

SEPT. 2018 MENU

Healthy Lifestyle / Weight Loss

All nutritional information are estimates and reflect the standard Fit Cravings serving sizes. Listed meals are subject to change without notice. Menus rotate every 60 days. Popular items may rotate each month. All Meals are prepared in a facility that contains nuts, soy, and dairy. All Rice is Long Grain.

SEPTEMBER 3-9

	Calories	Protein (g)	Carbs (g)	Fat (g)
DELIVERY A Mexican Chicken Quinoa Bowl with Veggies / No Quinoa	463 / 388	47 / 48	49 / 26	10 / 8
Spicy Chicken Stir Fry with Basmati White Rice and Veggies / No Rice	450 / 300	42 / 41	55 / 17	5 / 5
BBQ Steak with Roasted Sweet Potato and Garlic Herb Veggies Skewers / No Potato	463 / 358	44 / 43	41 / 14	12 / 12
Montreal Beef Meatballs with Roasted Red potatoes and Veggies / No Potato	468 / 441	43 / 42	39 / 12	14 / 14
Lemon Dill Turkey Burger with Whole Wheat Bun, Lettuce, Tomato, Onion with side Alioli / No Bun	470 / 320	39 / 38	59 / 21	6 / 6
Greek Chicken Quinoa Salad	/ 589	/ 53	/ 47	/ 20
Sundried Tomato, Spinach and Dairy-Free Cheese Stuffed Chicken with Quinoa and Veggies / No Quinoa	415 / 295	41 / 40	42 / 11	8 / 8
DELIVERY B Garlic Teriyaki Chicken Stir Fry with Basmati White Rice and Veggie Medloy / No Rice	455 / 454	42 / 41	52 / 14	5 / 5
Beef Shepherd's Pie w/ Red Mash Potato and Veggies	480 / n/a	44 / n/a	38 / n/a	13 / n/a
Spinach and Artichoke Turkey Burgers with Sweet Potato & Veggies / No Potato	365 / 260	37 / 36	35 / 8	6 / 6
Pesto Basil Salmon with Wild Rice & Veggies / No Rice	561 / 441	53 / 50	40 / 9	22 / 22
Hermosa Chicken Spicy Salad	/ 407	/ 40	/ 13	/ 24

SEPTEMBER 10-16

	Calories	Protein (g)	Carbs (g)	Fat (g)
DELIVERY A Barbecue Chicken Quinoa Bowl with Tomato, Corn, Zucchini / No Quinoa	455 / 315	45 / 41	48 / 23	7 / 5
BBQ Chicken Teriyaki Bowl with Basmati Brown and Veggies / No Rice	588 / 458	50 / 47	50 / 20	13 / 12
Honey Sesame Beef with Basmati White Rice and Veggies / No Rice	550 / 450	47 / 46	58 / 32	12 / 12
Mushroom Beef Burger with Sweet Potato & Veggies / No Potato	463 / 358	46 / 46	38 / 16	12 / 12
Turkey and Brown Rice Casserole with Veggie / No Rice	385 / 255	47 / 44	42 / 12	3 / 2
The Spinach and Beet Antioxidant Chicken Salad	/ 417	/ 49	/ 23	/ 18
Moroccan Chicken with Tumeric Rice and Veggies / No Rice	400 / 310	43 / 44	42 / 17	10 / 10
DELIVERY B Chicken Enchilada with Spanish Rice and Veggies / No Rice	516 / 396	50 / 49	45 / 14	12 / 12
Southwest Beef and Veggie Casserole with Brown Rice / No Rice	510 / 326	43 / 40	55 / 26	20 / 20
Buffalo Turkey Meat Balls with Red Potato & Veggies / No Potato	373 / 270	44 / 42	42 / 16	4 / 4
Teriyaki Salmon with Basmati White Rice and Veggies / No Rice	524 / 404	36 / 35	51 / 20	12 / 12
Creamy Avacado Ceasar Chicken Salad	/ 439	/ 46	/ 23	/ 18

