

# JAN. 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.

## JANUARY 7 - 9

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Souvlaki Skewers served with long grain saffron rice, zucchini, tomatoes, and peppers	437	41	39	13
Teriyaki Chicken Thighs Bowl served with basmati brown rice, broccoli and cauliflower	517	50	50	13
Steak Fajita Wraps served with peppers and onions includes Guacamole & salsa	428	43	37	12
Seasoned Mushroom Beef Burger on a whole wheat bun w/ tomatoes, pickles, lettuce, & egg-free aioli	513	49	41	17
Turkey, Vegetable & Quinoa Casserole	453	47	38	13
Winter Grain Chicken Salad includes Roasted Squash, Pomegranate, Feta and Mint with a house vinaigrette	429	42	36	13

## JANUARY 10 - 13

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai served rice noodles, bok choy, egg, peanuts and a lime wedge	510	44	61	10
Chickpea Chicken Stew with Barley and Green Beans	578	63	41	18
Mucho Yummy Beef Bowlrito served with Basmati Brown Rice, Corn and Black Beans	603	47	52	23
Korean Turkey Meatballs served with Basmati Brown Rice, Peppers, Onions and Broccoli	430	43	34	14
Lemony Salmon Brown Rice Pasta served with Asparagus and Peas	627	53	52	23
Super Chickpea Chicken Salad: cucumbers, lettuce, cherry tomatoes and red onion w/ house vinaigrette	379	41	21	15

## JANUARY 14 - 16

	Calories	Protein (g)	Carbs (g)	Fat (g)
Baked almond chicken served with basmati white fried rice, peas and carrots	639	54	52	24
Pesto chicken brown rice pasta served with broccoli, cherry tomatoes and mushrooms	565	45	54	19
Hearty beef and vegetable stew includes green beans and cauliflower served with red potato mash	436	44	38	12
Beef brown rice lasagna w/ peas & green beans	549	45	52	18
Ground turkey stir fry with ginger, soy and basil served with Clean Plates saffron rice and bok choy	399	42	35	10
Sprout shrimp salad includes kale, sprouts, micro greens, hummus, roasted sweet potato, black sesame seeds, edamame with a house lemon and olive oil vinaigrette	539	51	23	27

## JANUARY 17 - 20

	Calories	Protein (g)	Carbs (g)	Fat (g)
Garlic and thyme grilled chicken served with roasted sweet potato, green beans and broccoli	396	41	37	10
Sweet and sour chicken stir fry with cashew, served with basmati white rice, zucchini and peppers	454	41	51	10
Beef meatballs with black pepper mushroom sauce, served with brown rice pasta, cauliflower and peas	579	50	61	15
Mexican turkey w/ black beans & salsa, served w/ basmati brown rice, cherry tomatoes, corn acabbage & herb slaw	525	48	57	12
Teriyaki salmon along side quinoa with red onion & mint, miso eggplant and bok choy	498	52	40	15
Hermosa chicken salad includes spinach, shredded carrots, cucumber, roasted corn, black bean, salsa, guacamole with a house lime jalapeño vinaigrette	428	40	13	24

## JANUARY 21 - 23

	Calories	Protein (g)	Carbs (g)	Fat (g)
Grilled smoked paprika chicken w/ yoghurt, barley & chickpea mix, includes corn and cherry tomatoes	502	45	54	12
Baked honey, soy & ginger chicken served w/ cloves & cardamom flavoured basmati white rice alongside green beans and peppers	477	40	57	10
Roast beef with red wine served with roasted red potato, roast beetroot and braised cabbage	438	44	39	12
Fit Cravings' beef Shepherd's pie made with sweet potato mash served with peas and carrots	449	44	41	12
Stuffed pepper with ground turkey served with barley, spinach, red onion and goat cheese	525	50	42	17
New Kale Caesar chicken salad includes kale, shaved cabbage, tomato, croutons, hemp seed with a creamy avocado Caesar dressing	434	46	23	18

# JAN. 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.

## JANUARY 24 – 27

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Stuffed w/ Spinach & Dairy-free mozzarella served w/ zucchini noodles, peas, & house marinara sauce	364	45	46	11
Lemongrass chicken stir fry served w/ saffron rice, ginger, spring onion & peppers	429	40	41	12
Beef burger patty served with roast beetroot with orange zest and cauliflower	434	45	37	12
Turkey taco stuffed sweet potato & vegan mozzarella served w/ corn salsa, red onion, cherry tomato & lettuce	505	45	50	14
Dijon baked salmon with lemon and dill served broccoli, spinach and cherry tomatoes	669	60	42	29
Antioxidant chicken salad includes spinach, beet, shredded carrot, butternut squash, shaved cabbage, cauliflower, tomato, pumpkin seeds with a house maple balsamic vinaigrette	450	49	23	18

## JANUARY 28 – 30

	Calories	Protein (g)	Carbs (g)	Fat (g)
Bruschetta Grilled Chicken with brussel sprouts and cherry tomato	385	43	37	7
Peri-Peri BBQ Chicken Breast with cauliflower and broccoli	445	43	39	12
Korean Beef Bowl with Cauliflower Rice, spinach and egg	570	44	52	15
World's Best Steak Marinade w/ sautéed green beans	463	48	35	12
Southwestern Turkey Burgers w/ guacamole & spicy mayo w/ cauliflower rice, corn, black beans & cherry tomatoes	453	45	39	13
Greek Chicken Quinoa Salad includes lettuce, cherry tomatoes, cucumber, red onion, feta cheese and house Greek vinaigrette.	589	53	47	20

