

Fit Cravings Weekly Menu

All nutritional information listed for each product/meal is an approximation and can vary based on small differences in serving size, and variation in the quality of ingredients from dish to dish. Listed meals/ingredients are subject to change without notice. Prices are subject to change without notice.

Fit Cravings will try to accommodate food preferences/allergies but cannot accommodate all. Meals are selected based on your dietary restrictions and food preferences indicated at check-out in the notes section. If you would like to select your meals, please let us know in the notes section at check out or email us at info@fitcravings.ca. Some restrictions may apply.

Fit Cravings accommodates the following allergens: Fish, Shellfish, Dairy, Gluten, Tree Nuts, Peanuts, Almonds, Eggs, Milk
All meals are prepared in a facility that contains nuts, gluten, soy, and dairy.

Week 2A: Delivered Sunday Sept 13, 2020

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	Thai Shredded Chicken Spicy and aromatic, our free-range shredded chicken in peanut sauce is inspired by the authentic flavours of Bangkok food markets. Served on gluten-free glass noodles with a medley of Asian vegetables including crisp water chestnuts, sprouts, and carrots, and topped with fresh green onion Gluten-Free, Dairy-Free Allergens: Peanuts	510	13	59	36
Weight Loss	Thai Shredded Chicken Wrap (Low Carb) Spicy and aromatic, our free-range shredded chicken in peanut sauce is inspired by the authentic flavours of Bangkok food markets. Served on low carb Konjac root noodles with a medley of Asian vegetables including crisp water chestnuts, sprouts and carrots, and topped with fresh green onion. Gluten-Free, Dairy-Free Allergens: Peanuts	410	13	40	34
Healthy Lifestyle	Chicken Meunière Hard to pronounce, but easy to love! A zesty, rustic recipe using a free-range chicken breast topped with a hollandaise sauce and garnished with lemon and paprika. On the side: mashed red skin potatoes and garlic-roasted asparagus. Gluten-Free Allergens: Dairy, Eggs	430	14	34	44
Weight Loss	Chicken Meunière (Low Carb) Hard to pronounce, but easy to love! A zesty, rustic recipe using a free-range chicken breast topped with a hollandaise sauce and garnished with lemon and paprika. On the side: mashed root vegetables and garlic-roasted asparagus. Gluten-Free Allergens: Dairy, Eggs	390	14	24	43
Healthy Lifestyle	Rotisserie Citrus Chicken Breast Zesty and smoky, our skin-on, free-range chicken breast is rotisserie-roasted and garnished with grilled lemon. Served with Cotija zucchini and corn salad with a wild rice pilaf. Gluten-Free Allergens: Dairy	505	9	44	45
Weight Loss	Rotisserie Citrus Chicken Breast (Low Carb) Zesty and smoky, our skin-on free-range chicken breast is rotisserie-roasted and garnished with grilled lemon. Served with fresh Cotija zucchini and corn salad. Gluten-Free Allergens: Dairy	405	9	22	42

Healthy Lifestyle	Moroccan Beef Kefta Like it's straight from the North African grill, grass-fed ground beef kebabs are grilled with a blend of aromatic Moroccan spices and topped with a creamy garlic sauce. Served with a medley of fresh vegetables, squash, carrots, mushrooms and long-grain basmati rice. Gluten-Free, Dairy-Free	440	9	46	43
Weight Loss	Moroccan Beef Kefta (Low Carb) Like it's straight from the North African grill, grass-fed ground beef kebabs are grilled with a blend of aromatic Moroccan spices and topped with a creamy garlic sauce. Served with a medley of fresh vegetables, squash, carrots, and mushrooms. Gluten-Free, Dairy-Free	340	13	19	41
Healthy Lifestyle	Hawaiian Coconut Flank Transport your taste buds to Maui with our grass-fed flank. Served with fried brown rice and Hawaiian roasted vegetables (red pepper, green pepper, red onion, broccoli, carrots, and pineapple chunks). Gluten-Free, Dairy-Free Allergens: Egg	650	29	53	46
Weight Loss	Hawaiian Coconut Flank Steak (Low Carb) Transport your taste buds to Maui with our grass-fed flank. Served with fried cauliflower rice and Hawaiian roasted vegetables (red pepper, green pepper, red onion, broccoli, carrots, and pineapple chunks). Gluten-Free, Dairy-Free Allergens: Egg	480	28	18	44
Salad	Mediterranean Chicken Sea Salad Our free-range chicken breast on crisp Romaine lettuce, with freshly diced cucumber, Roma tomatoes, sliced red onion, Kalamata, and crumbly feta cheese. Topped with a Greek dressing. Gluten-Free Allergens: Dairy	320	12	12	42

