

FIT MEALS

VEGETARIAN

85k

Spinach & Feta Frittata

with mixed green vegetables

CAL: 229.5 // P: 12.6 // F: 5.8 // Fiber: 11.3 // C: 37.2

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

CAL: 480.4 // P: 16.2 // F: 42.2 // Fiber: 7.5 // C: 10.9

Roasted Vegetable, Feta and Herb Patties

with green salad with mixed seeds

CAL: 333.6 // P: 16.5 // F: 17.3 // Fiber: 8.5 // C: 26.1

Chickpea Tagine with natural rice
and light sour cream

CAL: 520 // P: 16.3 // F: 13.3 // Fiber 13.8 // C: 88

Lentil Bolognese with pasta and green
leaf salad with vinaigrette

CAL: 608.4 // P: 29.4 // F: 24.7 // Fiber: 14.1 // C: 57.4

Avocado Pasta Salad

CAL: 364 // P: 17.2 // F: 7.1 // Fiber: 1.1 // C: 56.9

Three Green Lasagna with mixed salad
and Italian vinaigrette

CAL: 520.4 // P: 26.4 // F: 18.4 // Fiber: 3.4 // C: 13.3

Chickpea Curry with red rice

CAL: 509 // P: 25.7 // F: 9.5 // Fiber: 1.8 // C: 104.9

Japchae (Korean Buckwheat Noodle
vegetable wok)

CAL: 331.6 // P: 12 // F: 15 // Fiber: 4 // C: 57

Almond - Chickpea Burger

with green herbal salad with vinaigrette

CAL: 329.4 // P: 9.2 // F: 21.7 // Fiber: 5.7 // C: 59.9

Barley and Hazelnut Salad with roasted
vegetables and green pesto

CAL: 793.7 // P: 21.5 // F: 39.9 // Fiber: 23.9 // C: 100.2

CHICKEN

95k

Brown Rice- Chicken Muffin

mixed salad & vinaigrette

CAL: 418.5 // P: 29.8 // F: 19.2 // Fiber: 8.2 // C: 40.6

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

CAL: 555 // P: 65.2 // F: 12.1 // Fiber: 11.4 // C: 47.9

Greek Yogurt Chicken

with watermelon - feta salad

CAL: 380.6 // P: 32.9 // F: 21.7 // Fiber: 0.6 // C: 33.6

Parmesan - Encrusted Lemon Chicken

with colorful vegetables

CAL: 348 // P: 38.3 // F: 7.2 // Fiber: 8.4 // C: 33.6

Chicken Breast filled with feta and spinach
with Squash Puree and broccoli

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

Firehouse Chicken Chilli

with light sour cream and red rice

CAL: 377 // P: 19.3 // F: 9.8 // Fiber: 12.8 // C: 63

Strawberry Kiwi Salad

with grilled chicken stripes

CAL: 480 // P: 58.3 // F: 22.5 // Fiber: 1.4 // C: 9.9

Thai Basil Chicken Stir Fry

CAL: 360.6 // P: 33.8 // F: 18.9 // Fiber: 5.2 // C: 35.2

Curried Chicken Couscous with broccoli

CAL: 472 // P: 39.7 // F: 7 // Fiber: 4.5 // C: 59.7

Chicken with Cauliflower

with green olives

CAL: 360 // P: 45 // F: 15 // Fiber: 6 // C: 12

FIT MEALS

FISH

95k

Tropical Mahi-Mahi Salad

with 120g mahi-mahi (no bread no dressing)
CAL: 597.6 // P: 46.3 // F: 32.1 // Fiber: 10.3 // C: 36.7

Thai Fish in banana leaf with natural rice
CAL: 368 // P: 34.1 // F: 2.7 // Fiber: 1.1 // C: 50.4

Mahi Mahi Fillet with couscous,
orange fennel salad and yogurt dressing
CAL: 610.5 // P: 60.8 // F: 24.2 // Fiber: 7.1 // C: 43.5

Shrimps and Feta Tabbouleh topped
with feta with and yogurt lemon sauce
CAL: 766 // P: 53.3 // F: 27.5 // Fiber: 7.1 // C: 81.3

Tuna Steak with mashed sweet potato and green
beans
CAL: 332 // P: 44.9 // F: 1.3 // Fiber: 6.8 // C: 34.5

Bourbon salmon on sautéed spinach 120k
and roasted sunflower seeds with mustard sauce
CAL: 528 // P: 44.7 // F: 22.7 // Fiber: 9.9 // C: 29

BEEF

95k

Zoodles with peas, pumpkin pesto
and beef patty
CAL: 488.4 // P: 31.1 // F: 23.3 // Fiber: 14.4 // C: 43.9