

954-384-6227

Healthy Life Style Cuisine - Meals 400 calories or less

November Menu



This Month's Protein Choices

<u>\$16.95</u> Chicken	<u>\$18.95</u> Fresh Florida Catch	<u>\$23.95</u> Lobster Tail 8 oz
Turkey Cutlet	Tuna Loin center cut	Market price
Tempeh	Jumbo Shrimp	Colossal Shrimp 8oz
Tilapia	Jumbo Scallops	Lump Crab
Pork Tenderloin		

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Daily Diet

We offer all day programs starting at \$45.00 per day for 5 meals per day Nutritionally balanced for 40-40-20 for your specific caloric intake

November 3rd & 17th

- Parmesan Crusted, with marinara, spaghetti squash with garbanzo beans, zucchini saute*
- Asian Grilled, with veggie stir fry and asian grilled sweet potatoes*
- Lemon & Garlic Sauteed, brown rice pilaf with toasted orzo pasta , spinach, asparagus and broccoli*
- Roasted Turkey Breast, with a creamed onion sauce, apple cabbage, whipped sweet potato, green beans,*
- Chef's Inspiration- This is an opportunity to enjoy new flavors and fresh market finds!*

place order here

(_____)

(_____)

(_____)

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(_____)

November 10th & 24th

- Italian Grilled, with a parmesan broccoli pasta, yellow squash with roasted red pepper and caramelized garlic*
- Cajun, with a mild creamy sauce, smashed potatoes, asparagus, carrots and grilled broccoli*
- Southwest Turkey meatloaf (white meat), with tomatillo sauce, yellow squash & corn tortilla stack, green beans*
- Rosemary Roasted, French onion stuffed eggplant with swiss cheese and mushroom brown rice*
- Chef's Inspiration- This is an opportunity to enjoy new flavors and fresh market finds!*

place order here

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Let us do all the cooking for Thanksgiving

Oven Ready Thanksgiving feasts - complete \$269.00 See our menu choices at www.inhomegourmet.com and click on Holiday Feasts to download the menu.

We Serve

- Natural & Hormone free chicken
- Natural & Hormone free pork
- Fresh Wild Florida Fish, mahi mahi & grouper
- Sushi Grade Tuna
- Organic Black Wild Rice
- Organic & conventionally grown Produce
- Organic Apples
- Organic dried beans & legumes
- Natural tamari soy sauce
- Imported pastas
- Imported Parmesan Reggiano
- There are no trans fats, high fructose corn syrup or preservatives in our food
- We do not microwave food or liquids
- kosher style available

policies

Orders placement deadline is Friday 5pm for Monday delivery Order cancellation deadline is Friday 5pm for Monday and Thursday deliveries