

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 5A: Delivered Sunday October 4, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	Chicken Jambalaya Satisfying and spicy, our Jambalaya combines free-range chicken thighs, Creole Creole Basmati white rice, and a blend of stewed vegetables. gluten-free, dairy-free	400	12	42	40
Weight Loss	Chicken Jambalaya Satisfying and spicy, our Jambalaya combines free-range chicken thighs, Creole cauliflower rice, and a blend of stewed vegetables. gluten-free, dairy-free	300	11	12	38
Healthy Lifestyle	Chicken la Tulipe Inspired by New York City's iconic La Tulipe restaurant, free-range chicken breast is roasted in the delightful combination of white wine and morels. Served with seasoned, roasted red potatoes and an earthy mushroom salad, and topped with red pepper and fresh parsley. gluten-free, dairy-free Allergens: Almonds, Tree Nuts, Coconut	480	18	36	44
Weight Loss	Chicken la Tulipe Inspired by New York City's iconic La Tulipe restaurant, free-range chicken breast is roasted in the delightful combination of white wine and morels. Served with roasted root vegetables an earthy mushroom salad and topped with red pepper and fresh parsley. gluten-free, dairy-free Allergens: Almonds, Tree Nuts, Coconut	400	12	26	45
Healthy Lifestyle	Cashew Crusted Chicken Breast Our free-range chicken breast is coated and baked with cashews until perfectly crisp. Served on top of vegetable brown rice, with a side of Asian stir-fried vegetables. gluten-free, dairy-free Allergens: Tree Nuts	510	13	50	48

Weight Loss	Cashew Crusted Chicken Breast Our organic, free-range chicken breast is coated and baked with cashews until perfectly crisp. Served on top of vegetable cauliflower rice, with a side of Asian stir-fried vegetables. gluten-free, dairy-free Allergens: Tree Nuts	420	14	30	45
Healthy Lifestyle	Beef and Mushroom Lasagna Our healthier take on a homemade favorite, with layers of tender brown rice lasagna noodles, our extra lean ground beef, mushrooms, rich tomato sauce, and fresh parsley. On the side, Italian roasted vegetables (bell peppers, zucchini, eggplant, and mushrooms). gluten-free, dairy-free Allergens: Coconut	375	9	30	42
Weight Loss	Beef and Mushroom Zucchini Lasagna Our healthier take on a homemade favorite, with layers of zucchini, our organic ground beef, mushrooms, rich tomato sauce, and fresh parsley. On the side, Italian roasted vegetables (bell peppers, zucchini, eggplant, and mushrooms). gluten-free, dairy-free Allergens: Coconut	305	8	13	41
Healthy Lifestyle	Ramp Fillet De Paris Our premium beef sirloin is roasted in rich Hollandaise sauce, with thyme, garlic and lemon. Served with hearty brown rice noodles with caramelized shallots and tomatoes, served with roasted asparagus with bell peppers. Bon Appetit! gluten-free Allergens: Dairy	515	20	49	37
Weight Loss	Ramp Fillet De Paris Our premium beef sirloin is roasted in rich Hollandaise sauce, with thyme, garlic and lemon. Served with roasted asparagus with bell peppers. Bon Appetit! gluten-free Allergens: Dairy	315	12	17	34
Entree Salad Healthy Lifestyle & Weight Loss	Strawberry Spinach Salad with Chicken The flavors of summer! Our free-range, chicken breast mixed with fresh strawberries, spinach, red onion, feta, and almonds. Topped with a maple Balsamic vinaigrette. gluten-free Allergens: Dairy, Almonds, Tree Nuts	350	12	16	44

