueberry preserves. Get your creative juices flowing and remind yourself to be a kid again.	5.99 - 6.49	2	4.30	Breakfast	Y	N	Y	538	13	2	0	0	448	83	14	19	22
Naked Freckle Burrito	Black beans, brown rice and zest! A customer favorite! Use this mix by itself, in a tortilla, as a soup, or as a dip. Made with organic brown rice grown in California.	5.99 - 6.49	1.5	4.00	Entrée	N	N	Y	416	4	0	0	0	416	81	15	4	15
Pea-Nutty Matchsticks	Organic buckwheat noodles (matchstick sized) served with organic green peas & chopped vegetables in a chunky peanuty thai sauce.	5.99 - 6.49	2	5.30	Entrée	N	Y	Y	625	17	3	0	0	960	102	20	17	32
Pesto Herbilicious (no cook)	Smear this spread on tortilla, bread, crackers, sandwiches, pasta, noodles, or potatoes. Add more olive oil for a dipping oil. A backwoods delight!	4.99 - 5.49	.25 - 1	2.20	Sauce	N	N	Y	337	23	3	0	0	328	20	10	5	15
Pinto Smash (no cook)	Pinto smash in a dash! Add this delicious pinto bean spread in a tortilla or between sliced bread.	4.99 - 5.49	1	4.00	Sauce	N	N	Y	501	15	2	0	0		79	30	15	26
Quinoa Cheddar Mac	Better than cheddar, but without cheese. Creamy flavors of cheddar, parsley, & sun dried tomato with gluten-free quinoa pasta.	5.99 - 6.49	2	5.00	Entrée	N	N	Y	535	5	0	0	0	602	101	16	11	24
Quinoa Vegetable Soup	This warming, satisfying backpacking vegetable soup is a meal in itself. Loaded with vegetables, flaked quinoa and black beans in a lightly spiced tomato vegetable broth. Grab a mug and start sipping!	5.99 - 6.49	2	2.50	Soup	N	N	Y	296	4	1	0	0	730	69	16	22	13
Sunny Sunflower Salad (no cook)	A blend of seasonings tossed with organic yellow sweet corn, sunflower seeds, flaked black beans & bell peppers. No cooking required - just add water and the included olive oil!	5.99 - 6.49	1	3.70	Entrée	N	N	Y	478	26	3	0	0	135	51	15	7	16
Savory Lentil Simmer	A hearty lentil soup with a chock full of organic dehydrated veggies and flaked coconut lends this dish a savory aroma and yummy taste.	5.99 - 6.49	1.5	4.50	Soup	N	N	Y	548	19	6	0	0	736	88	22	22	25

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Sunrise Tofu Scramble	A hot breakfast scramble without eggs or cholesterol. Featuring organic dried tofu, diced potatoes and mixed vegetables.	5.99 - 6.49	1.5	2.20	Breakfast	Y	N	Y	250	8	1	0	0	326	27	6	10	19
Switchback Soup & Stuffer	A cheesy bean and salsa meal with black beans and pinto beans, organic white cheddar cheese, sweet corn, diced tomato, and fresh dried herbs. Makes an excellent meal by itself, a stuffer for a tortilla, or switch it to a delicious tex-mex style soup.	5.99 - 6.49	1.5	4.00	Entrée/Soup	N	N	N	414	7	1	0	8	687	69	21	15	21
Toasted Sunburst Muesli (no cook)	The birds will envy you. Toasted oats, seeds, nuts, fruit and soy milk with a pinch of cane sugar give this cold cereal a burst of flavor. Just add the water and enjoy.	4.99 - 5.49	2	5.00	Breakfast	Y	N	Y	595	21	4	0	0	184	85	24	18	20
Waldorf Slaw (no cook)	This refreshing fruit and nut slaw is made with eggless mayo. Just add cold water to contents of package, stir, and enjoy!	5.99 - 6.49	2	5.00	Entrée	Y	N	Y	705	47	9	0	0	249	65	9	42	15