



Our **Pesco-Vegetarian Menu**

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

1 meal/day - **\$67.50/week** – Restaurant Pick Up Only (Mon/Thu)

Lunch & Dinner - **\$135.00/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

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