Week 5B: Delivered Wednesday Oct 7th, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	<p>Chicken Enchiladas</p> <p>Viva Mexico! A favorite from south of the border, our free-range, chicken thighs are rolled in flour street tortillas and baked with spicy salsa and cheese and topped with fresh cilantro. On the side, an Elote: Mexican Street Corn.</p> <p>Allergens: Gluten, Dairy</p>	560	19	51	46
Weight Loss	<p>Naked Chicken Enchiladas</p> <p>Viva Mexico! A favorite from south of the border, our free-range, chicken thighs are baked with spicy salsa and cheese and topped with fresh cilantro. On the side, refried beans and Elote: Mexican Street Corn</p> <p>gluten-free</p> <p>Allergens: Dairy</p>	380	13	27	41
Healthy Lifestyle	<p>Mandarin Chicken</p> <p>Inspired by the flavours of Asia, our roasted free-range, chicken breast is topped with mandarin oranges, sesame seeds, and fresh green onion, on top of Jasmine rice. Served with Asian-vegetable ratatouille.</p> <p>gluten-free, dairy-free</p>	465	6	57	45
Weight Loss	<p>Mandarin Chicken</p> <p>Inspired by the flavours of Asia, our baked free-range, chicken breast is topped with mandarin oranges, sesame seeds, and fresh green onion, on top of cauliflower rice. Served with Asian-vegetable ratatouille.</p> <p>gluten-free, dairy-free</p>	335	6	28	44
Healthy Lifestyle	<p>Mint Roasted Chicken</p> <p>Refreshing and summery, our free-range, chicken breast is cooked in a fragrant mint sauce. Perfectly paired with garlic red skin mashed potato and seasoned mint peas.</p> <p>gluten-free, dairy-free</p>	520	20	38	45
Weight Loss	<p>Mint Roasted Chicken</p> <p>Refreshing and summery, our free-range, chicken breast is cooked in a fragrant mint sauce. Perfectly paired with garlic cauliflower mash and seasoned mint peas.</p> <p>gluten-free, dairy-free</p>	400	16	18	44
Healthy Lifestyle	<p>Beef Spaghetti</p> <p>It doesn't get much better than brown rice pasta, free-range, ground beef, and rich tomato sauce. Served with fresh roasted Italian vegetables.</p> <p>gluten-free, dairy-free</p>	560	23	47	45
Weight Loss	<p>Beef Spaghetti</p> <p>It doesn't get much better than The Only Bean spaghetti, free-range ground beef, and rich tomato sauce. Served with fresh roasted Italian vegetables.</p> <p>gluten-free, dairy-free</p>	430	18	20	44

Healthy Lifestyle	Miso-Glazed Salmon Pan-Asian influences abound with our Atlantic salmon is baked in miso glaze, topped with sesame seeds, on a bed of Basmati rice. Served with an Asian vegetable stir-fry. gluten-free, dairy-free Allergens: Fish	480	14	50	37
Weight Loss	Miso-Glazed Salmon Pan-Asian influences abound with our Atlantic salmon is baked in miso glaze, topped with sesame seeds, on a bed of broccoli rice. Served with an Asian vegetable stir-fry. gluten-free, dairy-free Allergens: Fish	355	14	22	36
Entree Salad Healthy Lifestyle & Weight Loss	Lemon Chicken Caesar Salad with Dairy-Free Caesar dressing You can't go wrong with a classic! Free-range chicken breast, crisp Romaine lettuce, hard-boiled egg, grape tomatoes, chicken bacon, gluten-free croutons and with a creamy dairy-free Caesar dressing. gluten-free, dairy-free Allergens: Egg	370	13	17	47

Week 6A: Delivered Sunday Oct 11th, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	Chicken Etouffée Appropriately, "étouffée" is French for smothered. Our free-range chicken thigh is smothered in a rich Creole sauce. Served over Creole rice with a side of stewed vegetables. gluten-free, dairy-free	490	18	62	39
Weight Loss	Chicken Etouffée Appropriately, "étouffée" is French for smothered. Our free-range chicken thigh is smothered in a rich Creole sauce. Served over Creole cauliflower rice with a side of stewed vegetables. gluten-free, dairy-free	355	19	30	37
Healthy Lifestyle	Chicken Fajita We're bring tex-mexy back. Our free-range chicken is diced and served with roasted peppers and red onions and freshly made guacamole on a street-style tortilla. Topped with fresh cilantro. dairy-free Allergens: Gluten	495	14	41	44
Weight Loss	Chicken Fajita We're bring tex-mexy back. Our free-range chicken is diced and served with roasted peppers and onions and freshly made guacamole on lettuce. Topped with fresh cilantro. dairy-free Allergens: Gluten	340	8	23	40

