



# HEALTHY GOURMET

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## Our Supercharged Menu – Week of 12/18 – 12/22

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 Casserole
Wednesday	Lunch	Crimini and Tofu Veggie Lo Mein
	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 Julienne 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

