

DEC. 2018 MENU

Healthy Lifestyle

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.

NOV 29 – DECEMBER 2

	Calories	Protein (g)	Carbs (g)	Fat (g)
Tangy BBQ Chicken served with Sweet Potato, Green Beans and Carrots	375.5	41	42.75	4.5
Peanut Coconut Chicken Bowl served with Basmati White Rice, Peanuts, Sautéed Onions and Peppers	442	42	55	6
Mexican Steak Fajita served with Spanish Rice, Sautéed Onions and Peppers	428	43	37	12
BBQ Beef Meatball served with Basmati White Rice, Broccoli and Cauliflower	485	43	40	17
Lemon Dill Turkey Burger served on a GF Bun with lettuce, tomato, onion with side aioli	446	39	59	6
The Spinach and Beet Antioxidant Chicken Salad	450	49	23	18

DECEMBER 3–5

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai served with Rice Noodles, Bok Choy, Egg, Peanuts and a Lime Wedge	510	44	61	10
Peri-Peri Chicken Breast with Roasted Sweet Potato, Carrots and Cauliflower	366	41	37	6
Simple Pot Roast served with Little Red Potatoes, Carrots, Green Beans and House Gravy	392	40	40	8
Skinny Turkey Burrito Bowl served w/ Basmati Brown Rice, Corn, Black Beans, Peppers & Tomato w/ side of Spicy Yogurt	466	53	50	6
Teriyaki Salmon served with Basmati White Rice, Broccoli and Peppers	488	50	45	12
Chicken Greek Salad	336	42	24	8

DECEMBER 6–9

	Calories	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken Stuffed Sweet Potato served with a side of Corn and Black Beans	353	43	34	5
Cold Night Chicken Stew served with Brown Rice and Green Beans	540	58	41	16
Fit Cravings' Beef Shepherd's Pie made with Mash Sweet Potato	444	44	37.75	13
Spinach-Artichoke Turkey Meatballs w/ Marinara, Brown Rice Noodles, Zucchini, Squash, & Tomatoes	398	37	49	6
Lemon & Dill Salmon served with Basmati White Rice, Peppers, Asparagus, and Zucchini	513	49	41	17
Fiji Apple and Pomegranate Chicken Salad with House Pomegranate Vinaigrette	249	41	10	5

DECEMBER 10–12

	Calories	Protein (g)	Carbs (g)	Fat (g)
Kung Pao Chicken Bowl served with Basmati White Rice, Broccoli and Peppers	442	42	55	6
Chipotle Chicken Thigh Burrito Bowl served with Spanish Rice, Sautéed Onion and Peppers	488	50	45	12
Grilled Steak served with Red Baked Potato and Green Beans and Peppers	429	44	34	13
Cheese Stuffed Beef Peppers served with Basmati Brown Rice	509	47	42	17
Turkey & Mushroom Meat Loaf served with Sweet Potato, Mushrooms, Tomato and Green Beans	346	38	35	6
California Cobb Chicken Salad	378	44	28	10

DECEMBER 13–16

	Calories	Protein (g)	Carbs (g)	Fat (g)
Broccoli Feta Chicken Bowl served with Basmati White Rice	492.5	50	45	12.5
Honey BBQ Chicken Thighs served with Roasted Red Potato, Carrots and Cauliflower	480	46	47	12
Montreal Beef Burger served with Roasted Sweet Potatoes Wedges, Green Beans and Pearl Onions	450.1	43.4	38.75	13.5
South Western Turkey and Brown Rice Casserole made with Peppers, Corn and Black Beans	378.5	47	42	2.5
Cajun Salmon served with Wild Rice, Cauliflower and Brussel Sprouts	412	35	41	12
Beef Taco Salad	402	42	27	14

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DECEMBER 17-19

	Calories	Protein (g)	Carbs (g)	Fat (g)
Pesto Chicken Brown Rice Pasta served with Zucchini, Asparagus, Mushroom and Tomato	502	44	50	14
Spicy Chicken Stir Fry served with Basmati White Rice, Peppers, Broccoli, and Carrots	433	42	55	5
Bulgogi Steak Bowl served with Basmati Brown Rice, French Beans, Peppers and Pearl Onions	477	36	54	13
Teriyaki Beef Burger served on a GF Bun with Lettuce, Tomato, Red Onion and House Aioli	437	36	44	13
Zesty Turkey Chili served with Basmati Brown Rice and Veggies	475.5	39	54	11.5
SPROUT Chicken Salad with Citrus Vinaigrette	548	51	23	28

DECEMBER 20-23

	Calories	Protein (g)	Carbs (g)	Fat (g)
Maple Balsamic & Rosemary Chicken w/ Flavored Roasted Red Potatoes, Green Beans & Carrots	422.2	42	46	7.8
Buffalo Chicken Thighs with Mashed Sweet Potato and Coleslaw	481	47	41.75	14
Tomato & Basil Beef Brown Rice Pasta with Broccoli	482	45	44	14
Turkey Meatloaf w/ Garlic Mashed Red Potato, Green Beans, Carrots and House Gravy	412	45	44.5	6
Yummy Salmon Tacos w/ Avocado Lime Dressing in a Tortilla Wrap	673.92	57.55	54.68	25
Kale Apple and Quinoa Chicken Salad	410	42	29	14