Week 2B: Delivered Wednesday Sept 16, 2020

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	Cherry BBQ Chicken A taste of summer in every bite! A free-range chicken thigh and leg are brushed with a sweet cherry BBQ sauce then barbecued to perfection. Paired with sweet corn succotash and French-peasant potato salad. Gluten-Free, Dairy-Free Allergens: Eggs	480	13	48	38
Weight Loss	Cherry BBQ Chicken (Low Carb) A taste of summer in every bite! A free-range chicken thigh and leg are brushed with a sweet cherry BBQ sauce then barbecued to perfection. Paired with sweet corn succotash and truffle-roasted Brussels sprouts. Gluten-Free, Dairy-Free	400	11	37	39
Healthy Lifestyle	Coconut Tandoori Chicken Yogurt and a blend of Indian spices create this unique flavor combined with our free-range chicken breast and topped with toasted coconut. Accompanied by turmeric basmati rice and roasted squash, zucchini and carrots Gluten-Free Allergens: Dairy	535	16	51	47
Weight Loss	Coconut Tandoori Chicken (Low Carb) Yogurt and a blend of Indian spices create this unique flavor combined with our free-range chicken breast and topped with toasted coconut. Accompanied by turmeric cauliflower rice and roasted squash, zucchini and carrots. Gluten-Free Allergens: Dairy	410	16	24	45

Healthy Lifestyle	Chicken Picatta Our take on the comforting, Italian classic. A free-range chicken breast slow cooked in a lemon, butter and caper sauce. Served on top of gluten-free brown rice spaghetti alongside Italian roasted vegetables (bell peppers, zucchini, eggplant, mushrooms). Gluten-Free, Dairy-Free Allergens: Egg	550	21	44	44
Weight Loss	Chicken Picatta (Low Carb) Our take on the comforting, Italian classic. A free-range chicken breast slow cooked in a lemon, butter and caper sauce. Served on top of gluten-free brown rice spaghetti alongside Italian roasted vegetables (bell peppers, zucchini, eggplant, mushrooms). Gluten-Free, Dairy-Free Allergens: Eggs	530	17	32	65
Healthy Lifestyle	Beef and Sweet Potato Shepherd's Pie British comfort food made healthier: our grass-fed ground beef is layered with mashed sweet potato, peas and corn. Served with maple glazed carrots and fresh micro greens. Gluten-Free, Dairy-Free	365	10	43	36
Weight Loss	Beef and Cauliflower Mash Shepherd's Pie (Low Carb) British comfort food made healthier: our grass-fed ground beef is layered with cauliflower mash, peas and corn. Served with maple glazed carrots and fresh micro greens. Gluten-Free, Dairy-Free	335	10	26	35
Healthy Lifestyle	Shrimp-Stuffed Mirliton Say hello to the Bayou. Fresh mirliton squash is stuffed with Creole-spiced shrimp and baked until golden, then topped with pepper jelly. Two sides: Roasted sweet pepper medley and a crisp grit cake. Gluten-Free Allergens: Dairy, Shellfish	535	13	67	38
Weight Loss	Shrimp-Stuffed Mirliton (Low Carb) Say hello to the Bayou. Fresh mirliton squash is stuffed with Creole-spiced shrimp and baked until golden, then topped with pepper jelly. And a side of roasted sweet pepper medley. Gluten-Free, Dairy-free Allergens: Shellfish	320	6	34	35
Salad	Beef Taco Salad Our grass-fed taco-seasoned ground beef, on crisp Romaine lettuce, with cherry tomatoes, black beans, roasted corn, and cheddar cheese. Topped with a kicky salsa ranch dressing. Gluten-Free Allergens: Dairy	420	16	27	43

