

2019

My Gourmet Products School Fundraiser Catalog



CONTACT INFORMATION

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My Gourmet[™]
Tuna

Looking for easy way to raise money
for your school or community group?

We can help you!



Our products are healthy, 100% dolphin-safe and have no MSG or artificial preservatives. Some of our products are even gluten free! To learn more, please visit our website or check out the following nutritional information.

My Gourmet Tuna
Celery & Sweet Relish
 THE TUNA SCENE Tuna Panini > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 110 % Daily Value*

Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	2%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Celery & Sweet Relish
 13g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Tuna Panini Recipe
 Ingredients:
 1 pouch My Gourmet Tuna™, Celery & Sweet Relish
 2 slices of Sourdough Bread
 1/2 cup Red Onion (chopped)
 1-2 slices Provolone Cheese
 Salt and Pepper to taste

Directions:
 Cook bacon, set aside on paper towel to absorb grease. Combine tuna, onions, salt and pepper in small bowl. Place bread slice on a flat surface, layer with cheese, tuna mixture, crumbled bacon and remaining bread slice. Heat a large skillet over medium heat or warm up Panini maker. Lightly coat pan with cooking spray and place sandwich in pan (top with another bread slice). Cook for 3 minutes on each side or until lightly browned. Serve with chips.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Mild Spicy
 THE TUNA SCENE Cucumber Tuna Roll > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 120 % Daily Value*

Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 10mg	2%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	4%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Mild Spicy
 14g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Cucumber Tuna Roll Recipe
 Ingredients:
 1 pouch My Gourmet Tuna™, Mild Spicy
 1 Cucumber (sliced long-wise)
 1 Carrot (sliced thin strips)
 1 tsp Lemon Juice
 Salt & Pepper to taste
 Soy Sauce mixed with Wasabi for dipping

Directions:
 Cut thin strips of cucumber long-wise and cut carrots into thin strips. Mix tuna with lemon juice, salt and pepper to taste. Scoop a tablespoon of tuna salad on the end of the cucumber and top with a few thin carrot slices. Then roll to prevent unrolling, use a toothpick to hold the cucumber slice closed. Top with sesame seeds. Serve with soy sauce mixed with wasabi for dipping.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Mild Spicy
 THE TUNA SCENE Cucumber Tuna Roll > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
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Trans Fat 0g	0%
Cholesterol 10mg	2%
Sodium 190mg	7%
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Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	4%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Mild Spicy
 14g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Cucumber Tuna Roll > recipe on back

Ingredients:
 1 pouch My Gourmet Tuna™, Mild Spicy
 1 Cucumber (sliced long-wise)
 1 Carrot (sliced thin strips)
 1 tsp Lemon Juice
 Salt & Pepper to taste
 Soy Sauce mixed with Wasabi for dipping

Directions:
 Cut thin strips of cucumber long-wise and cut carrots into thin strips. Mix tuna with lemon juice, salt and pepper to taste. Scoop a tablespoon of tuna salad on the end of the cucumber and top with a few thin carrot slices. Then roll to prevent unrolling, use a toothpick to hold the cucumber slice closed. Top with sesame seeds. Serve with soy sauce mixed with wasabi for dipping.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Rosemary & Sun-Dried Tomato
 THE TUNA SCENE Green Salad with Tuna > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 140 % Daily Value*

Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	2%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Rosemary & Sun-Dried Tomato
 15g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Green Salad with Tuna Recipe
 Ingredients:
 1 pouch My Gourmet Tuna™, Rosemary & Sun-Dried Tomato
 1 head Romaine Lettuce (chopped)
 1/2 cup Scallions (sliced)
 1/2 cup Cherry Tomatoes (quartered)
 1 (1/2) can Chickpeas (drained and rinsed)
 1/2 cup Extra Virgin Olive Oil
 2 tsp Dijon Mustard
 1 Tbsp Lemon Juice
 Salt & Pepper to taste

Directions:
 Make dressing first by mixing mustard, lemon juice and oil until well blended. Mix in salt and pepper to taste. Top the tuna, chickpeas, cucumber and scallions with 1/2 cup of the dressing. Place on top of lettuce and serve with remaining dressing and french bread.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Rosemary & Sun-Dried Tomato
 THE TUNA SCENE Green Salad with Tuna > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 140 % Daily Value*

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Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	2%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Rosemary & Sun-Dried Tomato
 15g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Green Salad with Tuna > recipe on back

Ingredients:
 1 pouch My Gourmet Tuna™, Rosemary & Sun-Dried Tomato
 1 head Romaine Lettuce (chopped)
 1/2 cup Scallions (sliced)
 1 (1/2) can Chickpeas (drained and rinsed)
 1/2 cup Extra Virgin Olive Oil
 2 tsp Dijon Mustard
 1 Tbsp Lemon Juice
 Salt & Pepper to taste

Directions:
 Make dressing first by mixing mustard, lemon juice and oil until well blended. Mix in salt and pepper to taste. Top the tuna, chickpeas, cucumber and scallions with 1/2 cup of the dressing. Place on top of lettuce and serve with remaining dressing and french bread.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Tuna Salad
 THE TUNA SCENE Tuna Salad Pita > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 120 % Daily Value*

Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	4%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Tuna Salad
 13g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Tuna Salad Pita > recipe on back

Ingredients:
 1 pouch My Gourmet Tuna™, Tuna Salad Whole Pita (halfed)
 2 leaves of a Romaine Lettuce (one for each half)
 1/2 cup Celery (chopped)
 1/2 cup Red Onion (chopped)
 1/2 cup Cherry Tomatoes (halved)
 Salt and Pepper to taste

Directions:
 Combine tuna, celery, onions, tomatoes, salt and pepper in small bowl. Gently open the pita and place the lettuce and tuna inside. Serve with apple slices.

More delicious meal ideas at www.mygourmetproducts.com

My Gourmet Tuna
Tuna Salad
 THE TUNA SCENE Tuna Salad Pita > recipe on back

Nutrition Facts
 1 servings per container
 Serving size 3 oz (85g)
Calories 120 % Daily Value*

Total Fat 1g	2%
Saturated Fat 1.5g	3%
Trans Fat 0g	0%
Cholesterol 20mg	4%
Sodium 190mg	7%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Total Sugars 1g	2%
Includes 3g Added Sugars	4%
Protein 15g	30%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0.4mg	2%
Potassium 0mg	0%

Tuna Salad
 13g PROTEIN PER SERVING
 MADE WITH MAYONNAISE
 FRESH CUT VEGETABLES
 GLUTEN FREE

THE TUNA SCENE

Tuna Salad Pita > recipe on back

Ingredients:
 1 pouch My Gourmet Tuna™, Tuna Salad Whole Pita (halfed)
 2 leaves of a Romaine Lettuce (one for each half)
 1/2 cup Celery (chopped)
 1/2 cup Red Onion (chopped)
 1/2 cup Cherry Tomatoes (halved)
 Salt and Pepper to taste

Directions:
 Combine tuna, celery, onions, tomatoes, salt and pepper in small bowl. Gently open the pita and place the lettuce and tuna inside. Serve with apple slices.

More delicious meal ideas at www.mygourmetproducts.com



The Portable Delicious Snack
My Gourmet Tuna
Capers & Onions
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	15g	30%	30%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	15g	30%	30%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Onions, Sun-Dried Capers, Sugar, Vinegar, Mustard, Salt, White Pepper, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
For serving inspiration, please visit: www.mygourmetproducts.com



The Portable Delicious Snack
My Gourmet Tuna
Celery & Relish
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	14g	28%	28%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	14g	28%	28%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Relish, Soybean Oil, Celery, Sugar, Vinegar, Salt, Mustard, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
For serving inspiration, please visit: www.mygourmetproducts.com



The Portable Delicious Snack
My Gourmet Tuna
Jalapeño & Chunky Tomato
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	13g	26%	26%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	13g	26%	26%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Relish, Soybean Oil, Celery, Sugar, Vinegar, Salt, Mustard, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
For serving inspiration, please visit: www.mygourmetproducts.com



The Portable Delicious Snack
My Gourmet Tuna
Mild Spicy
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	15g	30%	30%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	15g	30%	30%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Relish, Soybean Oil, Celery, Sugar, Vinegar, Salt, Mustard, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
For serving inspiration, please visit: www.mygourmetproducts.com



The Portable Delicious Snack
My Gourmet Tuna
Rosemary & Sun-Dried Tomato
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	16g	32%	32%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	16g	32%	32%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Relish, Soybean Oil, Celery, Sugar, Vinegar, Salt, Mustard, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
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The Portable Delicious Snack
My Gourmet Tuna
Tuna Salad
with Crackers

Nutrition Facts			
Serving Size: 1.75 oz (50g)			
Amount Per Serving			
	% Daily Value	% Daily Value	% Daily Value
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	14g	28%	28%
Total Fiber	1g	2%	2%
Total Fat	10g	20%	20%
Sodium	100mg	20%	20%
Total Crapable Fat	1g	2%	2%
Cholesterol	20mg	4%	4%
Total Sugar	1g	2%	2%
Total Protein	14g	28%	28%
Total Fiber	1g	2%	2%

TOTAL NET WT 3.5oz (99g)
SPREAD INGREDIENTS: Tuna, Mayo, Pickled Relish, Soybean Oil, Celery, Sugar, Vinegar, Salt, Mustard, Egg Yolk Powder, Salted Cheese.
CRACKER INGREDIENTS: Whole Flour, Soybean Oil, Coconut Oil, Wheat Starch, Sugar, Leavening Agent, Monosodium Phosphate, Aluminum Hydroxide, Yeast, Potassium Sorbate, Salt, Malt Extract, Enzyme Blend (T-Flour AND WHEAT).
CONTAINS EGG, FISH (TUNA) AND WHEAT.
See Before Serving - Best Before Date on Bottom of Can
For serving inspiration, please visit: www.mygourmetproducts.com

