

BREAKFAST

B-FAST TACOS 6.50 / 8.50

Lean ground turkey and eggs on a corn tortilla topped with pico de gallo and cheese.

Lorem ipsum

	CAL	PRO	CARB	FAT	SODIUM
SM	350	25g	24g	16g	340mg
REG	510	38g	36g	23g	470mg

BISON BREAKFAST 9

Bison patty served with chopped sweet potatoes, topped with an egg and garnished with parsley.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	370	41g	13g	17g	210mg

GOOD MORNING 6.50 / 8.50

Scrambled eggs and ground turkey on a bed of brown rice, topped with cheddar cheese and pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	360	31g	34g	12g	270mg
REG	470	43g	44g	14g	310mg

MORNING SCRAMBLE 6.50/ 8.50

Scrambled eggs and ground turkey topped with cheddar cheese an pico de gallo.

	CAL	PRO	CARB	FAT	SODIUM
SM	220	31g	1g	10g	200mg
REG	320	43g	2g	14g	290mg

OAT BAKE 5

Baked oats topped with pineapple and toasted coconut.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	270	8g	34g	13g	35mg

OVERNIGHT OATS 5

Rollled oats with blueberries, golden flax, almond milk, plant-based protein powder, topped with toasted coconut flakes.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	380	20g	50g	11g	240mg

SAUSAGE & EGGS 6.50 / 8.50

Sliced breakfast sausage served with scrambled eggs and a side of red potatoes.

	CAL	PRO	CARB	FAT	SODIUM
SM	280	20g	20g	13g	550mg
REG	430	32g	30g	21g	840mg

STEAK & EGGS 6.50 / 8.50

Cubed tenderloin served with scrambled eggs and a side of red potatoes.

	CAL	PRO	CARB	FAT	SODIUM
SM	310	31g	32g	7g	290mg
REG	430	44g	42g	10g	370mg

STEEL CUT OATS 5

A high protein steel-cut oatmeal with strawberries, walnuts and blueberries.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	330	24g	30g	15g	200mg

MIX & MASH

Shredded chicken thigh and eggs on a bed of brown rice, topped with pico, tomato, and a pinch of cheddar cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	340	27g	30g	14g	200mg
REG	450	37g	38g	19g	270mg

6.50 / 8.50



ASK ABOUT OUR 21 DAY CHALLENGE

We offer complimentary nutrition consultations to help you get results!

LUNCH

BEEF AND BROCCOLI 8.50 / 10.50

Shredded beef and broccoli on a brown rice with low-sodium teriyaki sauce, ginger and garnished with pineapple.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	24g	31g	14g	340mg
REG	490	35g	43g	20g	500mg

CHICKEN ALFREDO 7.50/ 9.50

Shredded chicken thigh on brown rice pasta with house-made alfredo sauce, tri-color peppers and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	28g	31g	12g	370mg
REG	440	39g	46g	15g	470mg

CHICKEN FRIED RICE 7.50 / 9.50

Shredded chicken thigh tossed with broccoli florets, egg, and tamari sauce on a bed of brown rice.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	30g	35g	6g	390mg
REG	490	46g	51g	9g	480mg

CHICKEN PESTO RICE 7.50 / 9.50

Sliced marinated chicken breast, brown rice, and pesto sauce.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	31g	27g	14g	410mg
REG	470	46g	39g	15g	460mg

CHICKEN & SWT POTATO 7.50 / 9.50

Sliced chicken breast served with mashed cinnamon sweet potatoes and broccoli florets.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	31g	34g	8g	310mg
REG	460	46g	46g	11g	460mg

FIT TURKEY PASTA 7.50 / 9.50

Seasoned ground turkey on brown rice pasta topped with house-made pasta sauce and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	33g	12g	330mg
REG	500	41g	45g	17g	460mg

GODFATHER LASAGNA 7.50 / 9.50

Lasagna stuffed with ground turkey and ricotta cheese, topped with marinara and mozzarella.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	23g	26g	14g	340mg
REG	460	34g	37g	21g	460mg

JALAPENO CHICKEN RICE 7.50 / 9.50

Shredded chicken thigh , fresh chopped jalapenos, and hatch green chiles on a bed of brown rice, topped with cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	30g	16g	360mg
REG	450	36g	37g	19g	390mg

MILE HIGH BBQ CHICKEN 7.50 / 9.50

Shredded chicken thigh covered in gluten-free BBQ sauce with a side of red potatoes and broccoli florets.