Week 3A: Delivered Sunday Sept 20

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	Chicken and Mango Bowl with Peanut Sauce Like a Thai kitchen in a bowl. Free-range chicken breast and sweet & spicy mango salsa topped with peanut sauce and toasted peanuts. Served on brown rice with red cabbage. Gluten-Free, Dairy-Free Allergens: Peanuts	590	18	59	47
Weight Loss	Chicken and Mango Bowl with Peanut Sauce Like a Thai kitchen in a bowl. Free-range chicken breast and sweet & spicy mango salsa topped with peanut sauce and toasted peanuts. Served on cauliflower rice with red cabbage. Gluten-Free, Dairy-Free Allergens: Peanuts	420	17	24	45

Healthy Lifestyle	Chicken au Vin Blanc Paris of the West. Our free-range chicken breast in slow cooked in a white wine sauce and garnished with fresh micro-greens. Served with a wild rice pilaf and truffle-roasted Brussels sprouts. Gluten-Free, Dairy-Free	500	16	42	48
Weight Loss	Chicken au Vin Blanc Paris of the West. Our organic, free-range chicken breast in slow cooked in a white wine sauce and garnished with fresh micro-greens. Served with a cauliflower rice pilaf and truffle-roasted Brussels sprouts. Gluten-Free, Dairy-Free	520	16	33	65
Healthy Lifestyle	Spicy Garlic Cashew Chicken Inspired by the flavours of South East Asia, our free-range chicken thigh is cooked with a spicy garlic sauce with crunchy cashews. Served with a side of Hawaiian roasted vegetables (bell peppers, red onion, broccoli, carrots, pineapple chunks) and fried brown rice. Gluten-Free, Dairy-Free Allergens: Tree Nuts, Eggs	565	22	52	44
Weight Loss	Spicy Garlic Cashew Chicken Inspired by the flavours of South East Asia, our free-range chicken thigh is cooked with a spicy garlic sauce with crunchy cashews. Served with a side of Hawaiian roasted vegetables (bell peppers, red onion, broccoli, carrots, pineapple chunks) and fried cauliflower rice. Gluten-Free, Dairy-Free Allergens: Tree Nuts, Eggs	445	22	25	40
Healthy Lifestyle	Beef Hashweh-Stuffed Peppers Our grass-fed beef is cooked with basmati rice and a blend of Lebanese herbs and spices, then stuffed and roasted inside a fresh bell pepper. Topped with a flavorful marinara sauce. Gluten-Free, Dairy-Free	525	10	59	48
Weight Loss	Beef Hashweh-Stuffed Peppers Our grass-fed beef is cooked with cauliflower rice and a blend of Lebanese herbs and spices, then stuffed and roasted inside a fresh bell pepper. Topped with a flavorful marinara sauce. Gluten-Free, Dairy-Free	395	10	30	47
Healthy Lifestyle	Spicy South African Beef Tenderloin This South African classic dish includes our grass-fed, antibiotic-free beef sirloin with a garlic, onions and mango chutney sauce. Served with a crisp, curried sweet potato duchess and fresh coleslaw Gluten-Free, Dairy-Free	540	22	40	44
Weight Loss	Spicy South African Beef Tenderloin TThis South African classic dish includes our grass-fed, antibiotic-free beef sirloin with a garlic, onions and mango chutney sauce. Served with a crisp, curried root duchess and fresh coleslaw. Gluten-Free, Dairy-Free Allergens: Eggs	530	23	38	42
Salad	Grilled Chicken Salad with Blueberry Vinaigrette Our free-range chicken breast on mixed greens, with fresh blueberries, mandarin orange slices, crunchy almond slices, crumbled goat cheese, topped with a delicious blueberry vinaigrette. Gluten-Free Allergens: Dairy, Almonds, Tree Nuts	345	13	11	45

