



Our **Pesco-Vegetarian Menu**

Monday	Lunch	Roasted Salmon with Black Bean Fiesta
	Dinner	SW Veggie Quinoa Burger with low Carb Bread and Pico de Gallo
Tuesday	Lunch	Lentil Quinoa Bolognese with zucchini and Spiced Basmati
	Dinner	Grilled Shrimp and Roasted Succotash
Wednesday	Lunch	Baked Garbanzo and Vegetable Jambalaya
	Dinner	Mushroom Kale and Roasted Tomato Flatbread
Thursday	Lunch	Grilled Mahi oven Sautéed Vegetables
	Dinner	Crispy Eggplant Napoleon
Friday	Lunch	BBO Shrimp with green beans and peppers
	Dinner	Zucchini and Squash Noodles with Meatless Ragu

1 meal/day - **\$67.50/week** – Restaurant Pick Up Only  
 Lunch & Dinner - **\$135.00/week** – Delivery 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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[healthygourmetmiami.com](http://healthygourmetmiami.com)

Mon-Fri 11am – 8pm

