

FEB/MARCH 2019 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.

FEBRUARY 11 – 13

	Calories	Protein (g)	Carbs (g)	Fat (g)
Seasoned chicken breast served w/ wild rice pilaf, green beans, roasted butternut squash, & tart dried cranberries w/ creamy gravy	386	48	48	20
Buffalo Chicken thighs along side our creamy mash garlic and herb red potato, includes a side blend of corn and peas	446	50	60	17
Tender BBQ shredded beef, oven roasted red potatoes seasoned w/ ranch herbs and spices along side carrots and green beans	364	43	46	12
Lean ground beef seasoned w/ Korean BBQ flavors, steamed white Basmati rice along side broccoli and cauliflower	344	43	47	12
Sriracha Turkey Burger, vegetable Cajun rice with a side coleslaw and carrot salad	380	49	62	18
Caprese Chicken Salad with Balsamic Reduction	406	47	23	14

FEBRUARY 14 – 17

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai Rice Noodles served with egg, steamed bok choy and spring onion, garnished with peanuts and a lime wedge	510	44	61	10
Baked Almond chicken breast served on a bed of creamy mash sweet potato along side a blend of broccoli and cauliflower	578	63	43	25
Vegetable Beef Bolognese over organic high protein edamame noodles along side a colourful blend of mixed bell peppers	603	47	39	18
Barbecue Apple Turkey Meat Loaf served with vegetable cajun brown rice along side garlic green beans and carrots	430	43	64	18
Tandoori salmon served on a bed of coconut lime quinoa, turmeric cauliflower and peas	627	53	52	25
Rainbow Chopped Thai Shredded Chicken Salad	379	41	47	25

FEBRUARY 18 – 20

	Calories	Protein (g)	Carbs (g)	Fat (g)
Seasoned chicken breast with lemon-parsley pesto barley with green beans, mushroom and cherry tomatoes	421	46	39	9
House honey mustard chicken thighs with ranch roasted red potatoes along side zucchini and eggplant	410	40	40	10
Grilled steak with creamy mash sweet potatoes along side roasted cauliflower and broccoli	510	41	46	18
Balkan cabbage rolls with Basmati brown long grain rice along side green beans	449	43	40	13
Hearty turkey vegetable chili with saffron and turmeric long grain rice	411	40	38	11
Shrimp and Mango Salad with Lettuce, cherry tomatoes, red onion, lime, cilantro and carrots	366	24	45	10

FEBRUARY 21 – 24

	Calories	Protein (g)	Carbs (g)	Fat (g)
Pesto chicken breast with organic high protein edamame noodle served with cherry tomatoes and mushroom	560	65	30	20
General Tso's chicken breast with vegetable fried brown rice along side bell peppers, carrots and onions	496	42	55	12
Korean-Style Beef Bulgogi Burgers on a Whole Wheat Bun with lettuce, tomato, onion and Korean Aioli	494	44	48	14
Mediterranean turkey meatballs with saffron and turmeric long grain rice along side roasted zucchini and eggplant	446	49	40	10
Cajun salmon with a mushroom wild rice pilaf along side seasoned green beans and onions	462	44	46	14
Shredded Chicken Taco Salad with salsa dressing, black beans, onions, cherry tomatoes, baby corn	370	44	26	10

FEBRUARY 25 – 27

	Calories	Protein (g)	Carbs (g)	Fat (g)
Thai red curry chicken breast with turmeric coconut rice along side roasted bell peppers, eggplant and baby corn	456	42	45	12
Teriyaki chicken thighs with parsley and lime flavoured roasted red potatoes with mixed vegetables	497	50	45	13
Grilled balsamic-garlic steak with mashed sweet potato along side sautéed green beans and pearl onions	437	46	34	13
South Western beef casserole with brown rice noodles along with peas, corn, onions, bell peppers and marinara sauce	509	49	49	13
Cranberry turkey patty served with a mushroom and almond wild rice pilaf along side broccoli and carrots	436	42	40	12
The Spinach and Beet Antioxidant Chicken Salad with house maple balsamic vinaigrette	450	49	23	18

FEB/MARCH 2019 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.

