



Meals in a Jar by Sweet and Light

Contact Information:

Phone 0984217114

WhatsApp +593 984217114

Email sweetandlight21@gmail.com

**We are happy to make custom orders upon request.
Please contact us for more information and pricing.**

May 2024 Price List

Apple Sauce: 450 ml: \$3.50

Apple Sauce: 750 ml: \$4.25

***NEW* Baked Beans: 450 ml: \$4.50**

Beef Stew: 450 ml: \$4.75

Beef Stew: 750 ml: \$7.00

Beef Vegetable Stew: 450 ml: \$4.75

Beef Vegetable Stew: 750 ml: \$7.00

Chicken Broth: 450 ml: \$3.75

Chicken Broth: 750 ml: \$4.25

Chicken Vegetable Soup: 450 ml: \$4.00

Chicken Vegetable Soup: 750 ml: \$5.50

***NEW* Vegetable Soup (no meat): 450 ml: \$4.00**

***NEW* Vegetable Soup (no meat): 750 ml: \$5.50**

Beef Jerky (pepper) 30 grams - \$3.50

Beef Jerky (pepper) 60 grams - \$6.00

Chili with Meat – No Beans: 450 ml: \$5.00

Chili with Meat – No Beans: 750 ml: \$7.00

Chili with Beans – No Meat: 500 ml: \$4.00

Chili with Beans – No Meat: 750 ml: \$6.00

Chili with Beans and Meat: 450 ml: \$4.50

Chili with Beans and Meat: 750 ml: \$6.50

Lentil Soup: 450 ml: \$4.00

Lentil Soup: 750 ml: \$5.50

Coffee Liqueur: 750 ml: \$18 (Made with real espresso – not just coffee crystals)

Coffee: Gourmet organic dark roast – ground – 500 grams / 1 pound: \$6.50



**Available at CosasPrep, Simón Bolívar 13-49 y Estévez de Toral, Cuenca, Ecuador.
Hours: Monday ~ Friday 10am to 5:30pm, Saturday 10am to 4pm, Sunday Closed.**