Healthy Lifestyle	Pineapple & Chili Roasted Chicken Breast Mmmmaui! Inspired by the flavors of Hawaiian, our free-range chicken breast is roasted (bone in, skin on) with fresh pineapple and chilis. Served on of tangy lime-cilantro white rice with a side of Hawaiian roasted vegetables. gluten-free, dairy-free	495	9	53	43
Weight Loss	Pineapple & Chili Roasted Chicken Breast Mmmmaui! Inspired by the flavors of Hawaii, our free-range chicken breast is roasted (bone in, skin on) with fresh pineapple and chilis. Served on of tangy lime-cilantro cauliflower rice with a side of Hawaiian roasted vegetables. gluten-free, dairy-free	375	9	24	41
Healthy Lifestyle	Steak Haché France's upgraded take on the hamburger. Grass-fed ground beef, grilled to perfection, with an earthy Porcini mushroom sauce and fresh parsley. Alongside garlic red-skin potato mash and sautéed peppers and carrots. gluten-free, dairy-free Allergens: Almonds, Tree Nuts, Coconut	550	19	41	46
Weight Loss	Steak Haché France's upgraded take on the hamburger. Grass-fed ground beef, grilled to perfection, with an earthy Porcini mushroom sauce and fresh parsley. Alongside garlic cauliflower mash and sautéed peppers and carrots. gluten-free, dairy-free Allergens: Almonds, Tree Nuts, Coconut	460	18	22	45
Healthy Lifestyle	Chimichurri Steak Our grass-fed flank steak with freshly prepared chimichurri sauce will transport you to Argentina. On the side: roasted sweet potato fries and roasted cauliflower with lemon and parsley. gluten-free, dairy-free	435	16	39	37
Weight Loss	Chimichurri Steak Our grass-fed flank steak with freshly prepared chimichurri sauce will transport you to Argentina. On the side: roasted beet fries and roasted cauliflower with lemon and parsley. gluten-free, dairy-free	395	18	26	36
Entree Salad Healthy Lifestyle & Weight Loss	BBQ Chicken Salad Our free-range BBQ seasoned chicken breast, with onion crisps, grape tomato, chard-roasted corn, pinto beans, topped over crisp Romaine lettuce, with our dairy-free BBQ Ranch dressing. gluten-free, dairy-free	380	12	24	44

Week 6B: Delivered Wednesday Oct 14th, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	<p>Jamaican Jerk Chicken Our free-range chicken thighs are cooked in classic Jamaican jerk spices, and served with a crispy grit cake, Caribbean slaw, garnished with Plantain chips, and zingy pepper jelly. gluten-free Allergens: Dairy</p>	570	20	58	40
Weight Loss	<p>Jamaican Jerk Chicken Our free-range chicken thighs are cooked in classic Jamaican jerk spices, and served with Caribbean slaw, garnished with Plantain chips, and zingy pepper jelly. gluten-free, dairy-free</p>	350	14	21	35
Healthy Lifestyle	<p>Italian-Herb Bruschetta Chicken Classic Italiano. Free-range chicken breast topped with fresh Roma tomatoes, garlic, basil, shaved Parmesan, and olive oil. Served with mushroom wild rice pilaf and roasted Italian vegetables. gluten-free Allergens: Dairy</p>	495	15	44	45
Weight Loss	<p>Italian-Herb Bruschetta Chicken Classic Italiano. Free-range chicken breast topped with fresh Roma tomatoes, garlic, basil, shaved Parmesan, and olive oil. Served Italian roasted vegetables. gluten-free Allergens: Dairy</p>	365	12	22	41
Healthy Lifestyle	<p>Karaage Chicken Japan's take on fried chicken is an izakaya staple: roasted free-range chicken breast served with fried brown rice with egg. Japanese coleslaw and fresh lemon on the side. Includes a delicious Kewpie dairy-free mayo for dipping. gluten-free, dairy-free Allergens: Egg, Coconut</p>	555	9	71	46
Weight Loss	<p>Karaage Chicken Japan's take on fried chicken is an izakaya staple: roasted free-range chicken breast served with fried cauliflower rice with egg. Japanese coleslaw and fresh lemon on the side. Includes a delicious Kewpie dairy-free mayo for dipping. gluten-free, dairy-free Allergens: Egg, Coconut</p>	355	5	34	42
Healthy Lifestyle	<p>Montreal-Spiced Beef Burger Our grass-fed extra-lean ground beef burger gets a dose of iconic Montreal spice, topped with crisp lettuce, tomato, red onion and vegan mac sauce on a whole wheat bun. Fries with that? How about perfectly roasted sweet potato fries. dairy-free Allergens: gluten</p>	520	15	49	47

