



HEALTHY GOURMET

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Our Supercharged Menu – Week of 09/04 – 09/08

Monday	Lunch	Grilled Chicken and arugula pesto linguini
	Dinner	Pan Seared Salmon with herbed barley and roasted tomatoes
Tuesday	Lunch	Honey glazed chicken with veggie Cauliflower “fried rice”
	Dinner	Grilled Black Angus Steak with julienne vegetables and brown rice
Wednesday	Lunch	Spiced Pork Tender and garbanzo ratatouille
	Dinner	Portobello Burger with onion jam and side chef’s salad
Thursday	Lunch	Herbed Peruvian Seabass over sweet corn couscous
	Dinner	Grilled Chicken with roasted corn salsa and cilantro brown rice
Friday	Lunch	Beef Stroganoff with zucchini veggie pasta
	Dinner	Turkey Apple Burger with supercharge lentils

1 meal/day - **\$62.50/week** – Take Out Only
 Lunch & Dinner - **\$125.00/week** – Free Deliveries 2x/week
 Substitutions available (+\$2 - \$3/day)
 Vegetarian Menu Available
 Larger Protein 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

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Mon-Fri 11am – 8pm

