



goodfood

A new world of breakfast



Breakfast just got better!

Every morning, a balanced breakfast sets the table for an energetic and productive day. Despite this, almost 40% of Canadians regularly skip their breakfast according to the Dietitians of Canada. In our own research, we found that number to be closer to 70% among Goodfood members. To turn things around, Goodfood is thrilled to introduce its new line of breakfast products.

We have put our world-class culinary team on developing amazing breakfast creations sourced with uncompromisingly high-quality ingredients; a tried and tested recipe that has proven our ready-to-cook dinner kits so successful. Goodfood Breakfast items are crafted to maximize the nutritional punch of your breakfasts, but with the ease and simplicity you expect first thing in the morning. A set of supremely healthy options, but that is first and foremost delicious and designed for the entire family.

On behalf of our entire Goodfood family, thank you for welcoming us in your home every week. We are beyond thrilled to be part of your journey as you set out to discover a whole new world of breakfast.

Jonathan Ferrari, founder and CEO

The power of Goodfood

Quality above all.

The utmost care and attention are placed on the sourcing of all ingredients. We are always on the lookout for the highest grade produce.

Expertly crafted and incredibly delicious.

With the ability to customize each breakfast order with your choice of up to 12 items, you can choose a breakfast fit for the entire family.

Gourmet innovations in the comfort of your own home.

Not to mention our Member Happiness team is always there to answer your questions and support you every step of the way in your Goodfood adventure.

Look out for these icons when you pick your breakfast:



Best seller



Kid approved



10g of protein



Contains caffeine



Prepared cold or hot



Prepared hot



Prepared cold



New selection



To pick your breakfast:
makegoodfood.ca/selection

READY-TO-BLEND

Smoothies

Goodfood Smoothies are filled with flash-frozen fruits and vegetables, picked at peak ripeness to lock in all their natural properties and taste.

DELICIOUS

Amazing ingredients in unique great tasting recipes developed by our culinary team.

SUPERCHARGED

Packed with superfoods full of nutrients scoured from every corner of the globe.

TIME-SAVER

Pre-portioned ingredients for a breakfast with no prep - all you need is 30 seconds.

Select from over a dozen delicious flavours!

Visit www.makegoodfood.ca/selection



BANANA PECAN



PB&J



TROPICAL STORM

Did you know you can build a breakfast box with oat bowls and smoothies? Make your selections today!

What you will need?

A blender, hand or countertop, with power to blend frozen ingredients and a minimum of 17 ounces (500 mL) of volume. You will also require a base liquid of your choosing. Our team loves unsweetened almond milk and designed the smoothies with this in mind. But we encourage you to experiment with your own favourite liquids.

What you need to know!

Each smoothie recipe has been designed to take guessing or the use of measuring instruments out of the equation. Simply add your liquid of choice to the contents of the pre-portioned cup, equivalent to approximately 250 mL. Or, you can add more or less liquid accordingly to achieve your perfect texture! Nevertheless, each smoothie is designed to blend to 500 mL.

HOW IT WORKS

1. Add your liquid of choice to the top of your smoothie cup full of ingredients.
2. Pour your liquid and ingredients into a blender.
3. Blend and transfer smoothie back to your cup - enjoy!



PEANUT BUTTER CUP



AZTEC CHOCOLATE



MATCHA ZEN

ARTISANAL

Oat Bowls

INNOVATIVE

Overnight or on the stovetop, these gourmet all-natural oats elevate your familiar breakfast to a new level.



NUTRITIOUS

Wholesome and filling, each meal carries over 10g of protein; perfect for the active Goodfoodie looking for extra fuel in the morning.

Goodfood Artisanal Oat Bowls bring a modern twist to a Canadian breakfast staple.

ALMOND BISCOTTI



Your everyday oats, chilled & hot!



Check your oat recipes for preferred preparation methods!

In the cup, cover oats with a thin layer of milk. Stir evenly and place in fridge overnight.

Fill oat cup to the top with milk. Transfer mixture to a small pot and bring to a boil. Simmer, stirring occasionally, for 7 minutes.

In the cup, cover oats with a thin layer of milk. Cook in microwave, 1.5 minutes, until heated through.

“I love that when you open the cups you can see chunks of actual fruits, nuts, and vegetables.”

– Chloe Tremblay

“So easy, delicious, and filling. Can’t wait to make my next one!”

– Georgia Stevens

USEFUL LINKS

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Check your current and past deliveries:
makegoodfood.ca/deliveries

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makegoodfood.ca/billing



QUESTIONS?

Get in touch with our
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Don't forget to tag us!

#goodfoodie



@GOODFOODCA