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SEPTEMBER 17-23

	Calories	Protein (g)	Carbs (g)	Fat (g)
Asparagus and Cheese Stuffed Chicken Breast with Wild Rice / No Rice	415 / 295	41 / 40	42 / 11	8 / 8
Shredded Chicken Tacos / with Lettuce Wraps	410 / 260	44 / 40	39 / 9	9 / 5
Roast Beef with Garlic Roasted Red Potato and Veggies / No Potato	568 / 463	40 / 38	34 / 8	8 / 8
Teriyaki Beef Burger with Whole Wheat Bun Lettuce, Tomato, Red Onion and Aioli Sauce / No Bun	626 / 496	36 / 37	44 / 14	13 / 12
Skinny Turkey Burrito Bowl with Basmati Brown Rice & Veggies (with Spicy Yogurt) / No Rice	440 / 370	53 / 52	50 / 20	6 / 5
The Healthy Chicken Salad	/ 310	/ 44	/ 20	/ 6
Sweet and Sour Chicken Bowl with Basmati White Rice, Peanuts & Veggies / No Rice	455 / 305	42 / 41	55 / 17	6 / 6
Chipotle Shredded Chicken Burrito Bowl with Spanish Rice and Veggies / No Rice	516 / 396	50 / 49	45 / 14	12 / 12
Sauteed Onion & Pepper Jack Cheese Stuffed Burger with Sweet Potato & Veggies / No Potato	470 / 365	46 / 45	37 / 10	14 / 14
Spinach and Roasted Red Pepper Turkey Meatballs with Basmati Brown Rice Pasta / with Zucchini Pasta	414 / 219	37 / 35	49 / 4	6 / 6
Lemon Dill Salmon with Basmati White Rice and Veggies / No Rice	521 / 401	49 / 48	41 / 10	17 / 17
Chicken Thai Salad	/ 355	/ 43	/ 18	/ 15

SEPTEMBER 24-30

	Calories	Protein (g)	Carbs (g)	Fat (g)
Loaded Chicken Ranch Brown Rice Pasta Salad / No Pasta (COLD)	410 / 238	43 / 39	44 / 8	7 / 7
Honey BBQ Chicken Thighs with Roasted Red Potato and Veggies / No Potato	565 / 445	46 / 45	47 / 16	12 / 12
Asparagus and Cheese Stuffed Chicken Breast with Basmati White Rice / No Rice	415 / 295	41 / 40	42 / 11	8 / 8
Steak Fajita with Spanish Rice / No Rice	450 / 320	43 / 40	37 / 8	12 / 12
Zeasty Turkey Meat Balls with Lemon Basmati White Rice and Roasted Broccoli / No Rice	435 / 305	42 / 40	33 / 18	7 / 6
Beef Taco Salad	/ 370	/ 42	/ 27	/ 14
Greek Feta Stuffed Chicken with Turmeric Yellow Rice and Veggies / No Rice	469 / 349	46 / 45	42 / 11	13 / 13
Thai Yellow Curry Chicken with Red Potato and Veggies / No Potato	405 / 285	41 / 40	42 / 11	7 / 7
Mexican Beef Bowl with Basmati White Rice & Sauteed Green Peppers, Onion / No Rice	636 / 506	36 / 37	54 / 24	13 / 12
Mediterranean Turkey Buger w/ Roasted Red Peppers, Cucumber Yogurt Sauce on WWheat Bun / No Bun	456 / 326	49 / 46	40 / 12	8 / 6
Cajun Salmon with Wild Rice and Veggies / No Rice	519 / 399	35 / 34	41 / 10	12 / 12
Buffalo Chicken Cobb Salad	/ 344	/ 40	/ 25	/ 10

EXTRA PROTEIN

If you selected the extra 2oz protein option with your meal plan please add the below estimated macros to the nutritional information provided on our Monthly Menu.



ADDITIONAL 2OZ. PROTEIN

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Breast	80	12	/	1.5
Lean Ground Chicken	66	12	/	2
Chicken Thighs	116	14	/	4
Lean Ground Turkey	55	12	/	4
Flank Steak	90	13	/	4
Extra Lean Ground Beef	95	14	/	5
Salmon	95	14	/	4