

# 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

### Tropical Vegan Salad

with tempeh and vinaigrette

CAL: 564 // P: 29.3 // F: 35.2 // Fiber: 13.2 // C: 45.8

### 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

### Zoodles with Lentil Patty

with green peas, and pesto

CAL: 455.2 // P: 26.2 // F: 21.9 // Fiber: 10.8 // C: 51.8

### 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

## VEGETARIAN

85k

### Mega Omelette

with 2 slices of fitness bread, butter, and tomato relish

CAL: 731.9 // P: 41.2 // F: 36.7 // Fiber: 9.1 // C: 60.8

### High Protein Omelette

with colorful vegetables and mixed salad with vinaigrette

CAL: 218.5 // P: 54.4 // F: 19.5 // Fiber: 5.1 // C: 12.6

75k

## 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

### 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

### **Salmon Wok**

with brown rice and bok choy

CAL: 458 // P: 32.5 // F: 11.2 // Fiber: 1.7 // C: 56.9

## 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