FEBRUARY 28 – MARCH 3

	Calories	Protein (g)	Carbs (g)	Fat (g)
Coconut Tandoori Chicken swerved with Turmeric Jasmine Rice, assorted bell peppers and broccoli	446	42	47	10
Rustic Chicken with Skin-on Mashed Red Potatoes along side carrots, mushrooms and pearl onions	434	42	44	10
Lebanese Meatballs with Yogurt Sauce served with Mediterranean Rice along side roasted zucchini and bell peppers	512	48	44	16
Turkey Lasagna made with Brown Rice lasagna noodles served with zucchini	544	44	47	20
BBQ Jerk Salmon served with Lemon and Herb Quinoa along side green beans and turmeric cauliflower	486	49	32	18
Chicken Greek Salad w/ pickled onions, tomatoes, cucumber, olives, beets, chick peas, banana peppers, feta cheese w/ house vinaigrette	336	42	24	8

MARCH 4 – 6

	Calories	Protein (g)	Carbs (g)	Fat (g)
Greek lemon chicken skewers with Tzatziki sauce along side saffron rice, roasted zucchini and peppers	420	43	35	12
Honey, lime & Sriracha grilled chicken breast with Mexican Rice, mixed peppers, baby corn and cherry tomatoes	457	43	42	13
Roast beef with mashed sweet potato along side garlic green beans and roasted carrots	440	44	39	12
Italian seasoned beef meatballs on top of organic high protein edamame noodles served w/ roasted mushrooms and bell peppers	486	65	25	14
BBQ turkey meat loaf with lemon pepper and dill roasted red potatoes along side a broccoli and cauliflower mix	421	40	36	13
Winter Grain Chicken Salad with wild rice, barley, butternut squash, pomegranate, feta and mint served with house vinaigrette	429	42	36	13

MARCH 7 – 10

	Calories	Protein (g)	Carbs (g)	Fat (g)
Shredded Chicken Taco with Corn Tortilla Wrap served with onions and bell peppers	413	44	39	9
Southwestern Chicken Bowl with Cilantro-Lime Vinaigrette served with Cajun Rice, corn, black beans and cherry tomatoes	446	47	42	10
Beef Shepherd's Pie with Sweet Potato Mash along side fresh corn and peas	445	44	38	13
Lemon Dill Turkey Burger on Whole Wheat Bun with Dill Aioli served with lettuce, tomato and onion	482	39	59	10
Teriyaki Salmon with Coconut Lime Quinoa along side steamed bok choy and carrots	544	52	48	16
California Cobb Chicken Salad includes Tomatoes, Egg, Celery, Chicken Bacon, Blue Cheese and House Ranch Dressing	378	44t	28	10

FEB/MARCH 2019 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.

FEBRUARY 11 – 13

	Calories	Protein (g)	Carbs (g)	Fat (g)
Seasoned chicken breast served green beans tossed with roasted butternut squash, and tart dried cranberries and creamy gravy	386	43	13	18
Tender Buffalo chicken thighs along side a blend of delicious corn and peas	446	48	32	14
TenderBBQ shredded beef along side our slow-roasted carrots and green beans & yellow beans	364	40	24	12
Lean ground beef seasoned with Korean BBQ flavors served with a bend of seasoned broccoli and cauliflower	344	41	18	12
Sriracha Turkey Burger accompanied by a side of coleslaw and carrot salad	380	42	26	12
Caprese Chicken Salad with Balsamic Reduction	406t	47	23	14

FEBRUARY 14 – 17

	Calories	Protein (g)	Carbs (g)	Fat (g)
Chicken Pad Thai served with steamed bok choy and spring onion, garnished with peanuts and a lime wedge	330	42	18	10
Juicy baked chicken breast coated with an almond crust served with a blend of broccoli and cauliflower and includes a marinara dip	378	43	11	18
Vegetable Beef Bolognese topped over zucchini noodles along side a colourful blend of mixed bell peppers	390	44	22	14
Super moist Barbecue Apple Turkey Meat Loaf served with garlic green beans and carrots	391	44	29	11
Tandoori salmon served with turmeric cauliflower and peas	474	53	25	18
Rainbow Chopped Thai Shredded Chicken Salad	593	45	47	25

