



Weekly Menu

Monday, January 17th – Friday, January 21st

| | | TRADITIONAL \$102 | KETO \$110 | PESCATARIAN \$120 | ADD-ONS |
|------------------|--------|--|--|--|--|
| MONDAY | LUNCH | Slow roasted tinga chicken tacos Calories: 425 Protein: 36g Carbs 20g Fat 9g | Slow roasted tinga chicken tacos Calories: 425 Protein: 36g Carbs 20g Fat 9g | Tinga shrimp chicken tacos Calories: 415 Protein: 33g Carbs 20g Fat 5g | Extra Protein \$20 |
| | DINNER | Lemon pepper grilled salmon & seasoned carrots Calories: 455 Protein: 30g Carbs 18g Fat 9g | Lemon pepper grilled salmon & seasoned carrots Calories: 455 Protein: 30g Carbs 18g Fat 9g | Lemon pepper grilled salmon & seasoned carrots Calories: 455 Protein: 30g Carbs 18g Fat 9g | Vegan Option available upon request \$20 |
| TUESDAY | LUNCH | Thai peanut & ginger chicken Calories: 465 Protein: 38g Carbs 20g Fat 10g | Thai peanut & ginger chicken Calories: 465 Protein: 38g Carbs 20g Fat 10g | Thai peanut & ginger corvina Calories: 455 Protein: 35g Carbs 20g Fat 7g | Daily Detox Juice \$25 (5 juices included per week) |
| | DINNER | Greek rotini salad Calories: 395 Protein: 15g Carbs 25g Fat 5g | Greek rotini salad Calories: 395 Protein: 15g Carbs 25g Fat 5g | Greek rotini salad Calories: 395 Protein: 15g Carbs 25g Fat 5g | IMPORTANT INFORMATION |
| WEDNESDAY | LUNCH | Curry turkey bowl Calories: 470 Protein: 32g Carbs 20g Fat 7g | Curry turkey bowl Calories: 470 Protein: 32g Carbs 20g Fat 7g | Curry tofu bowl Calories: 420 Protein: 25g Carbs 20g Fat 7g | Delivery is 3 times a week |
| | DINNER | Curry chicken slider Calories: 420 Protein: 30g Carbs 18g Fat 10g | Curry chicken slider Calories: 420 Protein: 30g Carbs 18g Fat 10g | Curry Salmon slider Calories: 415 Protein: 28g Carbs 18g Fat 9g | |
| THURSDAY | LUNCH | Shrimp scampi & whole wheat pasta Calories: 450 Protein: 28g Carbs 23g Fat 6g | Shrimp scampi & mixed veggies Calories: 430 Protein: 28g Carbs 18g Fat 6g | Shrimp scampi & whole wheat pasta Calories: 450 Protein: 28g Carbs 23g Fat 6g | |
| | DINNER | Waldorf tuna salad Calories: 405 Protein: 26g Carbs 17g Fat 5g | Waldorf tuna salad Calories: 405 Protein: 26g Carbs 17g Fat 5g | Waldorf tuna salad Calories: 405 Protein: 26g Carbs 17g Fat 5g | |
| FRIDAY | LUNCH | Meatballs fricasse & yellow rice Calories: 485 Protein: 35g Carbs 25g Fat 12g | Meatballs fricasse & broccoli Calories: 465 Protein: 35g Carbs 18g Fat 12g | Vegan meatballs fricasse & yellow rice Calories: 445 Protein: 28g Carbs 28g Fat 7g | |
| | DINNER | Gnocchi in pomodoro sauce Calories: 415 Protein: 15g Carbs 25g Fat 4g | Keto-friendly Gnocchi in pomodoro sauce Calories: 405 Protein: 16g Carbs 20g Fat 4g | Gnocchi in pomodoro sauce Calories: 415 Protein: 15g Carbs 25g Fat 4g | |

Disclaimer: This is a recurring weekly service, no contract involved. BUT if you decide to cancel your delivery service, we kindly ask that you notify Hello Lean Miami by **Friday 6PM** the prior week so we can plan accordingly. Otherwise, we will deliver your meals as usual. THANK YOU! *Meals are subject to change if vendors cannot deliver fresh products on time. But we guarantee a meal within your chosen plan parameters.