	CAL	PRO	CARB	FAT	SODIUM
SM	300	29g	26g	14g	340mg
REG	440	44g	37g	21g	460mg

SALMON ALFREDO 8.50 / 10.50

Shredded Atlantic salmon on a brown rice pasta with house-made alfredo sauce and parm.

	CAL	PRO	CARB	FAT	SODIUM
SM	320	28g	31g	12g	370mg
REG	440	39g	46g	15g	470mg

SALMON MEAL 8.50 / 10.50

Atlantic salmon and broccoli florets on a bed of brown rice, served with a lemon wedge.

	CAL	PRO	CARB	FAT	SODIUM
SM	370	25g	23g	19g	330mg
REG	550	36g	39g	25g	500mg

TACO RICE 7.50 / 9.50

A mix of brown rice and our signature chili, topped with green onions and a sprinkle of cheese

	CAL	PRO	CARB	FAT	SODIUM
SM	380	27g	34g	15g	490mg
REG	540	41g	50g	20g	600mg

STEAK & SWEET POTATO 8.50 / 10.50

Dijon marinated tenderloin served with mashed cinnamon sweet potatoes and broccoli florets.

	CAL	PRO	CARB	FAT	SODIUM
SM	340	29g	30g	12g	390mg
REG	510	37g	40g	23g	570mg

THAI CHICKEN 7.50 / 9.50

Sliced chicken breast topped with pineapple and coconut curry sauce on a bed of brown rice.

	CAL	PRO	CARB	FAT	SODIUM
SM	370	29g	35g	11g	440mg
REG	510	40g	48g	16g	580mg

TURKEY MAC 7.50 / 9.50

Ground turkey on brown rice pasta with house-made cheese sauce, topped with onions and cheese.

	CAL	PRO	CARB	FAT	SODIUM
SM	350	28g	29g	13g	430mg
REG	520	42g	43g	19g	580mg

LEAN LEMON TURKEY

Lemon pepper seasoned lean ground turkey on a bed of brown rice and spinach, topped with asparagus spears and a lemon wedge.

7.50 / 9.50



DINNER

ASIAN SALAD 8

Mixed greens topped with sliced chicken breast, slivered almonds, carrots, peppers, and a sesame ginger dressing.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	310	32g	10g	15g	410mg

BUFFALO CHICKEN 7.50 / 9.50

A spicy shredded chicken thigh tossed in buffalo sauce, served with mashed cheesy cauliflower.

	CAL	PRO	CARB	FAT	SODIUM
SM	300	28g	10g	14g	450mg
REG	345	37g	11g	17g	710mg

CAVEMAN STEAK 8.50 / 10.50

Dijon-marinated tenderloin with mashed parmesan cauliflower and asparagus spears.

	CAL	PRO	CARB	FAT	SODIUM
SM	250	32g	4g	10g	350mg
REG	370	48g	6g	16g	470mg

CHICKEN & VEGGIES 7.50 / 9.50

Chicken breast, roasted carrots, onions, peppers, zucchini, and butternut squash.

	CAL	PRO	CARB	FAT	SODIUM
SM	210	27g	5g	8g	90mg
REG	290	41g	9g	9g	130mg

CHICKEN PESTO ZOODLES 7.50 / 9.50

Sliced chicken breast on a spiralized zucchini, topped with shaved parm and pesto sauce.

	CAL	PRO	CARB	FAT	SODIUM
SM	210	31g	3g	9g	370mg
REG	310	47g	4g	13g	550mg

SALMON & ASPARAGUS 8.50 / 10.50

A lemon and garlic seasoned salmon fillet served on a bed of asparagus spears.

