

HEALTHY GOURMET MENU

HEALTHY
EATS

TASTY
TREATS

CHEFS TABLE (ENTREE)

Roasted Cajun Chicken

Cajun-spiced chicken breast baked to perfection.

Pesto Parmesan Chicken

Italian-Style Chicken with Parmesan

Chilli Lime Salmon

Seared Salmon fillet with a chili lime spice.

Braised Short Ribs

Succulent braised short ribs cooked to absolute perfection.

Turkey Burgers

Turkey burgers on gluten-free buns, topped with lettuce, tomato, and zesty aioli.

Deep Dish Mac'N Cheese

Delicious macaroni baked to perfection, topped with a crispy bread crust.

Classic Shepards Pie

Seasoned ground beef with peas and corn, topped with creamy whipped potatoes and baked to perfection.

Red Curry Chicken

Exotic curried chicken, cooked with cauliflower & broccoli served in a red curry sauce.

Stuffed Acorn Squash

Seasonal veggies baked inside an acorn squash, topped with balsamic glaze.

Turkey Chili

A timeless turkey chili featuring red and black beans.

ASIAN (ENTREE)

Chicken Stir Fry

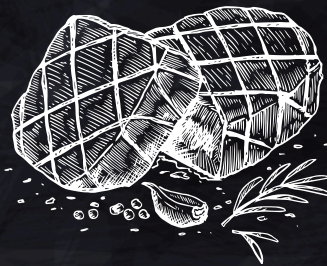
A classic chicken stir-fry with broccoli, onions, and peppers in a tasty sauce.

Shrimp Pad Thai

Pad Thai rice noodles stir-fried with onions, bell peppers, and garlic shrimp.

Honey Garlic Tofu

Crispy baked tofu cubes with honey garlic sauce and sesame seeds.



ITALIAN (ENTREE)

Spaghetti with Meatballs

Spaghetti pasta in a marinara sauce, topped with meat balls.

Pesto Linguini

Linguini pasta tossed in pesto sauce, topped with shaved parmesan.

Classic Lasagna

Lasagna noodles layered in meat sauce, ricocota cheese, & mozzarella.



HEALTHY GOURMET



+647-226-6942

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SIDES

Mexican Corn Skillet

Pan-seared corn with peppers, onions, cilantro, and a sprinkle of Parmesan.

Fresh Herb Chickpeas

Chickpeas sauteed in chili, garlic, & cilantro.

Smashed Roasted Potatoes

Crispy red potatoes, baked to perfection and garnished with

Cauliflower Rice

Cauliflower rice sauteed in onion, peas, & carrots topped with fresh herbs.

Tomato Feta Quinoa

Quinoa mixed with roasted cherry tomatoes and feta.

Cilantro Lime Rice

Aromatic basmati rice steamed with cilantro, lime, onion, and garlic for a tasty flavor.

Roasted Acorn Squash

Roasted acorn squash slices topped with herbs & parmesan.

Seasoned Brown Rice

Brown rice steamed with chefs seasoning.



SOUP

Butternut Squash & Apple Soup

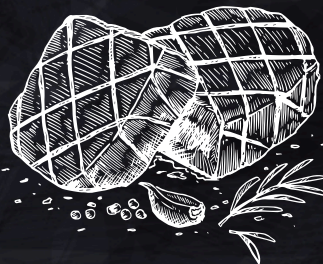
Creamy roasted butternut squash combined with zesty apples.

Sweet Potato Soup

Creamy roasted sweet potatoes blended with coconut milk and a touch of pumpkin spice flavor.

Tuscan Italian Soup

Hearty winter soup with zucchini, carrot, tomatoes, cannellini beans, chicken, spinach, & quinoa.



SALAD

Mexican Street Style Corn Salad

Peppers, corn, cilantro, red onion in a chili yoghurt sauce topped with parmesan.

Steak Fajita Salad

Seared Flank steak served on a bed of greens, with sliced red onion, peppers, & cherry tomatoes.

Superfood Salad

Greens topped with roasted sweet potatoes, crispy tofu, peppers, red onion, blue berries, & fresh apples, Choice of green goddess dressing or raspberry vinaigrette.

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www.healthy-cuisine.ca

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Meal Packages

Mini Prep

Includes:

12 meals (4 Days)

2 entrees & 2 sides

Food included \$255

You Shop \$200

Medium Prep

Includes:

18 meals (5 days)

3-4 entrees & 2 sides

Food included \$375

You Shop \$265

Full Prep

Includes:

21 meals (7 Days)

5 entrees & 3 sides

Food included \$450

You Shop \$325