



Our **Pesco-Vegetarian Menu**

Monday	Lunch	Organic Apricot Glazed Salmon with roasted Carrots and Brown Rice
	Dinner	Smoky Garbanzo Tacos with Cheese
Tuesday	Lunch	Thyme Roasted Mahi with Broccoli Soufflé
	Dinner	Grilled Shrimp over Kale and Quinoa Cake
Wednesday	Lunch	Crimini and broccoli Saltado with Roasted Cauliflower Potato Mash
	Dinner	Toasted Israeli Couscous with Herbed Salmon
Thursday	Lunch	Caribbean Fish Fillet with Coconut Rice and Pineapple Salsa
	Dinner	Supercharge Tofu Saltado on Roasted Potatoes
Friday	Lunch	Pesto Mahi with White Beans and Zucchini Casserole
	Dinner	Braised Seitan with Julienne Vegetables

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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Mon-Fri 11am – 8pm

