

Healthy Garden

NATURAL FOOD CAFÉ

WEEKLY MEAL PLAN

FRESH • HEALTHY • READY IN MINUTES!

Fresh
Healthy
Delicious!



CHOOSE YOUR PLAN

5 MEALS

\$69.99

10 MEALS

\$129.99

15 MEALS

\$189.99

⇒ MIX & MATCH ANY MEALS! ⇐

CHOOSE YOUR MEAL



GRILLED CHICKEN



BLACKENED CHICKEN



TURKEY BURGER



GRILLED SALMON (+ \$3)



TERIYAKI SHRIMP (+ \$3)



FALAFEL

CHOOSE YOUR SIDE



BROWN RICE



QUINOA



SWEET POTATO



MIXED VEGETABLES



**MICROWAVE
READY**
IN 2-3 MINUTES!



**FRESHLY
PREPARED**

Made with quality
ingredients.



**HIGH
PROTEIN**

Fuel your body
the healthy way.



**HEALTHY
INGREDIENTS**

No preservatives.
Just real food.



**PICKUP OR
DELIVERY**

Convenient options
that work for you!

EAT WELL
LIVE WELL

ORDER TODAY!

PICKUP OR DELIVERY AVAILABLE

🌐 www.HealthyGardenCafe.com | ☎ 856-234-2522 • 856-616-9300

