



HEALTHY GOURMET

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Our Supercharged Menu

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

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

8765 SW 132nd Street
Miami FL 33176

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305.450.1591

healthygourmetmiami.com

Mon-Fri 11am – 8pm