Weight Loss	Montreal-Spiced Portobello Burger Our grass-fed extra-lean ground beef burger gets a dose of iconic Montreal spice, topped with crisp lettuce, tomato, red onion and vegan mac sauce on a Portobello mushroom cap. Fries with that? How about perfectly roasted root fries. gluten-free, dairy-free	340	13	15	41
Healthy Lifestyle	Roasted Dill Salmon Atlantic salmon fillet roasted with lime juice, maple syrup, and dill. Paired with quinoa pilaf and roasted seasonal vegetables including zucchini, squash, and eggplant. gluten-free, dairy-free Allergens: Fish	585	31	42	38
Weight Loss	Roasted Dill Salmon Atlantic salmon fillet roasted with lime juice, maple syrup, and dill. Paired with roasted seasonal vegetables including zucchini, squash, and eggplant. gluten-free, dairy-free Allergens: Fish	455	24	26	34
Entree Salad Healthy Lifestyle & Weight Loss	Green Goddess Cob Salad Go green! A fresh and filling combination of our free-range chicken breast, crisp Romaine lettuce, chicken “bacon” bits, hard-boiled egg, roasted corn, pickled red onion, ripe grape tomatoes, cucumber and our Green Goddess dressing gluten-free Allergens: Dairy, Egg	420	10	25	61

Week 7A: Delivered Sunday October 18, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	HL: Chicken-Stuffed chayote Carnitas Get a taste of Mexico. Fresh, blanched chayote is stuffed with spicy chicken carnitas made with our free-range chicken thighs. Served with Spanish quinoa and a side of Cotija corn and zucchini. Gluten-free. Allergen: Dairy	430	15	38	40
Weight Loss	WL: Chicken-Stuffed Chayote Carnitas Get a taste of Mexico. Fresh, blanched chayote is stuffed with spicy chicken carnitas made with our free-range chicken thighs. Served with a side of Cotija corn and zucchini. Gluten-free. Allergens: Dairy	310	13	16	36

Healthy Lifestyle	<p>HL: Chicken Satay with Peanut Sauce An Indonesian street food favorite, made with skewers of free-range chicken breast cooked in coconut milk and curry, then doused in savory & sweet peanut sauce. Topped with cilantro and peanuts. On the side: Jasmine rice and Crunchy Asian Slaw, with fresh cabbage, bell peppers, snow peas, and carrots. Gluten-free and dairy-free. Allergens: Peanuts, Shellfish, Fish, Coconut</p>	430	7	46	43
Weight Loss	<p>WL: Chicken Satay with Peanut Sauce An Indonesian street food favorite, made with skewers of free-range chicken breast cooked in coconut milk and curry, then doused in savory & sweet peanut sauce. Topped with cilantro and peanuts. On the side: cauliflower rice and Crunchy Asian Slaw, with fresh cabbage, peppers, snow peas, and carrots. Gluten-free and dairy-free. Allergens: Peanuts, Shellfish, Fish, Coconut</p>	300	7	17	42
Healthy Lifestyle	<p>HL: Baked Cuban Mojo Chicken Viva Cuba! Our free-range, skin-on chicken breast is baked in the island's beloved marinade: spicy, citrusy mojo. Grilled corn on the cob and Cuban rice and beans on the side. Gluten-free and dairy-free.</p>	530	21	43	44
Weight Loss	<p>WL: Baked Cuban Mojo Chicken Viva Cuba! Our free-range, skin-on chicken breast is baked in the island's beloved marinade: spicy, citrusy mojo. Grilled corn on the cob and cauliflower rice and beans on the side. Gluten-free and dairy-free.</p>	415	20	19	42
Healthy Lifestyle	<p>HL: Mongolian Beef Deliciously contrasting flavors, with our grain-fed ground Deliciously contrasting flavors, with our grass-fed, extra-lean ground beef that is both sweet and saucy, crispy and tender. Served with brown rice and don't forget to eat your veggies: specifically our roasted broccoli. Gluten-free and dairy-free.</p>	530	8	65	43
Weight Loss	<p>WL: Mongolian Beef Deliciously contrasting flavors, with our grass-fed ground beef that is both sweet and saucy, crispy and tender. And don't forget to eat your veggies: specifically our roasted broccoli. Gluten-free and dairy-free.</p>	410	8	39	41
Healthy Lifestyle	<p>HL: Crustless Duxelles Beef Sirloin Named for the French Marquis d'Uxelles, a hearty, earthy blend of mushroom, herbs, and white wine coats our perfect cut of grass-fed beef sirloin. Paired with herb risotto and a warm mushroom salad. Gluten-free. Allergens: Dairy</p>	495	13	48	43

