



Our **Supercharged Menu**

Monday	Lunch	Loaded Veggie Quinoa and Chicken Fried Rice
	Dinner	Quinoa Falafel Burger with our Chef Chop Salad
Tuesday	Lunch	Turkey Burger with Supercharged Lentil Stew
	Dinner	Sweet and Spicy BBQ Salmon over sautéed Vegetables
Wednesday	Lunch	Mexican Cilantro brown rice bowl With Chicken
	Dinner	Grilled Organic Chicken thighs with Roasted Squash and Edamame
Thursday	Lunch	Garlic Lime Shrimp with Green Beans Roasted Sweet Potatoes Puree
	Dinner	Our Israeli Salad with Grilled Chicken
Friday	Lunch	Sesame Miso Noodle Bowl with Steak and Vegetables
	Dinner	Mushroom Chickpea and Broccoli Quiche

1 meal/day - **\$62.50/week** – Restaurant Pick Up Only (Mon/Thu)

Lunch & Dinner - **\$125.00/week** – Deliveries available

Substitutions available (+\$2 - \$3/day)

Vegetarian Menu Available

Larger Portions Available (\$2 - \$3/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

t. 305.233.0303

c. 305.450.1591

healthygourmetmiami.com
chef@healthygourmetmiami.com

Mon - Fri 10am – 7pm
Sat - Sun Catering ONLY