Week 3B: Delivered Wednesday Sept 23

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	<p>Chicken Lo Mein Clean Plates meet Chinatown. Our free-range chicken thigh is cooked in a garlic, soy, ginger and oyster sauce, then stir-fried with peppers, mushrooms, cabbage, and sugar snaps. Served over gluten-free lo mein noodles and garnished with fresh cilantro radish. Chopsticks not included. Dairy-Free Allergens: Gluten</p>	545	13	69	38
Weight Loss	<p>Chicken Lo Mein Clean Plates meet Chinatown. Our free-range chicken thigh is cooked in a garlic, soy, ginger and oyster sauce, then stir-fried with peppers, mushrooms, cabbage, and sugar snaps. Served over Konjac root noodles and garnished with fresh cilantro radish. Chopsticks not included. Gluten-Free, Dairy-Free</p>	375	12	34	35
Healthy Lifestyle	<p>Almond-Crusted Chicken Our whole free-range chicken breast, coated in almonds, and baked to golden brown. Topped with gravy and served with creamy red potato mash and sauteed green beans. Gluten-Free, Dairy-Free Allergens: Almonds, Tree Nuts, Eggs</p>	570	16	59	47
Weight Loss	<p>Almond-Crusted Chicken Our whole free-range chicken breast, coated in almonds, and baked to golden brown. Topped with gravy and served with creamy cauliflower mash and sauteed green beans. Gluten-Free, Dairy-Free Allergens: Almonds, Tree Nuts, Eggs</p>	420	15	26	44
Healthy Lifestyle	<p>Souvlaki Chicken Athens street food gets healthy makeover. Our free-range chicken breast is diced, skewered, and grilled, then topped with a creamy tzatziki. Served with roasted garlic-oregano red potatoes and roasted vegetables (zucchini, squash, eggplant, tomato, red onion, spinach). Gluten-Free Allergens: Dairy</p>	450	22	26	41
Weight Loss	<p>Souvlaki Chicken Athens street food gets healthy makeover. Our free-range chicken breast is diced, skewered, and grilled, then topped with a creamy tzatziki. Served with roasted vegetables (zucchini, squash, eggplant, tomato, red onion, spinach) Gluten-Free Allergens: Dairy</p>	380	19	17	40
Healthy Lifestyle	<p>Spicy Beef Taco Bowl Talk about super bowl! This one is packed with our spicy, grass-fed ground beef, Spanish rice, red bean salsa, and guacamole for kicks. Gluten-Free, Dairy-Free</p>	510	9	55	45
Weight Loss	<p>Spicy Beef Taco Bowl Talk about super bowl! This one is packed with our spicy, grass-fed ground beef, Spanish cauliflower rice, red bean salsa, and guacamole for kicks. Gluten-Free, Dairy-Free</p>	355	9	22	42
Healthy Lifestyle	<p>Salmon Etouffee A classis Creole dish. Atlantic salmon is cooked in a spicy broth with vegetables, then served over Creole rice and topped with a caramelized lemon coin. Gluten-Free, Dairy-Free Allergens: Fish</p>	590	25	54	34

Weight Loss	Salmon Etouffee A classis Creole dish. Atlantic salmon is cooked in a spicy broth with vegetables, then served Konjac root rice and topped with a caramelized lemon coin. Gluten-Free, Dairy-Free Allergens: Fish	450	25	23	31
Salad	Ginger-Cashew Chicken Salad Our free-range chicken breast on vitamin-rich mixed greens, with mandarin oranges, shredded red cabbage, carrots, green onion, toasted cashews and sesame seeds, topped with ginger dressing. Gluten-Free, Dairy-Free Allergens: Tree Nuts	360	9	28	42

