

Pioneers of Natural



Sustainable Seafood

Grab 'n Go



Simple, Delicious, Healthy Seafood Fast!

Once Frozen • Product of USA • BPA Free Film

Just 100% premium grade natural fish and nothing else!

- ✓ All Natural
- ✓ Lean Protein



Maximize the Health Benefits of Seafood



- No Preservatives
- No Added Chemicals
- No Antibiotics
- No Hormones



Grab 'n Go

Our mission is to be your family's trusted source for the world's healthiest, safest and highest quality sustainable seafood...naturally. We have created a deliciously convenient seafood. Ready to throw on the grill, these grab 'n go entrées are quick, easy and the perfect end to a busy day!

Henry & Lisa



Wild Alaskan Salmon

- BPA Free Film
- 745 mg omega-3's per serving
- MSC Certified Wild Alaskan Salmon
- Once frozen, product of USA
- 10 – 4 oz frozen vac-packed portions per case

Wild Alaskan Cod

- BPA Free Film
- 237 mg omega-3's per serving
- MSC Certified Wild Alaskan Cod
- Once frozen, product of USA
- 10 – 4 oz frozen vac-packed portions per case

Wild Alaskan Salmon

UPC # 812410000224

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
		Total Fat 4.2g	6%	Total Carbohydrate 0g
	Saturated Fat 6g	3%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 67mg	22%	Protein 23g	
	Sodium 67mg	3%	Omega 3's 741mg	
Serving Size: 4 ounces (113.4 g)	Vitamin A 0% • Vitamin C 0% • Calcium 1% • Iron 4%			
Servings per Container: 1	*Percent Daily Values are based on a 2,000 Calorie diet.			

Ingredients: Wild Alaskan Keta Salmon and nothing else.

Wild Alaskan Cod

UPC # 812410000538

Nutrition Facts	Amount Per Serving	%DV*	Amount Per Serving	%DV*
		Total Fat 0.5g	1%	Total Carbohydrate 0g
	Saturated Fat 0g	0%	Dietary Fiber 0g	0%
	Trans Fat 0g		Sugars 0g	
	Cholesterol 53mg	17%	Protein 17g	
	Sodium 102mg	4%	Omega 3's 237mg	
Serving Size: 4 ounces (113.4 g)	Vitamin A 0% • Vitamin C 0% • Calcium 1% • Iron 0%			
Servings per Container: 1	*Percent Daily Values are based on a 2,000 Calorie diet.			

Ingredients: Wild Alaskan Cod and nothing else.



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 (comprised of world-leading marine conservation scientists) 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, from how we source our seafood, to the renewable energy that powers our office, to the many marine conservation causes we support. **Your purchase helps us further our mission.** Thank you for your support.

EcoFish, 340 Central Ave. Dover, NH 03820

Henry and Lisa's is a small company with a big mission.

Call to order: 877-214-3474



www.henryandlisas.com