

Chef prepared. Protein first. Miami made.

YOUR WEEK	LUNCH	DINNER
Monday	Lemon-herb chicken Red beans & peppers	Garlic salmon Potatoes & spinach
Tuesday	Smoky ground beef Sweet potato	Herbed sirloin Butternut & lentil stew
Wednesday	Cajun blackened salmon Quinoa & haricots verts	Chimichurri chicken Garbanzos & beets
Thursday	Grilled citrus chicken Beans & asparagus	Cilantro-lime ground beef Quinoa & peppers
Friday	Steak fajita Sweet potatoes & peppers	Lemon-thyme chicken Squash & zucchini
Saturday	Garlic salmon Sweet potatoes & spinach	Ground beef rice noodles Roasted carrots
Sunday	Sirloin steak Yellow potatoes & zucchini	Herbed chicken Lentils & broccoli

The full rotation is shown. Your selected plan determines the number of entrées and protein portion.

Menus may vary with availability. Please discuss allergies and dietary requirements with our team.

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YOUR WEEK	LUNCH	DINNER
Monday	Garlic-butter fish Quinoa & roasted carrots	Grilled chicken Sweet potatoes & asparagus
Tuesday	Smoky turkey Sweet potato mash & peppers	Coriander sirloin Potatoes & haricots verts
Wednesday	Lemon-rosemary chicken Squash & zucchini	Baked salmon Quinoa pilaf & broccoli
Thursday	Turkey burger Roasted beets & haricots verts	Citrus chicken Black beans & zucchini
Friday	Steak fajita Black beans & roasted peppers	Blackened turbot Mash & green beans
Saturday	Ground turkey Butternut & spinach	Balsamic chicken thighs Lentils & asparagus
Sunday	Sirloin steak Potato mash & asparagus	Grilled chicken Sweet potato purée & Brussels sprouts

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Tuesday	Smoky turkey Sweet potato & roasted peppers	Coriander sirloin Potatoes & haricots verts
Wednesday	Lemon-rosemary chicken thighs Squash	Baked salmon Quinoa pilaf & broccoli
Thursday	Turkey burger Roasted beets & haricots verts	Citrus chicken Black beans & zucchini
Friday	Steak fajita Black beans & roasted peppers	Blackened turbot Garlic mash & green beans
Saturday	Ground turkey Butternut squash & spinach	Balsamic chicken Quinoa, lentils & asparagus
Sunday	Sirloin steak Potato mash & asparagus	Grilled chicken Sweet potato & Brussels sprouts

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YOUR WEEK	LUNCH	DINNER
Monday	Lemon-garlic chicken Quinoa & broccoli	Roasted salmon Sweet potatoes & green beans
Tuesday	Ground turkey Potatoes & zucchini	Sirloin steak Butternut & haricots verts
Wednesday	Citrus chicken Lentils & roasted peppers	Garlic-butter salmon Spinach & potatoes
Thursday	Cilantro-lime ground beef Quinoa & broccoli	Balsamic chicken Sweet potatoes & Brussels sprouts
Friday	Steak bowl Roasted carrots & potatoes	Lemon chicken Butternut mash & zucchini
Saturday	Lemon-herb chicken Quinoa tabbouleh	Garlic salmon Sweet potatoes & Brussels sprouts
Sunday	Sirloin steak Herbed quinoa & asparagus	Salmon Lentils & broccoli

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