Week 4A: Delivered Sunday Sept 27

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	Hawaiian Grilled Chicken Ready for the luau? Organic, free-range chicken thigh is brined in pineapple juice, then grilled, and topped with toasted coconut and green onion, then served on fried brown rice. Also comes with a side of fresh Hawaiian roasted vegetables (bell peppers, red onion, broccoli, carrots, pineapple chunks). Gluten-Free, Dairy-Free Allergens: Eggs	500	11	59	42
Weight Loss	Hawaiian Grilled Chicken Ready for the luau? Organic, free-range chicken thigh is brined in pineapple juice, then grilled, and topped with toasted coconut and green onion, then served with a plantain mash. Also comes with a side of fresh Hawaiian roasted vegetables (bell peppers, red onion, broccoli, carrots, pineapple chunks). Gluten-Free, Dairy-Free	350	10	28	40
Healthy Lifestyle	Sicilian Mustard Chicken Featuring the unique flavors of the island of Sicily, a smoky sauce of tomatoes, Creole mustard, and basil are poured over our organic, free-range chicken breast. Served with risotto and Italian roasted vegetables (yellow peppers, red peppers, green peppers, zucchini, eggplant, mushrooms). Gluten-Free Allergens: Dairy	545	9	66	45
Weight Loss	Sicilian Mustard Chicken Featuring the unique flavors of the island of Sicily, a smoky sauce of tomatoes, Creole mustard, and basil are poured over our organic, free-range chicken breast. Served with Italian roasted vegetables (yellow peppers, red peppers, green peppers, zucchini, eggplant, mushrooms). Gluten-Free, Dairy-Free	365	8	29	41
Healthy Lifestyle	Chicken Marsala Mushrooms and Marsala wine create a rich, earthy sauce, for our organic, free-range chicken breast and gluten-rice brown rice noodles. Served with sauteed asparagus. Gluten-Free, Dairy-Free Allergens: Eggs	540	18	51	47
Weight Loss	Chicken Marsala Mushrooms and Marsala wine create a rich, earthy sauce, for our organic, free-range chicken breast and The Only Bean gluten-free noodles. Served with sauteed asparagus. Gluten-Free, Dairy-Free Allergens: Eggs	500	13	35	66

Healthy Lifestyle	Healthy Swedish Beef Meatballs Our take on Swedish meatballs, made without gluten using extra-lean grass-fed beef and paired with creamy red potato mash, green beans, peppers and garnished with fresh parsley. Gluten-Free, Allergens: Eggs, Dairy, Tree Nuts, Almonds	470	19	37	41
Weight Loss	Healthy Swedish Beef Meatballs Our take on Swedish meatballs, made with without gluten using extra lean grass-fed beef and Paired with creamy cauliflower mash, green beans, peppers and garnished with fresh parsley. Gluten-Free Allergens: Eggs, Dairy, Tree Nuts, Almonds	370	17	20	39
Healthy Lifestyle	Cajun Diablo Beef Tenderloin Is it hot in here or is it just us? Our organic, grass-fed beef tenderloin is roasted in a rich, spicy tomato and pepper jelly sauce, then topped with crystal caramelized onions. Served on dirty rice with a side of Caribbean coleslaw. Gluten-Free Allergens: Dairy	535	17	50	44
Weight Loss	Cajun Diablo Beef Tenderloin Is it hot in here or is it just us? Our organic, grass-fed beef tenderloin is roasted in a rich, spicy tomato and pepper jelly sauce, then topped with crystal caramelized onions. Served with a side of Caribbean coleslaw. Gluten-Free Allergens: Dairy	405	17	21	42
Salad	Shrimp and Nectarine Salad Fresh shrimp on mixed greens, with roasted corn, nectarine slices, grape tomatoes, red onion, topped with poppyseed dressing Gluten-free, Dairy-Free Allergens: Shellfish	370	15	24	37

