

Demeter's Pantry Brings Anti-Inflammatory Focus to Its High-Protein Meals

Demeter's Pantry recognizes customers' interest in wellness, by offering; anti-inflammatory, gluten-free meals made from whole ingredients and healthy fats.

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-- As wellness trends evolve, more consumers are paying attention to how food supports long-term health. A study from The Ohio State University College of Public Health found that 57 percent of American diets contain inflammatory ingredients, which can increase the risk of diet-related health issues. At the same time, recent research from Mintel reports that anti-inflammatory diets are "growing in popularity with health-conscious consumers" who are seeking meals made from whole ingredients, lean proteins, and healthy fats.



Demeter's Pantry Vegetable Enchiladas with Salsa Verde, prepared with clean-label ingredients, organic tortillas and paired with brown rice and red beans.

For Demeter's Pantry this shift to anti-inflammatory diets aligns with the company mission. Its Mediterranean and Latin-inspired recipes naturally incorporate anti-inflammatory elements such as extra-virgin olive oil, vegetables, beans, and lean proteins. Each meal is made from scratch in-house, offering balanced nutrition and authentic flavor.

“

Many of our meals are naturally gluten free, high in protein, and high in fiber. We have always believed that food can be both healing and satisfying.”

*Maria Kardamaki Robertson,
Founder of Demeter's Pantry*

Here are some of the [ready-to-eat](#) meals that align with anti-inflammatory eating:

- Greek Chicken Bowl from The Greek Table line
- Chicken Enchiladas with yellow rice, green peas, and Salsa

Verde

- Vegetable Enchiladas with brown rice, red beans, and Salsa Verde

Demeter's Pantry is a women-owned business in Maryland, founded almost two decades ago with a mission of bringing home recipes to market, creating prepared foods with Mediterranean and Latin flavors with a restaurant quality. Demeter's Pantry Latin cuisine includes handmade Enchiladas, Burritos and Quesadillas with in-house made sauces. Its Mediterranean entrees incorporate Greek and fusion flavors. Demeter's Pantry has served the deli, Grab&Go and hot bar departments of retailers and online retailers like [Territory Foods](#).

For media or sales inquiries, contact Demeter's Pantry at sales@demeterspantry.com or call 301-587-0048.

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Extra-virgin olive oil and fresh herbs showcasing the Mediterranean ingredients that inspire Demeter's Pantry's clean-label recipes.



Demeter's Pantry's Greek Chicken Bowl from The Greek Table line, made with grilled chicken, yellow rice, roasted peppers, capers, and a lemon tarragon dressing.

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