	CAL	PRO	CARB	FAT	SODIUM
SM	265	26g	6g	15g	105mg
REG	400	39g	9g	23g	125mg

SALMON & VEGGIES 8.50 / 10.50

Fresh Atlantic salmon, roasted carrots, onions, peppers, zucchini, and butternut squash.

	CAL	PRO	CARB	FAT	SODIUM
SM	260	24g	6g	15g	80mg
REG	390	36g	9g	23g	125mg

SHREDDED BBQ BEEF 8.50 / 10.50

Shredded beef tossed in gluten-free BBQ sauce, served with mashed cauliflower and crispy green beans.

	CAL	PRO	CARB	FAT	SODIUM
SM	300	27g	17g	13g	270mg
REG	400	42g	17g	18g	320mg

WHITE BEAN CHICKEN 7.50

A delicious shredded chicken soup with green chiles, northern beans, red onions, celery, garnished with green onions.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	360	34g	30g	13g	590mg

ZOODLES & MEATBALLS 7.50 / 9.50

House-made lean turkey meatballs on spiralized zucchini with parm and marinara sauce.

	CAL	PRO	CARB	FAT	SODIUM
SM	200	28g	3g	9g	370mg
REG	290	41g	4g	14g	550mg

TURKEY CHILI

Lean ground turkey, black beans, fire-roasted tomatoes, celery, and spices.

	CAL	PRO	CARB	FAT	SODIUM
SM	310	28g	30g	9g	390mg
REG	420	41g	42g	12g	490mg

7.50 / 9.50



SNACK

THE FIT FOODS

REAL FOOD, REAL RESULTS

SINCE 2018

MENU

HEALTHY
READY TO EAT
AFFORDABLE
NO PRESERVATIVES
FRESH COOKED
GLUTEN FREE

BUFFALO CHICKEN WRAP 5
Our spicy sliced chicken breast with julienned tri-color peppers and romaine wrapped in a spinach tortilla and served with a low-cal creole greek yogurt dipping sauce.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	340	26g	17g	18g	350mg

CHICKEN SALAD CRUNCH 5
Greek yogurt chicken salad with dried cranberries, served with an apple slice and gluten-free crackers.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	230	21g	24g	6g	360mg

CHICKEN SALAD WRAP 5
Our signature greek yogurt-based chicken salad wrapped in a spinach tortilla, served with an apple slice.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	220	22g	18g	7g	360mg

FIT ENERGY BAR 6
Peanut butter, oats, almonds, and berries with honey greek yogurt dipping sauce and strawberries.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	440	17g	37g	28g	135mg

CRAN. PROTEIN BITES 9
Peanut butter, plant based protein powder, dried cranberries, flax, and honey rolled in coconut flakes.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	9g	9g	9g	135mg

PB CHOC PROTEIN BITES 9
Peanut butter, plant based protein powder, chocolate baking chips, flax, and honey rolled oats.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	9g	9g	9g	135mg

CHICKEN SNACK TACOS

Shredded chicken thigh, black beans, and pico de gallo on a corn tortilla topped with sliced jalapeno.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	190	10g	13g	10g	250mg

6.00



PICNIC TIME 5
Assorted cubed cheese, champagne grapes, apple slices, and gluten-free crackers.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	180	7g	15g	11g	220mg

RASPBERRY PARFAIT 4
Agave-sweetened greek yogurt, pured raspberries and granola.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	200	11g	32g	2g	65mg

SMOKED SALMON DIP 6.50
A cream cheese and smoked atlantic salmon dip served with brown rice crackers and celery.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	230	17g	20g	8g	440mg

STEAK SNACK TACOS 7
Cubed tenderloin, black beans, and pico de gallo on a corn tortilla topped with sliced jalapeno.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	140	14g	13g	3.6g	230mg

TURKEY ROLL-UP 5
Sliced turkey breast and cheddar cheese in a spinach tortilla wrap with grapes and sliced apple.

	CAL	PRO	CARB	FAT	SODIUM
OSZ	240	24g	13g	10g	480mg

IMPROVE ENERGY LEVELS
LOSE BODY FAT
INCREASE LEAN BODY MASS
EAT HEALTHY - BE HEALTHY



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