FEBRUARY 18 – 20

	Calories	Protein (g)	Carbs (g)	Fat (g)
Seasoned chicken breast served with green beans, mushroom and cherry tomatoes	280	40	12	8
House honey mustard chicken thighs served with roasted zucchini and eggplant	314	38	18	10
Grilled steak along side roasted cauliflower and broccoli	410	39	23	18
Balkan cabbage rolls along side green beans	320	39	14	12
Hearty turkey vegetable chili	303	38	13	11
Srimp and Mango Salad with Lettuce, cherry tomatoes, red onion, lime, cilantro and carrots	366	24	45	10

FEBRUARY 21 – 24

	Calories	Protein (g)	Carbs (g)	Fat (g)
Pesto chicken breast with zucchini noodle served with cherry tomatoes and mushroom	318	40	8	14
General Tso's chicken breast along side bell peppers, carrots and onions	343	40	21	11
Korean-Style Beef Bulgogi Burgers with a lettuce wrap topped with tomato, onion and Korean Aioli	284	38	6	12
Mediterranean turkey meatballs along side roasted zucchini and eggplant	334	46	15	10
Cajun salmon with seasoned green beans and onions	340	42	16	12
Shredded Chicken Taco Salad with salsa dressing, black beans, onions, cherry tomatoes, baby corn	370	44	26	10

FEBRUARY 25 – 27

	Calories	Protein (g)	Carbs (g)	Fat (g)
Thai red curry chicken breast served with roasted bell peppers, eggplant and baby corn	282	40	8	10
Teriyaki chicken thighs served with a mixed vegetable blend	389	48	20	13
Grilled balsamic-garlic steak served with sautéed green beans and pearl onions	332	44	12	12
Cranberry turkey patty served with steamed broccoli and carrots	285	38	13	9
The Spinach and Beet Antioxidant Chicken Salad with house maple balsamic vinaigrette	450	49	23	18
Optional: Turkey Casserole				

FEB/MARCH 2019 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.

FEBRUARY 28 – MARCH 3

	Calories	Protein (g)	Carbs (g)	Fat (g)
Coconut Tandoori Chicken swerved with assorted bell peppers and broccoli	314	40	16	10
Rustic Chicken along side carrots, mushrooms and pearl onions	322	39	19	10
Lebanese Meatballs with Yogurt Sauce served with roasted zucchini and bell peppers	366	46	14	14
Turkey Lasagna made with Zucchini noodles	399	42	15	19
BBQ Jerk Salmon served with green beans and turmeric cauliflower	486	49	32	18
Chicken Greek Salad includes pickled onions, tomatoes, cucumber, olives, beets, chick peas, banana peppers, feta cheese	336	42	24	8

MARCH 4 – 6

	Calories	Protein (g)	Carbs (g)	Fat (g)
Greek lemon chicken skewers with Tzatziki sauce along side saffron rice, roasted zucchini and peppers	312	41	10	12
Honey, lime & Sriracha grilled chicken breast served with mixed peppers, baby corn and cherry tomato	303	39	12	11
Roast beef along side garlic green beans and roasted carrots	312	40	11	12
Italian seasoned beef meatballs on top of zucchini noodles served with roasted mushrooms and bell peppers	302	40	13	10
BBQ turkey meat loaf along side a broccoli and cauliflower mix	325	38	14	13
Winter Grain Chicken Salad with wild rice, barley, butternut squash, pomegranate, feta and mint served with house vinaigrette	429	42	36	13

MARCH 7 – 10

	Calories	Protein (g)	Carbs (g)	Fat (g)
Shredded Chicken Taco with a lettuce wrap served with onions and bell peppers	277	40	9	9
Southwestern Chicken Bowl with Cilantro-Lime Vinaigrette served with corn, black beans and cherry tomatoes	262	42	10	6
Beef Shepherd's Pie with Sweet Potato Mash along side fresh corn and peas	445	44	38	13
Lemon Dill Turkey Burger with a lettuce wrap topped with dill aioli tomato and onion	326	38	21	10
Teriyaki Salmon along side steamed bok choy and carrots	372	48	18	12
California Cobb Buffalo Chicken Salad includes Tomatoes, Egg, Celery, Chicken Bacon, Blue Cheese and House Ranch Dressing	378	44	28	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