



HEALTHY GOURMET

M I A M I

Our Pesco-Vegetarian Menu – Week of 11/13 – 11/17

Monday	Lunch	Organic Apricot Glazed Salmon with roasted Carrots and Brown Rice
	Dinner	Garbanzo Bean Tacos
Tuesday	Lunch	Thyme Roasted Snapper with Braised Apple and Broccoli
	Dinner	Grilled Shrimp over Black Bean and Quinoa Cake
Wednesday	Lunch	Crimini Mushroom Stroganoff and Roasted Cauliflower Potato Mash
	Dinner	Toasted Israeli Couscous with Pan Seared Wild Caught Salmon
Thursday	Lunch	Caribbean Fish Fillet with Coconut Rice and Pineapple Salsa.
	Dinner	Supercharge Tofu Saltado on Roasted Potatoes
Friday	Lunch	Grilled Pesto Snapper with White Beans and Zucchini
	Dinner	BBQ Portobello with Seasonal Vegetables and Corn Muffin

1 meal/day - **\$67.50/week** – Restaurant Pick Up Only
 Lunch & Dinner - **\$135.00/week** – Deliveries available
 Substitutions available (+\$2 - \$3/day)
 Full Vegetarian Options Available
 Larger Portions Option Available (+\$1.50/meal)

It's time to Choose
Healthy

Fresh foods made
daily from scratch

Foodies and Kids
Approved

Healthy and Delicious

Customized Meal Plans

HEALTHY GOURMET MIAMI

8765 SW 132nd Street
Miami FL 33176

305.233.0303

305.450.1591

healthygourmetmiami.com
chef@healthygourmetmiami.com

Mon-Fri 11am – 7pm

