Pioneers of Natural

HENRY & LISA'S
NATURAL SEAFOOD
Nurture Your Health™

Sustainable Seafood

Celebrity Chef Entreés

Celebrity Chef Designed Marinades

Quick & Easy • 3 Simple Steps • Ready in Minutes

"Best Frozen Seafood" *Good Housekeeping Magazine*

Just 100% premium grade natural fish and nothing else!

✓ All Natural
✓ Lean Protein

Healthy Omega-3's

Maximize the Health Benefits of Seafood

16+ SEAFOOD SAFE

· No Preservatives · No Antibiotics
· No Chemicals · No Hormones

Celebrity Chef Entreés

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality ocean friendly seafood...naturally. Three talented award winning celebrity chefs created exciting marinades that make it simple for anyone to prepare a quick and easy gourmet seafood entrée every night! Henry & Lisa

Wild Salmon with Asian Ginger Marinade
UPC # 812410000149

Nutrition Facts Wild Alaskan Salmon
Serving Size 3.5 OZ. (98g)
Servings Per Container 2

Amount Per Serving	
Calories 114	Calories from Fat 32
	% Daily Value*
Total Fat 3.6g	6%
Saturated Fat 0.5g	3%
Cholesterol 58mg	19%
Sodium 58mg	2%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 1%	Iron 3%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts Asian Ginger Marinade
Serving Size 1 OZ. (28g)
Servings Per Container 2

Amount Per Serving	
Calories 60	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 0.5g	3%
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 4%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Wild Alaskan Keta Salmon
Marinade: Water, soy sauce (water, soybeans, wheat, salt) mirin wine, expeller pressed sesame oil, spices. No GMO's, naturally processed without chemicals.

Wild Mahimahi with Caribbean Marinade
UPC # 812410000156

Nutrition Facts S. American Mahimahi
Serving Size 3.5 OZ. (98g)
Servings Per Container 2

Amount Per Serving	
Calories 88	Calories from Fat 4
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 70mg	23%
Sodium 96mg	4%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 18g	
Vitamin A 4%	Vitamin C 0%
Calcium 0%	Iron 5%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts Caribbean Marinade
Serving Size 1 OZ. (28g)
Servings Per Container 2

Amount Per Serving	
Calories 10	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 610mg	25%
Total Carbohydrate 3g	1%
Dietary Fiber less than 1 gram	2%
Sugars 1g	
Protein 0g	
Vitamin A 6%	Vitamin C 10%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Wild South American Mahimahi
Marinade: Lemon juice, lime juice, onion, vinegar, spices, salt. No GMO's, naturally processed without chemicals.

Wild Bay Scallops with Japanese Glaze
Scallops UPC # 812410000170

Nutrition Facts Bay Scallops
Serving Size 3.5 OZ. (98g)
Servings Per Container 2

Amount Per Serving	
Calories 80	Calories from Fat 6
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0g	1%
Cholesterol 0mg	0%
Sodium 158mg	7%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 15g	
Vitamin A 1%	Vitamin C 5%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Facts Japanese Glaze
Serving Size 1 OZ. (28g)
Servings Per Container 2

Amount Per Serving	
Calories 60	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	3%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 220mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 1g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%

*Percent Daily Values are based on a 2,000 Calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Calories	2,000	2,500
Total Fat	Less Than 65g	80g
Sat. Fat	Less Than 20g	25g
Cholesterol	Less Than 300mg	300mg
Sodium	Less Than 2400mg	2400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Wild Bay Scallops
Marinade: White rice vinegar, honey, organic cane sugar, soy sauce (water, soybeans, wheat, salt), liquid cayenne pepper sauce (red cayenne pepper, vinegar, salt, guar gum, xanthan gum, ascorbic acid "to retard spoilage"), expeller pressed sesame oil, ginger puree, water, sesame seeds, jalapeno peppers, cellulose gum, xanthan gum, spices. No GMO's, naturally processed without chemicals.

There is no other seafood company like ours!

- Our **premium quality** seafood is frozen within hours of harvest, we quick freeze all of our seafood at super-low temperatures with the latest technology, locking in peak freshness.
- We proudly offer **seafood exclusively from environmentally sustainable fisheries**. Our independent Seafood Advisory Board (conservationist from Environmental Defense, Monterey Bay Aquarium and other organizations) reviews and approves all of the species we offer.
- Our seafood is **independently tested for contaminants by Seafood Safe**, helping consumers maximize the health benefits of seafood.
- We care deeply for the future of our planet and the world of water, **a portion of sales are donated to marine conservation and education efforts**.

EcoFish, 340 Central Ave. Dover, NH 03820
Henry and Lisa's is a small company with a big mission.

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