Weight Loss	WL: Contactless Duxelles Beef Sirloin Named for the French Marquis d'Uxelles, a hearty, earthy blend of mushroom, herbs, and white wine coats our perfect cut of grass-fed beef sirloin. Paired with roasted green beans in lemon and truffle, and a warm mushroom salad. Gluten-free. Allergens: Dairy	330	12	15	39
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Entree Salad Healthy Lifestyle & Weight Loss	SALAD: Asian Cashew and Farro Chicken Salad A nourishing mix of free-range chicken, green and purple cabbage, shredded carrots, cucumber, crunchy edamame, green onion, cashews, black sesame seeds, farro, and topped with a tasty carrot ginger dressing. Dairy-free. Allergens: Tree Nuts, Gluten	440	10	24	46
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Week 7B: Delivered Wednesday October 21, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	HL: Green Goddess Roasted Chicken Green with envy—our flavorful, free-range chicken thigh is roasted in creamy, herbal green goddess sauce. Served with mashed red potatoes and roasted seasonal vegetables. Gluten-free. Allergens: Dairy	470	16	37	46
Weight Loss	WL: Green Goddess Roasted Chicken Green with envy—our flavorful, free range chicken thigh is roasted in creamy, herbal green goddess sauce. Served with mashed carrots and roasted seasonal market vegetables. Gluten-free. Allergens: Dairy	365	12	21	44
Healthy Lifestyle	HL: Persian Chicken Free-range chicken breast is flavored with turmeric, cinnamon, paprika and honey in this Middle Eastern-inspired dish. Served with golden, aromatic jeweled basmati rice and roasted vegetables. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts	600	14	70	46
Weight Loss	WL: Persian Chicken Free-range chicken breast is flavored with turmeric, cinnamon, paprika and honey in this Middle Eastern-inspired dish. Served a mix of roasted vegetables, including zucchini, eggplant, yellow squash, and grape tomatoes. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts	380	14	22	42

Healthy Lifestyle	HL: Poulet au Paprika Free-range chicken thigh is baked in a creamy, zesty paprika sauce and served over vegetable basmati rice. Joined by a roasted pepper medley. Gluten-free Allergens: Dairy	500	12	49	44
Weight Loss	WL: Poulet au Paprika Our free-range chicken thigh is baked in a creamy, zesty paprika sauce and served over vegetable cauliflower rice. Joined by a roasted pepper medley. Gluten-free. Allergens: Dairy	370	12	20	43
Healthy Lifestyle	HL: North African Boulettes Grass-fed extra-lean ground beef meatballs are slow-cooked in a flavorful saffron tomato sauce, and topped with fresh parsley. Accompanied by couscous with golden raisins and cinnamon, and roasted cherry tomatoes. Dairy-free. Allergens: Eggs, Almonds, Tree Nuts, Coconut, Gluten	395	13	29	40
Weight Loss	WL: North African Boulettes Grass-fed, extra-lean ground beef meatballs are slow-cooked in a flavorful saffron tomato sauce, and topped with fresh parsley. Accompanied by gluten-free edamame noodles and roasted cherry tomatoes. Gluten-free and dairy-free. Allergens: Eggs, Almonds, Tree Nuts, Coconut	455	10	30	61
Healthy Lifestyle	HL: Citrus Maple Glazed Salmon Atlantic salmon is baked in a glaze of maple syrup, orange, and ginger and topped with fresh chives. Served with sautéed baby bok choy and Jasmine rice. Gluten-free and dairy-free. Allergens: Fish	560	24	52	33
Weight Loss	WL: Citrus Maple Glazed Salmon Atlantic salmon is baked in a glaze of maple syrup, orange, and ginger and topped with fresh chives. Served with sautéed baby bok choy and Konjac rice. Gluten-free and dairy-free. Allergens: Fish	420	24	21	30
Entree Salad Healthy Lifestyle & Weight Loss	SALAD: Nicoise-ish Chicken Salad Inspired by a classic, our take is loaded with pulled free-range chicken, fresh spring greens, grape tomatoes, hard-boiled egg, blanched green beans, green olives, roasted beets, and a house vinaigrette Gluten-free and dairy-free. Allergens: Egg	360	13	14	45

