

FIT MEALS

VEGETARIAN

85k

Spinach & Feta Frittata with mixed green vegetables

CAL: 229.5P: 12.6F: 5.8FIBER: 11.3C: 37.2

Vegetable Pad Thai with tempeh, homemade red sauce & crushed peanuts

CAL: 480.4P: 16.2F: 42.2FIBER: 7.5C: 10.9

Roasted Vegetable, Feta and Herb Patties

with green salad with mixed seeds

CAL: 333.6P: 16.5F: 17.3FIBER: 8.5C: 26.1

Chickpea Tagine with natural rice and light sour cream

CAL: 520P: 16.3F: 13.3 FIBER: 13.8C: 88

Lentil Bolognese with pasta and green leaf salad with vinaigrette

CAL: 608.4P: 29.4F: 24.7FIBER: 14.1C: 57.4

Avocado Pasta Salad

CAL: 364P: 17.2F: 7.1FIBER: 1.1C: 56.9

Three Green Lasagna with mixed salad and Italian vinaigrette

CAL: 520.4P: 26.4F: 18.4FIBER: 3.4C: 13.3

Chickpea Curry with red rice

CAL: 509P: 25.7F: 9.5FIBER: 1.8C: 104.9

Japchae (Korean Buckwheat Noodle vegetable wok)

CAL: 331.6P: 12F: 15FIBER: 4C: 57

Almond - Chickpea Burger

with green herbal salad with vinaigrette

CAL: 329.4P: 9.2F: 21.7FIBER: 5.7C: 59.9

CHICKEN

95k

Brown Rice - Chicken Muffins with tropical mixed salad & vinaigrette

CAL: 418.5P: 29.8F: 19.2FIBER: 8.2C: 40.6

Chicken Breast filled with feta and dates, green veggies & fresh herbs

CAL: 555P: 65.2F: 12.1FIBER: 11.4C: 47.9

Greek Yogurt Chicken with

watermelon - feta salad

CAL: 380.6P: 32.9F: 21.7FIBER: 0.6C: 33.6

Parmesan - Encrusted Lemon Chicken

with colorful vegetables

CAL: 348P: 38.3F: 7.2FIBER: 8.4C: 33.6

Chicken Breast filed with feta & Spinach

with Squash Puree and broccoli

CAL: 547.6P: 67.3F: 17.3FIBER: 6.6C: 31.1

Firehouse Chicken Chilli with light sour cream and red rice

CAL: 377P: 19.3F: 9.8FIBER: 12.8C: 63

Strawberry Kiwi Salad with grilled chicken stripes

CAL: 480P: 58.3F: 22.5FIBER: 1.4C: 9.9

BEEF

95k

Zoodles with peas, pumpkin pesto and beef patty

CAL: 488.4P: 31.1F: 23.3FIBER: 14.4C: 43.9

FIT MEALS

FISH

95k

Tropical Mahi-Mahi Salad

with 120g mahi-mahi (no bread no dressing)

CAL: 597.6P: 46.3F: 32.1FIBER: 10.3C: 36.7

Thai Fish in banana leaf with natural rice

CAL: 368P: 34.1F: 2.7FIBER: 1.1C: 50.4

Mahi Mahi Fillet with couscous,

orange fennel salad and yogurt dressing

CAL: 610.5P: 60.8F: 24.2FIBER: 7.1C: 43.5

Shrimps and Feta Tabbouleh topped with feta 120k

with and yogurt lemon sauce

CAL: 766P: 53.3F: 27.5FIBER: 7.1C: 81.3

Bourbon salmon on sautéed spinach 120k

and roasted sunflower seeds with mustard sauce

CAL: 528P: 44.7F: 22.7FIBER: 9.9C: 29