**CLOSED FOR THE HOLIDAYS
DELIVERIES WILL BEGIN
SUNDAY JANUARY 6TH**

DEC. 2018 MENU

Weight Loss

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NOV 29 – DECEMBER 2

	Calories	Protein (g)	Carbs (g)	Fat (g)
Tangy BBQ Chicken served with Green Beans and Carrots	264.5	40	16	4.5
Peanut Coconut Chicken Bowl served with Peanuts, Sautéed Onions and Peppers	286	41	17	6
Mexican Steak Fajita served with Sautéed Onions and Peppers	300	40	8	12
BBQ Beef Meatball served with Broccoli and Cauliflower	357	42	9	17
Lemon Dill Turkey Burger served on Lettuce with Tomato, Onion with side Aioli	290	38	21	6
The Spinach and Beet Antioxidant Chicken Salad	450	49	23	18

DECEMBER 3–5

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai served with Bok Choy, Egg, Peanuts and a Lime Wedge	330	42	18	10
Peri-Peri Chicken Breast with Carrots and Cauliflower	238	40	6	6
Simple Pot Roast served with Carrots, Green Beans and House Gravy	280	38	14	8
Skinny Turkey Burrito Bowl served with Corn, Black Beans, Peppers & Tomato w/ side of Spicy Yogurt	333	52	20	6
Teriyaki Salmon served with Broccoli and Peppers	360	49	14	12
Chicken Greek Salad	336	42	24	8

DECEMBER 6–9

	Calories	Protein (g)	Carbs (g)	Fat (g)
BBQ Chicken Stuffed Sweet Potato served with a side of Corn and Black Beans	241	42	7	5
Cold Night Chicken Stew served with Green Beans	395	55	10	16
Fit Cravings' Beef Shepherd's Pie made with Mash Sweet Potato	444	44	37.75	13
Spinach-Artichoke Turkey Meatballs w/ Marinara Sauce & Zucchini Noodles	210	35	4	6
Lemon & Dill Salmon served with Peppers, Asparagus, and Zucchini	385	48	10	17
Fiji Apple and Pomegranate Chicken Salad with House Pomegranate Vinaigrette	249	41	10	5

DECEMBER 10–12

	Calories	Protein (g)	Carbs (g)	Fat (g)
Kung Pao Chicken Bowl served with Rice, Broccoli and Peppers	286	41	17	6
Chipotle Chicken Thigh Burrito Bowl served with Sautéed Onion and Peppers	360	49	14	12
Grilled Steak served with Green Beans and Peppers	317	42	8	13
Cheese Stuffed Beef Peppers	385	46	12	17
Turkey & Mushroom Meat Loaf served with Mushrooms, Tomato and Green Beans	234	37	8	6
California Cobb Chicken Salad	378	44	28	10

DECEMBER 13–16

	Calories	Protein (g)	Carbs (g)	Fat (g)
Broccoli Feta Chicken Bowl served with Cauliflower Rice	384.5	49	19	12.5
Honey BBQ Chicken Thighs served with Carrots and Cauliflower	352	45	16	12
Montreal Beef Burger served with Green Beans and Pearl Onions	339.1	42.4	12	13.5
South Western Turkey and Brown Rice Casserole made with Peppers, Corn and Black Beans	242	44	12	2.5
Cajun Salmon served with Wild Rice, Cauliflower and Brussel Sprouts	284	34	10	12
Beef Taco Salad	402	42	27	14

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DECEMBER 17-19

	Calories	Protein (g)	Carbs (g)	Fat (g)
Pesto Chicken served with Zucchini Noodles, Asparagus, Mushroom and Tomato	306	40	5	14
Spicy Chicken Stir Fry served with Peppers, Broccoli, and Carrots	277	41	17	5
Bulgogi Steak Bowl served with French Beans, Peppers and Pearl Onions	352	37	24	13
Teriyaki Beef Burger served on Lettuce, with Tomato, Red Onion and House Aioli	312	37	14	13
Zesty Turkey Chili	299.5	37	12	11.5
SPROUT Chicken Salad with Citrus Vinaigrette	548	51	23	28

DECEMBER 20-23

	Calories	Protein (g)	Carbs (g)	Fat (g)
Maple Balsamic & Rosemary Chicken served with Green Beans & Carrots	310.2	40	20	7.8
Buffalo Chicken Thighs with Coleslaw	370	46	15	14
Tomato & Basil Beef w/ Zucchini Noodles & Broccoli	322	41	8	14
Turkey Meatloaf w/ Green Beans, Carrots and House Gravy	300	43	18.5	6
Yummy Salmon Tacos w/ Avocado Lime Dressing in a Lettuce Wrap	573.42	55.55	32.68	25
Kale Apple and Quinoa Chicken Salad	410	42	29	14

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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