Week 8A: Delivered Sunday October 25, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	HL: Oven-roasted Chicken Shawarma Our take on the after-the-bar favorite. Strips of free-range chicken thigh are roasted in lemon, cinnamon, paprika, cumin, and turmeric. Mixed with grilled carrots, mushrooms, zucchini and squash, and served on Basmati rice. Garnished with fresh parsley. Gluten-free and dairy-free.	395	8	42	38
Weight Loss	WL: Oven-roasted Chicken Shawarma Our take on the after-the-bar favorite. Strips of free-range chicken thigh are roasted in lemon, cinnamon, paprika, cumin, and turmeric. Mixed with grilled carrots, mushrooms, zucchini and squash. Garnished with fresh parsley. Gluten-free and dairy-free.	270	8	13	36
Healthy Lifestyle	HL: Spinach-stuffed Chicken Breast A paprika-seasoned, free-range chicken breast stuffed with a flavorful blend of low-fat cream cheese, spinach and Parmesan. Mashed red-skin potatoes and a medley of roasted peppers on the side. Gluten-free. Allergens: Dairy	450	17	31	44
Weight Loss	WL: Spinach-stuffed Chicken Breast A paprika-seasoned, free-range chicken breast stuffed with a flavorful blend of low-fat cream cheese, spinach and Parmesan. Cauliflower mash and a medley of roasted peppers on the side. Gluten-free. Allergens: Dairy	360	16	12	43
Healthy Lifestyle	HL: Creamy Cajun Chicken & Noodles Brown rice rotini and our free-range chicken breast are mixed with a creamy blend of Cajun spices, sun-dried tomatoes, mushrooms, green onion, basil, and dairy-free mozzarella cheese. Served with sautéed mushrooms and a medley of peppers. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts, Coconut	530	29	45	42
Weight Loss	WL: Creamy Cajun Chicken & Noodles Konjac noodles and our free-range chicken breast are mixed with a creamy blend of Cajun spices, sun-dried tomatoes, mushrooms, green onion, basil, and dairy-free mozzarella cheese. Served with sautéed mushrooms and a medley of peppers. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts, Coconut	330	21	13	39

Healthy Lifestyle	HL: Spaghetti Bolognese Mama Mia! Brown rice spaghetti is topped with a rich tomato sauce with grass-fed extra-lean ground beef, sautéed mushroom, grape tomatoes and fresh parsley. Gluten-free and dairy-free.	520	27	41	42
Weight Loss	WL: Spaghetti Bolognese Mama Mia! High-protein The Only Bean noodles are topped with a rich tomato sauce with grass-fed, extra-lean ground beef, sautéed mushroom, grape tomatoes and fresh parsley. Gluten-free and dairy-free.	480	22	25	61
Healthy Lifestyle	HL: BBQ Shredded Beef Organic, grain-fed beef sirloin is barbecued in sweet, spicy Grass-fed beef sirloin is barbecued in sweet, spicy sauce and shredded for maximum flavor. Two favorites on the side: sweet potato mash and creamy house-made coleslaw. Gluten-free and dairy-free.	385	10	26	42
Weight Loss	WL: BBQ Shredded Beef Organic, grain-fed beef sirloin is barbecued in sweet, spicy Grass-fed beef sirloin is barbecued in sweet, spicy sauce and shredded for maximum flavor. Two favorites on the side: carrot mash and creamy house-made coleslaw. Gluten-free and dairy-free.	310	7	18	39
Entree Salad Healthy Lifestyle & Weight Loss	SALAD: Southwestern Crusted Chicken Salad Free range strips of breaded chicken breast, Romaine lettuce, corn, black beans, grape tomatoes, bell pepper, red onion—in a dairy-free creamy Cilantro-lime dressing. Gluten-free and dairy-free. Allergens: Egg	550	13	56	54

