



Our **Supercharged Menu** – Week of 11/13 – 11/17

Monday	Lunch	Organic Apricot Glazed Salmon with roasted Carrots and Brown Rice
	Dinner	Roasted Garbanzo Bean Tacos
Tuesday	Lunch	Thyme Roasted Chicken 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 Chicken with Coconut Rice and Pineapple Salsa
	Dinner	Supercharge Lomo Saltado on Roasted Potatoes
Friday	Lunch	Grilled Pesto Chicken with White Beans and Zucchini
	Dinner	BBQ Portobello with Seasonal Vegetables and Corn Muffin

1 meal/day - **\$62.50/week** – Restaurant Pick Up Only
 Lunch & Dinner - **\$125.00/week** – Deliveries available
 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

