



Weekly Menu

Monday, November 15th – Friday, November 19th

	TRADITIONAL \$102	KETO \$110	PESCATARIAN \$120	ADD-ONS
MONDAY	LUNCH Baked chicken cordon bleu w/gorgonzola sauce & mashed broccli & veggies Calories: 460 Protein: 28g Carbs 29g	Baked chicken cordon bleu w/gorgonzola sauce & mashed broccli & veggies Calories: 460 Protein: 28g Carbs 29g	Baked salmon w/gorgonzola sauce & mashed broccli & veggies Calories: 440 Protein: 25g Carbs 26g	Extra Protein \$20
	DINNER Ravioli w/spinach & pesto sauce Calories: 395 Protein: 18g Carbs 38g	Chicken w/spinach & pesto sauce & grilled veggies Calories: 425 Protein: 38g Carbs 18g	Ravioli w/spinach & pesto sauce Calories: 395 Protein: 18g Carbs 38g	Vegan Option available upon request \$20
TUESDAY	LUNCH Meatballs in lean alfredo sauce w/mashed greenpeas Calories: 445 Protein: 49g Carbs 23g	Meatballs w/mashed greenpeas Calories: 435 Protein: 49g Carbs 19g	Crab meatballs in lean alfredo sauce w/mashed greenpeas Calories: 430 Protein: 42g Carbs 25g	Daily Detox Juice \$25 (5 juices included per week)
	DINNER Tuna Fall salad Calories: 410 Protein: 18g Carbs 28g	Tuna Fall salad Calories: 410 Protein: 18g Carbs 28g	Tuna Fall salad Calories: 410 Protein: 18g Carbs 28g	IMPORTANT INFORMATION
WEDNESDAY	LUNCH Stuffed cabbage w/broccoli Calories: 438 Protein: 45g Carbs 22g	Stuffed cabbage w/broccoli Calories: 438 Protein: 45g Carbs 22g	Stuffed mushrooms w/broccoli Calories: 410 Protein: 28g Carbs 25g	Delivery is 3 times a week
	DINNER Japanese chicken salad Calories: 405 Protein: 37g Carbs 19g	Japanese chicken salad Calories: 405 Protein: 37g Carbs 19g	Japanese tuna salad Calories: 395 Protein: 34g Carbs 19g	
THURSDAY	LUNCH Curry chicken with brown rice Calories: 425 Protein: 32g Carbs 28g	Curry chicken with grilled veggies Calories: 410 Protein: 32g Carbs 18g	Curry shrimp with brown rice Calories: 420 Protein: 28g Carbs 28g	
	DINNER Chickpea stew with spinach mash Calories: 405 Protein: 23g Carbs 28g	Chickpea stew with spinach mash Calories: 405 Protein: 23g Carbs 28g	Chickpea stew with spinach mash Calories: 405 Protein: 23g Carbs 28g	
FRIDAY	LUNCH Salisbury steak with buttered whole wheat rotini Calories: 465 Protein: 43g Carbs 35g	Salisbury steak withsauteed mushrooms & broccoli Calories: 445 Protein: 43g Carbs 18g	Crabcakes with buttered whole wheat rotini Calories: 450 Protein: 38g Carbs 36g	
	DINNER Napa chicken wrap Calories: 405 Protein: 34g Carbs 20g	Napa chicken wrap Calories: 405 Protein: 34g Carbs 20g	Napa tuna wrap Calories: 400 Protein: 32g Carbs 20g	

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.