



HEALTHY GOURMET

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Our Supercharged Menu

Monday	Lunch	Organic Apricot Glazed Salmon with roasted Carrots and Brown Rice
	Dinner	Smoky Garbanzo Tacos with Cheese
Tuesday	Lunch	Thyme Roasted Chicken 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 Chicken with Coconut Rice and Pineapple Salsa
	Dinner	Supercharge Lomo Saltado on Roasted Potatoes
Friday	Lunch	Pesto Chicken with White Beans and Zucchini Casserole
	Dinner	Braised Short Ribs with Julienne Vegetables

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

305.233.0303

305.450.1591

healthygourmetmiami.com

Mon-Fri 11am – 8pm