MENU A

MENU B

# JAN. 2018 MENU

## 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.

MENU B

### JANUARY 7 - 9

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Souvlaki Skewers served zucchini, tomatoes, and pepper	317	40	10	13
Teriyaki Chicken Thighs bowl served with broccoli and cauliflower	376	47	20	12
Steak Fajita Wraps Lettuce Wraps includes guacamole, salsa, peppers and onion	300	40	8	12
Seasoned Mushroom Beef Burger on a lettuce wrap with tomatoes, pickles, lettuce, and egg-free aioli	347	44	9	15
Turkey & Vegetable Casserole	314	43	13	10
Winter Grain Chicken Salad includes roasted squash, pomegranate, feta and mint with a house vinaigrette	429	42	36	13

### JANUARY 10 - 13

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai served bok choy, egg, peanuts and a lime wedge	330	42	18	10
Chickpea Chicken Stew served with green beans	433	60	10	17
Mucho Yummy Beef Bowlrito served with cauliflower rice, corn and black beans	503	44	30	23
Korean Turkey Meatballs served with peppers, onions and broccoli	361	43	19	13
Lemony Salmon served with zucchini noodles, asparagus and peas	417	50	7	21
Super Chickpea Chicken Salad: cucumbers, lettuce, cherry tomatoes & red onion with house vinaigrette	379	41	21	15

MENU A

### JANUARY 14 - 16

	Calories	Protein (g)	Carbs (g)	Fat (g)
Baked almond chicken served with cauliflower rice and broccoli	470	48	16	24
Pesto chicken with zucchini noodles served with mushrooms and cherry tomatoes	367	41	8	19
Hearty beef and vegetable stew includes green beans and cauliflower	328	43	12	12
Beef zucchini lasagna includes vegan mozzarella and house tomato sauce	348	40	12	16
Ground turkey stir fry with ginger, soy and basil served with cauliflower rice and bok choy	322	43	8	13
Sprout shrimp salad: kale, sprouts, micro greens, hummus, roasted sweet potato, black sesame seeds, edamame w/ house lemon & olive oil vinaigrette	539	51	23	27

MENU B

### JANUARY 17 - 20

	Calories	Protein (g)	Carbs (g)	Fat (g)
Garlic and thyme grilled chicken served with green beans and broccoli	286	40	10	10
Sweet and sour chicken stir fry with cashew, served cauliflower rice and peppers	330	40	14	13
Beef meatballs with black pepper mushroom sauce, served with zucchini pasta and peas	339	45	13	12
Mexican turkey w/ black beans & salsa, cauliflower rice, cherry tomatoes, corn, cabbage & herb slaw	406	44	26	14
Teriyaki salmon served w/ miso eggplant & bok choy	366	47	15	13
Hermosa chicken salad inc. spinach, shredded carrots, cucumber, roasted corn, black bean, salsa, guacamole with a house lime jalapeño vinaigrette	428	40	13	24

MENU A

### JANUARY 21 - 23

	Calories	Protein (g)	Carbs (g)	Fat (g)
Grilled smoked paprika chicken w/ yoghurt, barley and chickpea mix, includes corn & cherry tomatoes	502	45	54	12
Baked honey, soy & ginger chicken served w/ cloves & cardamom flavoured basmati white rice alongside green beans and peppers	477	40	57	10
Roast beef with red wine served with roasted red potato, roast beetroot and braised cabbage	438	44	39	12
Fit Cravings' beef Shepherd's pie made with sweet potato mash served with peas and carrots	449	44	41	12
Stuffed pepper with ground turkey served with barley, spinach, red onion and goat cheese	525	50	42	17
New Kale Caesar chicken: kale, shaved cabbage, tomato, croutons, hemp seed w/ a creamy avocado Caesar dressing	434	46	23	18

MENU B

# JAN. 2018 MENU

## 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.

MENU A

### JANUARY 24 – 27

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Stuffed w/ Spinach & Dairy-free mozzarella served w/ zucchini noodles, peas, & house marinara sauce	318	41	15	11
Lemongrass chicken stir fry served w/ cauliflower rice, ginger, spring onion & peppers	343	38	14	15
Beef burger patty served with roast beetroot with orange zest and cauliflower	324	42	12	12
Turkey taco stuffed sweet potato & vegan mozzarella served w/ corn salsa, red onion, cherry tomato & lettuce	505	45	50	14
Dijon baked salmon with lemon and dill served broccoli, spinach and cherry tomatoes	358	50	11	13
Antioxidant chicken salad includes spinach, beet, shredded carrot, butternut squash, shaved cabbage, cauliflower, tomato, pumpkin seeds with a house maple balsamic vinaigrette	450	49	23	18

### JANUARY 28 – 30

	Calories	Protein (g)	Carbs (g)	Fat (g)
Bruschetta Grilled Chicken with brussel sprouts and cherry tomato	285	41	8	7
Peri-Peri BBQ Chicken Breast with cauliflower and broccoli	325	40	10	10
Korean Beef Bowl with Cauliflower Rice, spinach and egg	368	40	9	14
World's Best Steak Marinade w/ sautéed green beans	360	46	10	12
Southwestern Turkey Burgers w/ guacamole & spicy mayo w/ cauliflower rice, corn, black beans & cherry tomatoes	354	45	14	13
Greek Chicken Quinoa Salad includes lettuce, cherry tomatoes, cucumber, red onion, feta cheese and house Greek vinaigrette.	589	53	47	20

MENU B

# 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