



Mindful Chef



gousto

All recipes gluten-free:

*See our recipes and ingredients*

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No refined carbs like white pasta, bread or white rice:

*See our recipes and ingredients*

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Investing in regenerative farming practices:

*See our sustainable farming methods*

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1-person options:

*See our single portion range*

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Committed to Net zero by 2030:

*See how we will achieve our goal*

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Every meal bought donates one to a child in poverty:

*View more info on our one-feeds-two partnership*

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