Week 8B: Delivered Wednesday October 28, 2020

Meal Plan	Description	Calories	Fat	Carb	Protein
Healthy Lifestyle	HL: Creamy Garlic Mushroom Chicken Thigh Our free-range chicken thighs are cooked in a thick, dairy-free, creamy mushroom sauce with garlic, herbs and dairy-free cheese. Classic sides include roasted red potatoes and asparagus. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts, Coconut	468	13	40	48
Weight Loss	WL: Creamy Garlic Mushroom Chicken Thigh Our free-range chicken thighs are cooked in a thick, dairy-free, creamy mushroom sauce with garlic, herbs and dairy-free cheese. On the side: mashed cauliflower and asparagus. Gluten-free and dairy-free. Allergens: Almonds, Tree Nuts, Coconut	378	12	21	47

Healthy Lifestyle	HL: Chicken & Vegetable Teriyaki Stir-fry Japanese cuisine at its most simple and delicious. Our free-range chicken breast is cooked in teriyaki sauce then stir-fried with fresh carrots, snow peas, purple cabbage, and peppers. Served on soba noodles. Dairy-free. Allergens: Gluten	365	6	33	45
Weight Loss	WL: Chicken & Vegetable Teriyaki Stir-fry Japanese cuisine at its most simple and delicious. Our free-range chicken breast is cooked in teriyaki sauce then stir-fried with fresh carrots, snow peas, purple cabbage, and peppers. Served on Konjac noodles. Dairy-free. Allergens: Gluten	275	6	14	40
Healthy Lifestyle	HL: BBQ Chicken-Stuffed Sweet Potato Fresh backyard flavors! Free-range chicken breast is barbecued in our sweet, spicy sauce, then pulled and stuffed in a roasted sweet potato. Served with a roasted blend of corn and zucchini topped with cheese. Gluten-free. Allergens: Dairy	420	10	43	42
Weight Loss	WL: BBQ Chicken-Stuffed Sweet Potato Fresh backyard flavors! Free-range chicken breast is barbecued in our sweet, spicy sauce, then pulled and stuffed in a roasted sweet potato. Served with a roasted blend of corn and zucchini topped with cheese. Gluten-free. Allergens: Dairy	420	10	43	42
Healthy Lifestyle	HL: Mucho Yummy Beef Bowl-rito It's all here—spicy-extra lean-grain-fed ground beef, corn, black beans, roasted tomato, sautéed red onion, cilantro, on cilantro-lime basmati rice. Oh, and fresh guac on the side . Gluten-free and dairy-free.	580	12	66	47
Weight Loss	WL: Mucho Yummy Beef Bowl-rito It's all here—spicy, extra-lean, grass-fed ground beef, corn, black beans, roasted tomato, sautéed red onion, cilantro, on cilantro-lime cauliflower rice. Oh, and fresh guac on the side. Gluten-free and dairy-free.	460	13	37	45
Healthy Lifestyle	HL: Cajun BBQ Shrimp Straight from the Bayou: fresh shrimp cooked in classic Cajun spices. Paired with roasted seasonal vegetables including zucchini, yellow squash, asparagus, bell peppers, on Creole rice. Gluten-free and dairy-free. Allergens: Shrimp	365	3	45	39
Weight Loss	WL: Cajun BBQ Shrimp Straight from the Bayou: fresh shrimp cooked in classic Cajun spices. Paired with roasted seasonal vegetables including	195	2	10	37

	zucchini, yellow squash, asparagus, bell peppers, on Creole cauliflower rice. Gluten-free and dairy-free. Allergens: Shellfish				
Entree Salad Healthy Lifestyle & Weight Loss	SALAD: Steak Salad with creamy balsamic vinaigrette Peppery arugula, fresh avocado, cherry tomatoes, blue Mixed greens, red onion, cherry tomatoes, cucumber, vegan blue cheese, —in a deliciously creamy balsamic vinaigrette. And at the epicenter—a juice, grain-fed Flank steak. Gluten-free. Allergens: Dairy	345	21	10	32

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