

FIT MEALS

VEGETARIAN

85k

Vegetable Pad Thai with tempeh,
homemade red sauce & crushed peanuts
CAL: 613 // P: 30,1 // F: 41,2 // Fiber: 14,2 // C: 27,6

Chickpea Curry with red rice
CAL: 503,7 // P: 21,1 // F: 5,2 // Fiber: 23,6 // C: 98,9

Japchae (Korean Buckwheat Noodle
vegetable wok)
CAL: 338 // P: 9,4 // F: 17,7 // Fiber: 8,9 // C: 39

Almond - Chickpea Burger
with green herbal salad with vinaigrette
CAL: 775 // P: 30,1 // F: 50,4 // Fiber: 21,6 // C: 58,2

Wild Mushroom Ragout
with polenta and fresh herbs
CAL: 366 // P: 38,1 // F: 15,6 // FIBER: 7,8 // C: 48,2

FISH

95k

Mahi Mahi Fillet with couscous
orange fennel salad and yogurt dressing
CAL: 459 // P: 36,6 // F: 16,4 // Fiber: 7,4 // C: 42,7

Shrimps and Feta Tabbouleh
topped with feta with and yogurt lemon sauce
CAL: 449 // P: 43,9 // F: 13,4 // Fiber: 5,7 // C: 37

Tuna Steak
with mashed sweet potato and green beans
CAL: 371 // P: 44,8 // F: 5,8 // Fiber: 7 // C: 34,5

Bourbon Salmon on sautéed spinach **120k**
and roasted sunflower seeds with mustard sauce
CAL: 426 // P: 37,2 // F: 23,6 // Fiber: 6,2 // C: 20,9

Salmon Wok
with brown rice and bok choy
CAL: 562 // P: 27,4 // F: 26,5 // Fiber: 6,1 // C: 53,6

CHICKEN

95k

Chicken Breast filled with feta and dates
green veggies & fresh herbs
CAL: 539 // P: 46 // F: 29,5 // Fiber: 7,8 // C: 25

Chicken Breast filled with feta and spinach
with Squash Puree and broccoli
CAL: 650 // P: 67,2 // F: 31,4 // FIBER: 10,3 // C: 23,3

Firehouse Chicken Chili
with light sour cream and red rice
CAL: 654 // P: 42,6 // F: 10,9 // Fiber: 24,5 // C: 101,6

Chicken with Cauliflower
with green olives and roasted almond slices
CAL: 574,5 // P: 54,6 // F: 32,2 // Fiber: 7,3 // C: 14,9

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more about our MEAL PLANS!

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