Week 4B: Delivered Wednesday Sept 30

Meal Plan	Description	KCal	Fat	Carb	Protein
Healthy Lifestyle	Buffalo Chicken The sports-bar favorite, elevated. Our free-range chicken thighs are doused in spicy Buffalo sauce. On the side, Rosemary-roasted red skin potatoes. And, of course, fresh-cut carrot and celery sticks with dairy-free ranch dressing for dripping. Gluten-Free Allergens: Dairy	370	12	31	38
Weight Loss	Buffalo Chicken The sports-bar favorite, elevated. Our free-range chicken thighs are doused in spicy Buffalo sauce. On the side, Rosemary-roasted root vegetables. And, of course, fresh-cut carrot and celery sticks with dairy-free ranch dressing for dripping. Gluten-Free Allergens: Dairy	350	13	21	37
Healthy Lifestyle	Chicken Oscar An elegant classic, a whole free-range chicken breast under creamy Hollandaise sauce and shrimp. Served on brown rice pilaf with garlic-roasted asparagus and sauteed red peppers. Gluten-Free Allergens: Dairy, Shellfish, Almonds, Tree Nuts	500	13	47	44

Weight Loss	Chicken Oscar An elegant classic, a free-range chicken breast under creamy Hollandaise sauce and shrimp. Served with spinach supreme and garlic-roasted asparagus and sauteed red peppers. Gluten-Free Allergens: Dairy, Shellfish, Almonds, Tree Nuts	345	13	13	42
Healthy Lifestyle	Chicken L'Orange A citrusy French favorite. Organic, free-range chicken breast is glazed in a tangy orange sauce and topped with fresh green onion. Served with Jasmine rice and an Asian ratatouille (Bok choy, napa cabbage, shitake mushroom, bell peppers, zucchini, squash, red onion, and bamboo shoots). Bon appetit! Gluten-Free, Dairy-Free	455	8	54	44
Weight Loss	Chicken L'Orange A citrusy French favorite. Organic, free-range chicken breast is glazed in a tangy orange sauce and topped with fresh green onion. Served with Konjac root rice and an Asian ratatouille (Bok choy, napa cabbage, shitake mushroom, bell peppers, zucchini, squash, red onion, and bamboo shoots). Bon appetit! Gluten-Free, Dairy-Free Allergens: Eggs	425	10	44	41
Healthy Lifestyle	Southwestern Beef Burger A burger you can feel good about eating! Our organic, grass-fed ground beef patty on a fresh whole wheat bun is served with all the fresh fixin's—lettuce, tomato, onion and a spicy chipotle aioli. Comes with a side of sweet potato fries. Dairy-Free Allergens: Gluten, Eggs	440	8	42	49
Weight Loss	Southwestern Beef Burger A burger you can feel good about eating! Our organic, grass-fed ground beef patty served on a Portobello mushroom cap with all the fixin's - lettuce, tomato, onion and spicy chipotle aioli. Comes with a side of celeriac root fries. Gluten-free, Dairy-Free Allergens: Eggs	395	15	23	43
Healthy Lifestyle	Fisherman's Wharf Stew Taste the flavors of the East Coast in our hearty fish stew (salmon, white fish, shrimp and scallops) with gluten-free brown rice noodles and tender vegetables. Gluten-free, Dairy-free Allergens: Shellfish, Fish	530	21	57	33
Weight Loss	Fisherman's Wharf Stew Taste the flavors of the East Coast in our hearty fish stew (salmon, white fish, shrimp and scallops) with gluten-free Konjac root noodles and tender vegetables. Gluten-free, Dairy-free Allergens: Shellfish, Fish	330	13	25	30
Salad	Mega-Crunchy Chicken Romaine Salad with Quinoa Our free-range chicken on crisp Romaine lettuce, dried cranberries, quinoa, and a crunchy blend of carrots, sunflower seeds, red cabbage, and radishes, in a creamy balsamic dressing. Gluten-Free, Dairy-Free	480	16	42	44

Menu is subject to change without notice.